
West of the Pecos

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

2 pounds ground meat
1 large onion, chopped
1 green onion, chopped
1 can (4 ounce) sliced mushrooms
2 teaspoons chili powder
1/4 cup Worcestershire sauce
1 teaspoon salt
1/4 teaspoon pepper
1 can tomato soup
1 can (10 ounce) Rotel tomatoes
1 can (16 ounces) cream-style corn
1 package (12 ounce) noodles, cooked and drained
1/2 cup Longhorn cheese, grated

In a large Dutch oven, brown the ground beef, onion and green pepper. Drain the fat.

Add the mushrooms, chili powder, Worcestershire sauce, salt and pepper. Mix thoroughly. Add the can of soup, the tomatoes and corn. Simmer for 1/2 hour.

Add the cooked noodles. Stir well. Top with grated cheese.

Bake, covered, for one hour at 325 degrees.

(Freezes well.)

Yield: 8 to 10 servings

Ground Beef

Per Serving (excluding unknown items): 359 Calories; 5g Fat (11.5% calories from fat); 12g Protein; 71g Carbohydrate; 7g Dietary Fiber; 36mg Cholesterol; 3482mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.