

## MACARONI, MEAT & VEGGIE CASSEROLE (July, 2023)

( A Good Shepherd Mission Recipe Revised )

Ingredients:            2lb (@ 1.0 Kg.) **ground beef** or **pork.** \*\*  
                              2 cups chopped **onion**            1 cup diced **celery**  
                              1 cup diced **green pepper.**    1 cup diced **carrots.**  
                              1 x 680 ml **canned tomato sauce**  
                              1 ½ tsp **salt**        1½ tsp **pepper**        1 tsp **oregano**  
                              2 ½ cups **elbow macaroni**  
                              ¼ lb **Cheddar cheese**, shredded (*Optional*)

Directions:            In a large pot, (i.e. a Dutch oven) brown meat, drain and reserve.

In the same pot, saute onions, celery, pepper and carrots..

Then                    Add the reserved browned meat and mix well.

Stir in tomato sauce and spices.    Simmer 15 minutes.

Prepare macaroni as per package instructions and add to mixture. Stir to combine well.

Turn into casserole pan; spread 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.*

\*\*                    Ground **chicken** or **turkey** could be used *if reasonably priced*.  
                              Roasted chicken/turkey leftovers at Thanksgiving or Christmas could be substituted for ground meat.

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.