Talerine Beef Casserole

♡ **Popular**

READY IN	SERVINGS	CALORIES
⏰	🍽️	💧
45 min.	**8**	**826 kcal**

SIDE DISH   LUNCH   MAIN COURSE   MAIN DISH

Ingredients

- [ ] 1 bell pepper seeded chopped fine
- [ ] 15 ounce olives black chopped canned
- [ ] 28 ounce canned tomatoes canned
- [ ] 1 pound cheddar cheese grated
- [ ] 12 ounce extra wide egg noodles
- [ ] 1.5 cups regular corn frozen canned (can use corn or creamed corn)
- [ ] 3 clove garlic minced
- [ ] 1.5 pounds ground round beef

- [ ] 4 ounces mushrooms sliced
- [ ] 8 servings olive oil for sautéing
- [ ] 8 servings salt
- [ ] 1 medium onion white peeled chopped

Equipment

- [ ] frying pan
- [ ] oven
- [ ] knife
- [ ] pot
- [ ] casserole dish
- [ ] slotted spoon

Directions

- [ ] Pre-heat the oven to 350 degrees and bring a large pot of salted water to a boil for the egg noodles. 2

- [ ] Heat 2 Tbsp of oil on medium high heat in a large, heavy bottomed pot.

- [ ] Add the onions and bell pepper and sauté until softened.

- [ ] Add garlic and cook for a minute more.

- [ ] Add the tomatoes, breaking them up with your fingers or a knife, if you are using whole canned tomatoes. Bring to a simmer and let cook for 10 minutes. Lower the heat to warm. 3 In a separate skillet, heat to medium-high.

- [ ] Add a couple of tablespoons of oil to the pan and brown the meat, working in batches. Break up about half of the ground beef into the pan. Do not stir, but let sit and cook for a minute or two until brown.

- [ ] Sprinkle a little salt over the meat while cooking. Once brown on one side, stir the meat a little to get the other sides browned. Once the meat is thoroughly browned, use a slotted spoon to remove the meat from the pan and put it in with the tomatoes, onions, and peppers. Brown the second batch of ground beef the same way.4 Using the same pan that you had used for browning the beef, sauté the mushrooms in the remaining oil and beef drippings. Once browned, add the mushrooms to the beef and tomato mixture.5 While the mushrooms are cooking, add the egg noodle pasta to the boiling water. Cook as directed, about 4-5 minutes.

Strain when cooked, but still a little firm (al dente).6

☐ Add egg noodles, corn, chopped olives, and about two thirds of the cheese to the large pot of beef and tomato mixture. Gently mix in. 7

☐ Transfer mixture to a large casserole dish, or to two casserole dishes if you don't have one that is large enough.

☐ Sprinkle remaining cheese on top of casserole(s).

☐ Place in the oven. Cook for 30 minutes (can go as long as an hour).

Nutrition Facts

PROTEIN 19.02% **FAT 55.97%** **CARBS 25.01%**
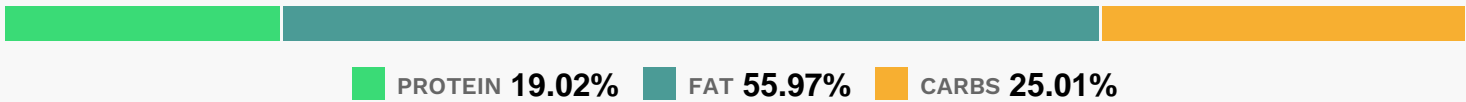
Properties

Glycemic Index:35.5, Glycemic Load:15.8, Inflammation Score:−9, Nutrition Score:33.02130450373I%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 825.62kcal (41.28%), Fat: 52.4g (80.61%), Saturated Fat: 17.36g (108.47%), Carbohydrates: 52.67g (17.56%), Net Carbohydrates: 46.34g (16.85%), Sugar: 8.69g (9.65%), Cholesterol: 147.7mg (49.23%), Sodium: 1717.19mg (74.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.06g (80.12%), Selenium: 66.5µg (95%), Phosphorus: 598.78mg (59.88%), Vitamin E: 8.43mg (56.17%), Zinc: 7.66mg (51.08%), Calcium: 495.55mg (49.56%), Vitamin B12: 2.61µg (43.49%), Vitamin B3: 7.72mg (38.58%), Vitamin C: 31.8mg (38.55%), Vitamin B6: 0.73mg (36.44%), Vitamin B2: 0.58mg (33.9%), Manganese: 0.65mg (32.62%), Vitamin A: 1518.35IU (30.37%), Copper: 0.53mg (26.65%), Iron: 4.72mg (26.23%), Potassium: 898.88mg (25.68%), Fiber: 6.33g (25.32%), Magnesium: 95.56mg (23.89%), Folate: 76.37µg (19.09%), Vitamin B5: 1.79mg (17.85%), Vitamin B1: 0.25mg (16.64%), Vitamin K: 9.06µg (8.63%), Vitamin D: 0.58µg (3.87%)