

Rigatoni Casserole

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1 can (29 ounce) tomato puree'
1 can (29 ounce) tomato sauce
1 can (6 ounce) tomato paste
1 can (6 ounce) water
2 teaspoons oregano
2 teaspoons sweet basil
1 pound ground beef
1 pound Italian sausage
onions (to taste), chopped
2 cups (16 ounces) American cheese
1 box (1 pound) rigatoni

Preheat the oven to 325 degrees.

In a saucepan, combine the tomato puree', tomato sauce, tomato paste, water, oregano and basil. Simmer on low for 20 minutes.

In a skillet, brown the ground beef, sausage and onions. Drain and set aside.

Add the cheese to the tomato sauce. Add the tomato sauce to the meat and mix well.

Cook the rigatoni according to package directions. Add the rigatoni to the meat mixture.

Place the mixture in a 13x9-inch baking dish.

Bake for 30 minutes.

Per Serving (excluding unknown items): 4225 Calories; 336g Fat (71.7% calories from fat); 206g Protein; 93g Carbohydrate; 11g Dietary Fiber; 944mg Cholesterol; 9388mg Sodium. Exchanges: 3 Grain(Starch); 27 Lean Meat; 8 Vegetable; 51 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	4225	Vitamin B6 (mg):	3.5mg
% Calories from Fat:	71.7%	Vitamin B12 (mcg):	17.7mcg
% Calories from Carbohydrates:	8.8%	Thiamin B1 (mg):	3.7mg
% Calories from Protein:	19.5%	Riboflavin B2 (mg):	2.8mg
Total Fat (g):	336g	Folacin (mcg):	156mcg
Saturated Fat (g):	145g	Niacin (mg):	47mg

Monounsaturated Fat (g): 138g
Polyunsaturated Fat (g): 26g
Cholesterol (mg): 944mg
Carbohydrate (g): 93g
Dietary Fiber (g): 11g
Protein (g): 206g
Sodium (mg): 9388mg
Potassium (mg): 4827mg
Calcium (mg): 1651mg
Iron (mg): 22mg
Zinc (mg): 33mg
Vitamin C (mg): 81mg
Vitamin A (i.u.): 8543IU
Vitamin A (r.e.): 1236RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 3
Lean Meat: 27
Vegetable: 8
Fruit: 0
Non-Fat Milk: 0
Fat: 51
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 4225 Calories from Fat: 3027

% Daily Values*

Total Fat	336g	516%
Saturated Fat	145g	724%
Cholesterol	944mg	315%
Sodium	9388mg	391%
Total Carbohydrates	93g	31%
Dietary Fiber	11g	46%
Protein	206g	
Vitamin A		171%
Vitamin C		135%
Calcium		165%
Iron		122%

* Percent Daily Values are based on a 2000 calorie diet.