

Ground Beef Country Casserole

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-steak-recipe-with-golden-mushroom-soup>

Ingredients:

- 12 ounces wide egg noodles
- 1 pound lean ground beef
- 1/2 teaspoon salt
- 10 3/4 ounces condensed tomato soup
- 10 3/4 ounces golden mushroom soup
- 1 cup whole milk or 2%
- 2 tablespoons dried minced onion
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 cup Parmesan cheese shredd, provolone cheese, or Italian blend

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 80 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 4 grams
8. Sodium: 630 milligrams
9. Sugar: 6 grams

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