SPANISH NOODLE CASSEROLE

SERVES 6

Preparation time: 20 minutes
Cook time: 30 minutes

INGREDIENTS

½ pound ground beef
1 onion, chopped
1 green pepper, chopped
¼ teaspoon salt
¼ teaspoon pepper
Seasonings such as red pepper, garlic, or cumin
2 cups uncooked noodles
3½ cups (about 30 ounces) canned tomatoes
4 tablespoons grated Parmesan cheese

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Brown ground beef thoroughly (160 degrees). Be sure all pink color is gone from mean and juices. Do not undercook ground beef.
3. Add chopped vegetables and seasonings. Use seasonings sparingly; more can be added if desired.
5. Blend tomatoes until smooth.
6. Add uncooked noodles, tomato, and parmesan cheese to beef mixture.
7. Pour mixture into a casserole pan and bake for 30 minutes.

SIMPLY GOOD EATING

Preparation time: 20 minutes
Cook time: 30 minutes

SERVES 6

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