

Hamburger Casserole

Mrs Tom Bennett

St Timothy's - Hale Schools - Raleigh, NC - 1976Linda Taylor

*2 pounds ground beef,
browned
1 medium green pepper, cut
up
1 can cream of mushroom
or cream of celery soup
1 medium onion, cut up
1 can tomato soup
salt (to taste)
pepper (to taste)
1 package egg noodles*

Preheat the oven to 350 degrees.

In a bowl, mix the ground beef, green pepper, cream of mushroom soup, onion, tomato soup, salt and pepper, adding a little water to the mixture.

Bake in the oven for 1-1/2 hours.

In a saucepan, cook one package of egg noodles according to package directions. Drain and mix with the meat mixture. Sprinkle cheese on the top.

Place the casserole in the oven to melt the cheese.

(The casserole can be made with only one kind of soup.)

Per Serving (excluding unknown items): 3119 Calories; 245g Fat (71.3% calories from fat); 161g Protein; 61g Carbohydrate; 6g Dietary Fiber; 808mg Cholesterol; 1326mg Sodium. Exchanges: 2 1/2 Grain(Starch); 22 Lean Meat; 3 Vegetable; 36 1/2 Fat.