

Pepperoni Pizza Casserole

Debbie Staley

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Preparation Time: 25 minutes

Bake Time: 30 minutes

This recipe also works well with ground beef

1 package (16 oz) egg noodles
2 pounds ground turkey
1/3 cup onion, chopped
1 jar (26 oz) meatless spaghetti sauce
1 can (10 oz) diced tomatoes and green chilies
1 can (8 oz) mushroom stems and pieces, drained
2 cups (8 oz) part-skim mozzarella cheese, shredded
2 cups (8 oz) Cheddar cheese, shredded
1 cup (4 oz) Parmesan cheese, shredded
3 ounces turkey pepperoni, sliced

Preheat the oven to 350 degrees.

In a Dutch oven, cook the noodles according to the packages. Drain.

In a large skillet, cook the ground turkey and onion over medium heat until the meat is no longer pink. Drain.

Stir in the spaghetti sauce and tomatoes. Bring to a boil.

Reduce the heat and simmer, uncovered, for 5 minutes.

Stir in the noodles.

Transfer to two greased 13x9-inch baking dishes.

Sprinkle each dish with the mushrooms, cheeses and pepperoni.

Bake, uncovered, for 30 to 35 minutes or until heated through and the cheeses have melted.

Let stand for 5 minutes before serving.

Yield: 2 6 serving casseroles

Per Serving (excluding unknown items): 2469 Calories; 154g Fat (56.9% calories from fat); 224g Protein; 37g Carbohydrate; 3g Dietary Fiber; 995mg Cholesterol; 2366mg Sodium. Exchanges: 2 Grain(Starch); 30 Lean Meat; 1 1/2 Vegetable; 11 Fat.