

## MACARONI AND BEEF CASSEROLE

( A Good Shepherd Mission Recipe )

### Ingredients:

3lb (@ 1.5 Kg.) ground beef	1 cup chopped onion
2 x 680 ml canned tomato sauce	1 ½ tsp salt
1½ tsp pepper	1 tsp oregano
10 oz elbow macaroni	¼ lb Cheddar cheese, shredded

### Directions:

In a large pot, (i.e. a Dutch oven) brown meat, drain and reserve.  
In the same pot, brown onions. Then combine meat & onions and mix well.

Stir in tomato sauce and spices. Simmer 15 minutes.

Prepare macaroni as per package instructions and add to mixture.

Turn into casserole pan; lay cheese on top.

Cool, cover and freeze.

*Suggestion: Using your cooking experience, you may wish to “spice up” this recipe by the addition of some Worcestershire sauce, BBQ Sauce or herbs/spices.*

Knights of Columbus Good Shepherd Council #8340 is pleased to act as the Facilitating organization for **your** Good Shepherd Parish **Casseroles for Good Shepherd Mission** Program.

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