



Ground Beef Casserole

READY IN



120 min.

SERVINGS



6

CALORIES



600 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce bow-tie pasta (farfalle)
- 1 tablespoon brown sugar
- 8 ounce mushrooms drained sliced canned
- 8 ounce tomato sauce canned
- 15 ounce canned tomatoes diced canned
- 0.3 cup carrots chopped
- 10.8 ounce cream of mushroom soup canned
- 2 cloves garlic chopped
- 0.3 cup bell pepper green chopped

- 1.5 pounds ground beef
- 6 servings salt and ground pepper black to taste
- 0.3 pound cheddar cheese shredded
- 2 tablespoons worcestershire sauce
- 0.5 cup onion yellow chopped

Equipment

- frying pan
- oven
- pot
- casserole dish

Directions

- Heat a large skillet over medium-high heat. Cook and stir beef, salt, and black pepper in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Add onion, green bell pepper, carrot, and garlic to ground beef; cook and stir until onion is lightly browned, about 15 minutes.
- Mix tomatoes, tomato sauce, mushrooms, brown sugar, and Worcestershire sauce into ground beef-vegetable mixture; season with salt and black pepper. Cook on low until liquid is reduced and flavors have blended, about 45 minutes.
- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil. Cook the bow-tie pasta at a boil, stirring occasionally, until cooked through yet firm to the bite, about 12 minutes; drain and transfer pasta to a 9x13-inch casserole dish.
- Spoon cream of mushroom soup over bow-tie pasta; top with ground beef-tomato mixture.
- Sprinkle Cheddar cheese on top.
- Bake in the preheated oven until casserole is bubbling and Cheddar cheese is melted, about 45 minutes.

Nutrition Facts



■ PROTEIN 22.49% ■ FAT 46.96% ■ CARBS 30.55%

Properties

Glycemic Index:49.64, Glycemic Load:14.14, Inflammation Score:-8, Nutrition Score:25.940869393556%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 600.03kcal (30%), Fat: 31.36g (48.25%), Saturated Fat: 13.12g (81.97%), Carbohydrates: 45.91g (15.3%), Net Carbohydrates: 41.25g (15%), Sugar: 9.9g (11.01%), Cholesterol: 101.95mg (33.98%), Sodium: 1074.16mg (46.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.79g (67.58%), Selenium: 48.72µg (69.6%), Zinc: 7.14mg (47.6%), Vitamin B12: 2.71µg (45.14%), Phosphorus: 421.88mg (42.19%), Vitamin B3: 7.89mg (39.47%), Manganese: 0.78mg (38.9%), Vitamin B6: 0.67mg (33.52%), Copper: 0.58mg (28.83%), Vitamin A: 1424.76IU (28.5%), Iron: 5.07mg (28.15%), Potassium: 938.43mg (26.81%), Vitamin B2: 0.39mg (22.99%), Calcium: 212.97mg (21.3%), Vitamin C: 16.51mg (20.01%), Magnesium: 77.42mg (19.35%), Fiber: 4.66g (18.64%), Vitamin B5: 1.57mg (15.74%), Vitamin E: 2.15mg (14.33%), Vitamin B1: 0.21mg (14.14%), Folate: 44.11µg (11.03%), Vitamin K: 8.8µg (8.38%), Vitamin D: 0.3µg (2.02%)