

Ground Beef Casserole

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-macaroni-recipe-ground-beef>

Ingredients:

- 2 cups macaroni uncooked
- 2 tablespoons unsalted butter
- 1 tablespoon minced garlic
- 2 teaspoons fresh thyme
- 1 tablespoon jalapeno pepper minced seeded
- 1 1/2 teaspoons smoked paprika
- 1 cup diced onion finely
- 1 pound ground beef
- 2 tablespoons flour
- 1 1/2 cups diced tomatoes see notes 4
- 4 ounces mozzarella cheese or more, grated
- salt Creole preferably, adjust to taste
- 1/4 teaspoon cayenne pepper optional
- 1 evaporated milk
- 4 ounces sharp cheddar cheese grated
- 1 teaspoon white pepper

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 145 milligrams
4. Fat: 40 grams
5. Fiber: 4 grams
6. Protein: 44 grams
7. SaturatedFat: 20 grams
8. Sodium: 630 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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