

Beef Noodle Casserole

Ingredients

- 12 oz egg noodles, uncooked
- 2 teaspoons olive oil
- 1.25 lbs lean ground beef
- 1 onion finely chopped
- 2 teaspoons minced garlic
- Salt and pepper to taste
- 16 oz canned tomato sauce
- 15 oz can diced tomatoes (drained)
- 2 teaspoons italian seasoning
- 2 cups shredded cheddar cheese
- Cooking spray
- 2 tablespoons chopped parsley

Steps

1. Bring a pot of salted water to a boil. Add 12 oz egg noodles and cook according to package directions
2. Preheat oven to 400 degrees F
3. Heat 2 tsp olive oil in a large pan over medium high heat
4. Add 1.25 lbs lean ground beef and cook for 4-5 mins, breaking up meat with spatula
5. Add to pan and cook for additional 5 mins
 - 1 onion finely chopped
 - 2 tsp minced garlic
 - Salt and pepper to taste
6. Add to beef and stir to combine
 - 16 oz canned tomato sauce
 - 15 oz can diced tomatoes (drained)
 - 2 tsp italian seasoning
7. Drain noodles and add to pan with beef, toss to combine
8. Pour beef and noodle mixture to 9"x13" baking pan that's been coated with cooking spray
 - Top with 2 cups shredded cheddar cheese
9. Bake for 10-15 mins or until cheese is melted. Sprinkle with parsley and serve