Beef Lombardi

The Essential Southern Living Cookbook

Servings: 6
Preparation Time: 50 minutes
Start to Finish Time: 1 hour 30 minutes
This recipe may be made in advance and frozen for up to one month.

1 pound lean ground beef
1 can (14-1/2 ounce) chopped tomatoes
1 can (10 ounce) diced tomatoes and green chilies
2 teaspoons granulated sugar
2 teaspoons table salt
1/4 teaspoon freshly ground black pepper
1 can (6 ounce) tomato paste
1 bay leaf
1 package (six ounce) medium egg noodles
6 (about 1/2 cup) scallions, chopped
1 cup sour cream
4 ounces (one cup) sharp cheddar cheese, shredded
3 ounces (one cup) Parmesan cheese, shredded
4 ounces (one cup) mozzarella cheese, shredded

Preheat the oven to 350 degrees.

In a large skillet over medium heat, brown the ground beef for 5 to 6 minutes, stirring until it crumbles and is no longer pink. Drain.

Stir in the chopped tomatoes, tomatoes with chilies, sugar, salt and pepper. Cook for 5 minutes. Add the tomato paste and bay leaf. Simmer for 30 minutes. Remove the bay leaf.

Cook the egg noodles according to package directions. Drain.

In a bowl, stir together the cooked egg noodles, chopped scallions and sour cream until blended.

Place the noodle mixture in the bottom of a lightly greased 13 x 9-inch baking dish. Top with the beef mixture. Sprinkle with the cheeses.

Bake, covered with aluminum foil, for 35 minutes. Uncover and bake 5 minutes more.

(NOTE: To freeze, prepare the recipe as directed through Step Six. Wrap the casserole tightly with aluminum foil and freeze for up to one month. To reheat, thaw in the refrigerator overnight. Bake as directed in Step Seven.)

Ground Beef

Per Serving (excluding unknown items): 871 Calories; 68g Fat (70.5% calories from fat); 52g Protein; 12g Carbohydrate; 2g Dietary Fiber; 223mg Cholesterol; 1854mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 9 1/2 Fat; 0 Other Carbohydrates.