

BEEF AND MACARONI CASSEROLE

Equipment:

Measuring Spoons

Measuring Cup

2 Qt. Casserole

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

3/4 lb - 400 g -

1 lb ground beef 500 g

1 onion, chopped 1

1/2 green pepper, chopped 1/2

1 cup celery, chopped 250 ml

1 tsp parsley 5 ml

1/2 tsp salt 2 ml

1/4 tsp pepper 1ml

1 cup elbow macaroni 250 ml

(uncooked)

1 1/4 cups water 300 ml

1 can tomato sauce 1

(14 oz.) (398 ml)

1/2 cup grated Cheddar cheese 125 ml

Procedure:

1. Crumble ground beef in a 2-quart (2 L) casserole.
2. Cook at **P4** 5 - 7 minutes, or until barely pink; stirring twice.
3. Add onion, peppers and celery
4. Cook at **P7** 3 minutes. Add remaining ingredients, except cheese.
5. Cover with a lid or plastic wrap.
6. Cook at **P6** 3 minutes, then **P4** 15 - 18 minutes, or until macaroni is tender.
7. **To Complete:** Sprinkle on cheese.
8. Cover and let stand 5 minutes.

Chefs Tip:

For added flavor, brown the meat in a pan on the stove top and use as the recipe states – be sure to deglaze the pan with any liquid in the recipe to extract every bit of flavor.