

Homestyle Ground Beef Casserole

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-homestyle-ground-beef-casserole-recipe>

Ingredients:

- 4 cups egg noodles cooked in salted water and drained
- 4 ounces cream cheese softened
- 1 cup sour cream
- 1/4 cup Parmesan plus an additional 1/8 cup, See notes
- 1/2 cup green onions sliced thin
- 1 1/2 teaspoons parsley
- salt
- pepper to taste
- 1 tablespoon vegetable oil plus more as needed
- 1/2 cup diced red onions
- 2 teaspoons minced garlic
- 1/2 cup red bell peppers diced
- 1 pound ground beef
- 1 tablespoon Worcestershire sauce
- 14 1/2 ounces diced petite tomatoes do not drain
- 6 ounces tomato paste
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 1/8 teaspoons seasoning salt more or less to taste
- 1 cup shredded Colby Jack cheese use block cheese
- 1 cup cheese shredded sharp, use block cheese
- 1 3/4 cups mozzarella I used whole milk mozzarella cheese

Nutrition:

1. Calories: 1130 calories
2. Carbohydrate: 53 grams

3. Cholesterol: 275 milligrams
 4. Fat: 75 grams
 5. Fiber: 6 grams
 6. Protein: 62 grams
 7. SaturatedFat: 40 grams
 8. Sodium: 1580 milligrams
 9. Sugar: 16 grams
 10. TransFat: 1 grams
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