

Chinese Noodle Hamburger Casserole

Yield: 5 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-cream-of-chicken-soup-recipe>

Ingredients:

- 3/4 pound lean ground beef
- 1 cup chopped onion
- salt
- pepper
- 10 3/4 ounces cream of mushroom soup
- 10 3/4 ounces cream of chicken soup
- 1 1/2 cups water
- 1 tablespoon reduced sodium soy sauce
- 1/2 cup long grain rice uncooked
- 1 cup frozen peas
- 1 cup crunchy chow mein noodles

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 45 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 970 milligrams
9. Sugar: 4 grams

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