
Galumpous

Kristi Hall

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Servings: 6

1 pound ground beef
2 cloves garlic, minced
1 onion, minced
2 tablespoons olive oil
1 can (8 ounce) tomato sauce
1 can (19 ounce) tomatoes
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 tablespoon sugar
1 1/2 teaspoons oregano
1 package (8 ounce) macaroni
1/2 pound mozzarella cheese, thinly sliced
1/2 cup grated Parmesan cheese

In a skillet, brown the beef, garlic and onion in olive oil. Stir in the tomato sauce, tomatoes, pepper, sugar and oregano. Cover. Simmer for 20 minutes.

Cook the macaroni according to package directions. Drain.

In a casserole dish, layer the macaroni, mozzarella cheese, Parmesan cheese and the meat sauce.

Bake at 375 degrees for 25 minutes.

Ground Beef

Per Serving (excluding unknown items): 525 Calories; 36g Fat (62.5% calories from fat); 27g Protein; 22g Carbohydrate; 2g Dietary Fiber; 103mg Cholesterol; 1116mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.