

# Beef Noodle Casserole

**Makes:** 4 Servings

This recipe uses egg noodles. Egg noodles can be combined with eggs, fish, poultry, vegetables, or meat, for a tasty casserole.

## Ingredients

- 2 3/4 cups** egg noodles (dry)
- 1 pound** lean ground beef
- 1/2 cup** onion (chopped)
- 1 can** tomato soup (about 10 ounces)
- 1 1/4 cups** water
- 1/8 teaspoon** black pepper
- 1 cup** dry bread crumbs

## Directions

1. Preheat oven to 350 degrees F.
2. Cook egg noodles according to package directions. Drain.
3. In a medium-size skillet, cook beef and onions until beef is browned and cooked through. Drain any fat.
4. Stir soup, water, and pepper into meat mixture. Add cooked noodles and stir until combined.
5. Spoon mixture into a 9x13-inch baking dish. Sprinkle with bread crumbs.
6. Bake for 15 minutes.

## Notes

### Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>450</b>	
Total Fat	14 g	
Protein	31 g	
Carbohydrates	47 g	
Dietary Fiber	4 g	
Saturated Fat	5 g	
Sodium	420 mg	

Tip: You can substitute ground turkey for the ground beef.