

Velveeta Cheese Casserole

Julie Gawle

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

1/2 pound elbow macaroni
1 pound ground beef
3 onions
1 small can tomato paste
1 large pepper
1 quart tomatoes
1/2 cup ketchup
1/2 teaspoon garlic powder
2 teaspoons Worcestershire sauce
salt
pepper
Velveeta cheese
butter

In a skillet, fry the onions and pepper in butter until tender but not brown.

Add the tomato paste, tomatoes and ketchup.

Add the ground beef, garlic powder, Worcestershire sauce, salt and pepper.

Cook the macaroni. Place in a 9x12-inch baking pan. Cover with sauce. Then place slices of the cheese and dot with butter.

Bake in the oven at 350 degrees until the cheese is melted and bubbly.

(The sauce can be made ahead of time and frozen.)

Per Serving (excluding unknown items): 2787 Calories; 128g Fat (40.8% calories from fat); 122g Protein; 296g Carbohydrate; 28g Dietary Fiber; 386mg Cholesterol; 2959mg Sodium. Exchanges: 11 1/2 Grain(Starch); 11 Lean Meat; 16 1/2 Vegetable; 18 Fat; 2 1/2 Other Carbohydrates.