

Winter Pasta Casserole



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Makes 10 Servings

What You Need

2 lbs lean ground beef
1 large onion, chopped
2 garlic cloves, minced
1 can tomato sauce (500 ml)
1 can stewed tomatoes (540 ml)
2 cups sliced mushrooms
1/2 tsp dried oregano
1/2 tsp dried basil

This will feed a crowd—serve with a tossed salad to complete the meal.

3 cups fat-free sour cream
2 cups shredded mozzarella cheese
2 cups whole wheat pasta rotini or macaroni

Per Serving

Calories 481
Carbohydrates 29 g
Protein 41 g
Fat 22 g
Dietary Fiber 3 g

How You Prepare

Cook pasta and drain. In a large pot, cook ground beef until browned. Place beef in a strainer and rinse under hot water to remove fat. Add onions and garlic to meat and return to cooking. Next add tomato sauce, tomatoes, mushrooms and spices. Simmer for 20 minutes. In a large casserole dish place 1/2 of the pasta, cover with 1/2 meat sauce, 1/2 sour cream, 1/2 cheese. Repeat layering. Cover and bake at 350 degrees for 40 minutes. Uncover and continue to cook for 10 minutes to brown cheese.