

Provide-a-Meal Program



**GOOD SHEPHERD
MINISTRIES™**

WELCOME HOMELESS

Recipe for One Pot Macaroni & Beef Casserole

Ingredients:

2 tbsp	Oil
1 cup chopped	Onion
1 kg or 2.2 lbs	Ground Beef
3 cups uncooked	Elbow Macaroni
3 cups	Tomato or Pasta Sauce
3 cups	Water
½ tsp	Pepper
2 tsp	Salt
1 tsp	Oregano
2 cups grated	Cheddar Cheese

Directions:

1. In a pot, heat the oil.
2. Cook onion until softened or translucent.
3. Add ground beef, breaking up with a spoon. Cook until no longer pink.
4. Add the uncooked macaroni, tomato sauce, water, pepper, salt, and oregano. Stir and bring to a boil.
5. Reduce heat to low and simmer for about 15-20 minutes, checking at about the 10-minute mark for the doneness of the pasta.
6. Once pasta is cooked, remove from the heat and pour mixture into the casserole pan.
7. Sprinkle the grated cheese on top.
8. Freeze.