

## BEEF-NOODLE CASSEROLE

4 Servings, about 2 cups each

<u>Lean ground beef</u>	<u>1 pound</u>
<u>Onions, chopped finely</u>	<u>1/2 cup</u>
<u>Boiling water</u>	<u>3 quarts</u>
<u>Noodles, yolk-free, enriched, uncooked</u>	<u>2-3/4 cups</u>
<u>Tomato soup, condensed</u>	<u>1 10-3/4-ounce can</u>
<u>Water</u>	<u>1-1/4 cups</u>
<u>Pepper</u>	<u>1/8 teaspoon</u>
<u>Bread crumbs</u>	<u>1 cup</u>

**PREPARATION TIME: 20 MINUTES**

**COOKING TIME: 30 MINUTES**

1. Brown beef and onions in hot skillet; drain.
2. Place water in large saucepan; bring to rolling boil. Cook noodles in boiling water for 10 minutes; drain and set aside.
3. Combine soup, water, and pepper. Stir into cooked meat. Add cooked noodles to meat mixture. Stir gently to avoid tearing the noodles.
4. Spoon beef-noodle mixture into 9- by 13-inch baking pan. Sprinkle bread crumbs over beef-noodle mixture.
5. Bake, uncovered, at 300° F, about 30 minutes.

PER SERVING:

<u>Calories</u>	<u>595</u>
<u>Total fat</u>	<u>18 grams</u>
<u>Saturated fat</u>	<u>6 grams</u>
<u>Cholesterol</u>	<u>86 milligrams</u>
<u>Sodium</u>	<u>575 milligrams</u>