

Family Hamburger Casserole

Ingredients:

1 lb extra lean ground beef

1 cup chopped yellow onion

1 1/2 tsp salt

3/4 tsp chili powder

1 can stewed tomatoes

1 TBS Worcestershire sauce

1 package thawed mixed vegetables

1/4 lb Smart Taste macaroni

1 1/2 cup fat free shredded cheddar cheese



Directions:

Brown the beef with onion. Stir in salt, chili powder, tomatoes and Worcestershire sauce. Add vegetables and uncooked macaroni. Pour all into 3 quart baking/casserole dish. Bake covered for 45 minutes. Uncover, add cheese to top and bake additional 10 minutes or until cheese is melted. Makes 6 servings @ 6 Points, 8 pointsplus