

Italian Casserole

Yield: 16 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-italian-sausage-recipe-noodles>

Ingredients:

- 1 1/2 pounds italian sausage bulk
- 1 1/2 pounds ground beef
- 1 cup onion chopped
- 1 cup green pepper chopped
- 30 ounces tomato sauce
- 12 ounces tomato paste
- 1/2 cup water
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/8 teaspoon garlic powder
- 17 1/2 ounces corn kernels drained
- 4 1/2 ounces ripe olives sliced, drained
- 16 ounces noodles wide, cooked and drained
- 8 ounces cheddar cheese cut into strips

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 105 milligrams
4. Fat: 28 grams
5. Fiber: 4 grams
6. Protein: 31 grams
7. SaturatedFat: 11 grams
8. Sodium: 1440 milligrams
9. Sugar: 11 grams

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