

CHEESY BEEF AND NOODLE CASSEROLE



INGREDIENTS

- 12 ounces egg noodles uncooked
- 2 teaspoons olive oil
- 1 1/4 lbs. lean ground beef
- 1 onion finely chopped
- 2 teaspoons minced garlic
- salt and pepper to taste
- 16 ounces canned tomato sauce
- 15 ounce can diced tomatoes, drained,
- 2 teaspoons Italian seasoning
- 2 cups shredded cheddar cheese
- 2 tablespoons chopped parsley
- cooking spray

DIRECTIONS

1. Bring a pot of salted water to a boil: add the egg noodles and cook according to package directions. Preheat the oven to 400 degrees F.
2. Heat the olive oil in a large pan over medium high heat. Add the ground beef to the pan and cook for 4-5 minutes, breaking up the meat with a spatula.
3. Add the onion and garlic to the pan and cook for an additional 5 minutes, or until onion has softened and beef is cooked through. Season with salt and pepper to taste.
4. Add the tomato sauce, tomatoes and Italian seasoning to the beef and stir to combine.
5. Drain the noodles and add to the pan with the beef; toss to combine.
6. Pour the beef and noodle mixture into a 9"x13" baking pan that's been coated in cooking spray. Top with cheddar cheese.
7. Bake for 10-15 minutes or until cheese is melted. Sprinkle with parsley and serve.



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