

Beef Noodle Casserole

Makes: 4 Servings

This recipe uses egg noodles. Egg noodles can be combined with eggs, fish, poultry, vegetables, or meat, for a tasty casserole.

Ingredients

- 2 3/4 cups** egg noodles (dry)
- 1 pound** lean ground beef
- 1/2 cup** onion (chopped)
- 1 can** tomato soup (about 10 ounces)
- 1 1/4 cups** water
- 1/8 teaspoon** black pepper
- 1 cup** dry bread crumbs

Directions

1. Preheat oven to 350 degrees F.
2. Cook egg noodles according to package directions. Drain.
3. In a medium-size skillet, cook beef and onions until beef is browned and cooked through. Drain any fat.
4. Stir soup, water, and pepper into meat mixture. Add cooked noodles and stir until combined.
5. Spoon mixture into a 9x13-inch baking dish. Sprinkle with bread crumbs.

Nutrition Information

Nutrients	Amount
Calories	450
Total Fat	14 g
Saturated Fat	5 g
Cholesterol	95 mg
Sodium	420 mg
Total Carbohydrate	47 g
Dietary Fiber	4 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	31 g
Vitamin D	N/A
Calcium	95 mg
Iron	6 mg
Potassium	N/A
N/A - data is not available	

6. Bake for 15 minutes.

Notes

Tip: You can substitute ground turkey for the ground beef.

Source: Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.