



## Cheeseburger Macaroni Casserole

**Servings:** 4

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

### Ingredients:

Non-stick cooking spray

1 pound lean ground beef

1/2 cup chopped onion

1 cup whole-wheat elbow macaroni (or penne or rotini pasta)

1 medium tomato, chopped

1 (8-ounce) can tomato sauce

1/2 teaspoon seasoned salt, optional

1/4 teaspoon black pepper

1 cup shredded Cheddar cheese

### Preparation:

Preheat oven to 350° F. Spray an 8x8-inch baking pan with nonstick cooking spray; set aside. In large skillet over medium heat, cook ground beef and onion until beef is brown and onion is soft; drain.

Cook macaroni according to package directions; drain. Spoon macaroni into prepared pan. Spread beef mixture and chopped tomato over macaroni. Pour tomato sauce over beef. Sprinkle with seasoned salt, pepper and shredded cheese.

Cover loosely with foil and bake for 35 minutes or until cheese is melted and edges of casserole are bubbling.

### Substitution Idea:

To spice it up, use your favorite pizza or Italian-style tomato sauce instead of tomato sauce and seasoned salt.

For a meal later, double the recipe and place the second casserole in the freezer for later use.

### Nutritional Facts:

#### Nutritional Facts Per Serving:

Calories:	340
Total Fat:	10g
Saturated Fat:	4g
Cholesterol:	75mg
Sodium:	650mg
Carbohydrates:	28g
Dietary Fiber:	4g
Protein:	36g
Calcium	30% Daily Value

Cost/recipe:

**\$7.70**

Cost/serving:

**\$1.92**

**BANK  
ON THE  
BASICS**

[www.dairymakesense.com](http://www.dairymakesense.com)

