

Rukatoo Chow

Mrs Donald B Reidel

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

*3 pounds hamburger
1 large onion, chopped
1 large jar meatless
spaghetti sauce
1 can tomato soup
Velveeta cheese
1 package (8 ounce) elbow
spaghetti*

Preheat the oven to 350 degrees.

In a skillet, brown the hamburger and onion.
Add the tomato soup and spaghetti sauce.
Simmer for 10 minutes.

Cook the spaghetti according to package
directions.

In a casserole dish, layer the hamburger mixture,
then cooked spaghetti, then cheese slices.
Continue alternating layers until there are two or
three layers of each.

Bake until the cheese melts. about 30 minutes.

(The dish may be made earlier and baked for 45
minutes.)

Per Serving (excluding unknown
items): 4281 Calories; 181g Fat
(37.5% calories from fat); 190g
Protein; 488g Carbohydrate; 2g
Dietary Fiber; 531mg Cholesterol;
6555mg Sodium. Exchanges: 30
1/2 Grain(Starch); 13 1/2 Lean
Meat; 1 1/2 Vegetable; 27 1/2 Fat.