

Chuck Wagon Noodle Dish

Betty Gail Dietz

The Pennsylvania State Grange Cookbook (1992)

Servings: 15

*2 pounds ground beef
1/4 cup onion, chopped
1/4 cup green bell pepper
strips
1/2 teaspoon salt
1/4 teaspoon hot sauce
1 cup uncooked noodles
3 cups chopped tomatoes
1 package (10 ounce)
frozen peas
1 cup American cheese,
shredded*

In a skillet, brown the ground beef, stirring until crumbly. Drain.

Add the onion, green pepper, hot sauce, noodles, tomatoes and peas. Mix well.

Simmer, covered, for 30 minutes or until the noodles are tender. Sprinkle with cheese.

Let stand for 5 minutes.

Per Serving (excluding unknown items): 228 Calories; 19g Fat (73.6% calories from fat); 12g Protein; 3g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 231mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.