
Golden Beef Casserole

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

2 pounds lean ground beef
1 medium onion, chopped
1/2 green pepper, chopped
1 can (16 ounce) tomatoes
3 tablespoons ketchup
1 tablespoon chili powder
1 tablespoon Heinz 57 steak sauce
5 ounces macaroni, cooked and drained
1/2 cup sharp cheddar cheese, grated
1 can Golden Mushroom soup
salt (to taste)
pepper (to taste)

In a skillet, brown the meat, onions and green peppers. Drain the fat. Add the tomatoes, ketchup, steak sauce, chili powder, salt and pepper.

Cook, covered, for about 30 minutes. Pour the mixture into a casserole dish.

Add the cooked macaroni. Stir in the mushroom soup and top with grated cheese.

Bake, uncovered, at 350 degrees for about 30 minutes.;

Yield: 6 to 8 servings

Ground Beef

Per Serving (excluding unknown items): 3305 Calories; 211g Fat (58.3% calories from fat); 197g Protein; 142g Carbohydrate; 11g Dietary Fiber; 740mg Cholesterol; 1613mg Sodium. Exchanges: 7 Grain(Starch); 25 1/2 Lean Meat; 3 1/2 Vegetable; 26 1/2 Fat; 1 Other Carbohydrates.