

Easy Cheesy Beef Casserole

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Yield: 6 to 8 servings

*1/2 pound elbow pasta
1 pound ground meat
1 medium onion, chopped
2 cups mushrooms, sliced
1 can (10-3/4 ounce) cream
of mushroom soup
1 can (10-3/4 ounce)
cheddar cheese soup
2 tablespoons
Worcestershire sauce*

Cook the pasta according to package directions.
Drain and set aside.

In a large skillet on medium heat, brown the meat with the onions and mushrooms. Cook until the vegetables are just tender. Drain.

Return to medium-high heat. Add the soups and Worcestershire sauce. Bring to a gentle boil, stirring constantly.

Reduce the heat. Cover and simmer for 15 minutes.

Per Serving (excluding unknown items): 230 Calories; 10g Fat (36.6% calories from fat); 7g Protein; 31g Carbohydrate; 4g Dietary Fiber; 2mg Cholesterol; 1335mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.