

Ground Beef Casserole Recipes

Beefy Tomato Pasta Casserole

Serves 6-8

Ingredients:

- 1 cup elbow pasta or other small pasta
- 2 (14-ounce) cans diced tomatoes with onions, undrained
- 2 cups milk
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 pound ground beef
- 1 rib of celery, diced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup mozzarella or Italian blend cheese, shredded

Instructions:

1. Preheat the oven to 400°F. Lightly grease a 9×13 baking dish or 3-quart casserole.
2. Spread the uncooked pasta into the bottom of the dish.
3. Add the chopped tomatoes, milk, garlic powder, and Italian seasoning. Mix well.
4. In a skillet, brown the ground beef along with the celery, salt, and pepper over medium-high heat for 5 minutes.
5. Add the drained beef mixture to the casserole dish; stir well.
6. Bake for 45 minutes, or until the pasta is tender.
7. Spread cheese evenly over the dish and bake 5 minutes or until the cheese is melted.
8. Pro tip: Thicker pasta will require an extra 5 to 10 minutes cooking time in the oven.



Chile Rellenos Casserole

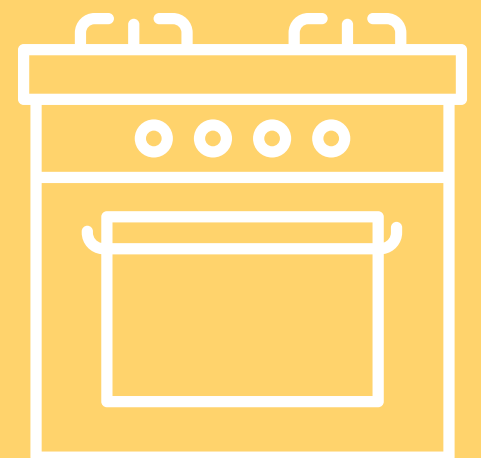
Serves 6-8

Ingredients:

- 1 pound of ground beef
- 1 small onion, diced
- 1 teaspoon of salt, divided
- 1/2 teaspoon ground black pepper, divided
- 6-8 Anaheim or poblano peppers, seeded and halved or diced or 2 (4-ounce) canned chilies, whole or diced and drained
- 1 1/2 cups mozzarella or Monterey Jack cheese, shredded
- 1/4 cup all-purpose flour
- 1 1/2 cup milk
- 4 large eggs
- Optional: Hot pepper sauce, to taste

Instructions:

1. Preheat oven to 350°F. Lightly grease a 9×13 baking dish or 2/3-quart casserole.
2. Using a skillet over medium heat, cook ground beef, onion, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Drain off the fat.
3. Place half of the halved or diced peppers in the prepared baking dish.
4. Top peppers with cheese, then top with ground beef/onion mixture. Top beef with remaining peppers.
5. In a mixing bowl, add the flour, then gradually whisk in milk until thoroughly combined without lumps. Add 1/2 teaspoon salt, 1/4 teaspoon black pepper, eggs, and hot sauce, if using. Beat until smooth.
6. Pour egg mixture over the beef.
7. Bake for 45-60 minutes or until a knife inserted in the center comes out clean. Rest 5 minutes and serve.



Compiled by Food and Nutrition Educator, Vicki Hayman

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