



Beefy Macaroni Casserole

READY IN



85 min.

SERVINGS



6

CALORIES



728 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 teaspoon pepper black as needed freshly ground plus more
- 15 ounce canned tomatoes (with juices) crushed canned
- 1 pound elbow macaroni
- 0.3 cup flour all-purpose
- 2 medium garlic clove finely chopped
- 1 tablespoon kosher salt as needed plus more
- 1 pound ground beef lean
- 1 cup chicken broth low-sodium
- 1 teaspoon oregano dried

- 1 teaspoon paprika
- 2 medium bell pepper red cored seeded cut into medium dice
- 8 ounces sharp cheddar cheese shredded
- 2 tablespoons tomato paste
- 4 tablespoons butter unsalted ()
- 2 cups milk whole
- 1 medium onion yellow

Equipment

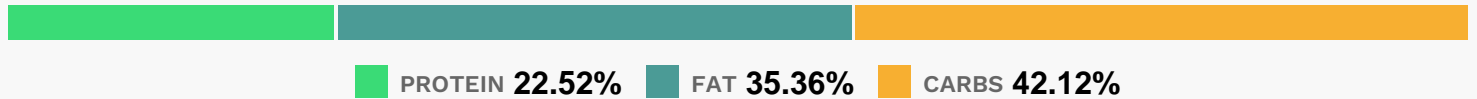
- sauce pan
- oven
- wire rack
- pot
- baking pan
- wooden spoon
- dutch oven

Directions

- Bring a large pot of heavily salted water to a boil over high heat.
- Heat the oven to 400°F and arrange a rack in the middle. Meanwhile, melt the butter over medium heat in a large saucepan or Dutch oven.
- Add the bell peppers, onion, garlic, measured salt, oregano, paprika, and measured pepper and cook, stirring occasionally, until the vegetables are softened but not browned, about 7 to 10 minutes.
- Add the tomato paste, stir to combine, and cook until the raw flavor has cooked out, about 1 minute.
- Add the ground beef, season with salt and pepper, and cook, breaking the meat into smaller pieces with a wooden spoon, until it's just cooked through and no longer pink, about 5 minutes. Meanwhile, add the pasta to the boiling pot of water and cook until still chewy and underdone, usually 1 or 2 minutes less than the package directions suggest (the pasta will finish cooking in the oven).

- Drain and rinse with cold water until no longer steaming; set aside.
- Add the flour to the beef mixture and cook, stirring occasionally, until the raw taste has cooked out of the flour, about 2 minutes.
- Add the milk, tomatoes and their juices, and broth or stock, stir to combine, and bring to a simmer.
- Add the cooked pasta and 1 1/2 cups of the cheese and stir to combine. Continue cooking, stirring occasionally, until the pasta is heated through and steaming, about 1 minute. Taste and season with salt and pepper as needed.
- Transfer to a 5-quart baking dish, sprinkle with the remaining 1 1/2 cups of cheese, and bake until bubbling and lightly browned on top, about 25 to 30 minutes.
- Transfer to a wire rack and let cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:60.67, Glycemic Load:7.39, Inflammation Score:-9, Nutrition Score:34.721739229949%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 727.88kcal (36.39%), Fat: 28.66g (44.1%), Saturated Fat: 15.63g (97.72%), Carbohydrates: 76.8g (25.6%), Net Carbohydrates: 71.19g (25.89%), Sugar: 12.4g (13.77%), Cholesterol: 114.5mg (38.17%), Sodium: 1646.75mg (71.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.08g (82.15%), Selenium: 76.07µg (108.67%), Vitamin C: 60.14mg (72.9%), Phosphorus: 613.7mg (61.37%), Manganese: 1.03mg (51.56%), Vitamin A: 2391.1IU (47.82%), Zinc: 7.12mg (47.43%), Calcium: 437.29mg (43.73%), Vitamin B12: 2.59µg (43.14%), Vitamin B3: 7.89mg (39.46%), Vitamin B6: 0.76mg (38.25%), Vitamin B2: 0.58mg (33.99%), Potassium: 1014.48mg (28.99%), Iron: 4.7mg (26.12%), Magnesium: 103.6mg (25.9%), Copper: 0.49mg (24.69%), Fiber: 5.61g (22.45%), Vitamin B1: 0.29mg (19.14%), Vitamin E: 2.75mg (18.3%), Folate: 67.75µg (16.94%), Vitamin B5: 1.68mg (16.78%), Vitamin K: 11.27µg (10.73%), Vitamin D: 1.34µg (8.91%)