



Sloppy Joe and Macaroni Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



627 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup beef broth
- 15 ounce tomato sauce canned
- 2 cups cheddar shredded yellow
- 3 tablespoons brown sugar dark
- 0.5 cup dill pickles deli-style crisp chopped
- 12 ounces elbow macaroni with ridges
- 2 tablespoons evoo
- 3 cloves garlic finely chopped
- 6 servings kosher salt and pepper freshly ground

- 1.5 pounds ground beef lean (80-to-85-percent)
- 1 onion finely chopped
- 1 bell pepper red seeded finely chopped
- 3 tablespoons red wine vinegar
- 3 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- pot
- casserole dish
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Combine the brown sugar, vinegar, Worcestershire sauce and tomato sauce in a small bowl.
- Heat the EVOO in a large skillet or Dutch oven over medium-high heat.
- Add the beef and cook until well browned. Season with salt and lots of pepper.
- Add the garlic, bell peppers and onions and cook, stirring, for 5 minutes.
- Pour the tomato mixture over the beef, add the beef broth and stir until well combined. Simmer until thickened, 5 to 10 minutes.
- Meanwhile, cook the macaroni in a large pot of salted boiling water until not quite tender, about 5 minutes.
- Drain and add to the sauce.
- Pour the mixture into a casserole dish and top with the cheese.
- Bake until the casserole is bubbling and the top is browned. Top with the pickles and serve from the dish.

Nutrition Facts

PROTEIN 27.21% FAT 35.36% CARBS 37.43%

Properties

Glycemic Index:26.83, Glycemic Load:2.23, Inflammation Score:-8, Nutrition Score:29.293912669887%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 627.38kcal (31.37%), Fat: 24.44g (37.59%), Saturated Fat: 10.69g (66.8%), Carbohydrates: 58.22g (19.41%), Net Carbohydrates: 54.46g (19.8%), Sugar: 12.61g (14.01%), Cholesterol: 107.97mg (35.99%), Sodium: 1214.06mg (52.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.32g (84.63%), Selenium: 67.37µg (96.24%), Zinc: 8.24mg (54.94%), Phosphorus: 549.15mg (54.92%), Vitamin B12: 2.97µg (49.46%), Vitamin B3: 8.53mg (42.66%), Vitamin C: 33.57mg (40.69%), Vitamin B6: 0.73mg (36.47%), Manganese: 0.7mg (34.96%), Calcium: 330.18mg (33.02%), Vitamin B2: 0.48mg (28.15%), Iron: 4.98mg (27.64%), Potassium: 946.86mg (27.05%), Vitamin A: 1334.31IU (26.69%), Magnesium: 83.97mg (20.99%), Copper: 0.38mg (19.2%), Vitamin E: 2.69mg (17.96%), Fiber: 3.76g (15.03%), Vitamin B5: 1.46mg (14.63%), Folate: 45.31µg (11.33%), Vitamin B1: 0.16mg (10.66%), Vitamin K: 9.25µg (8.81%), Vitamin D: 0.34µg (2.26%)