



DINNER TONIGHT: BUDGET FRIENDLY

Hot Stuff Casserole



FUN

Answer as many simple
“or” questions in two
minutes as possible!



CONVERSATION

What is one food you
always wanted to try?
What about a food you
would never want to try?





Hot Stuff Casserole

This recipe is from Cherokee Healthy Nation



INGREDIENTS

Serves 12

- 1 lb. extra lean ground beef
- 1 can Rotel tomatoes
- 1 small can tomato sauce
- ¼ tsp. Chili powder
- 1 tsp. sugar
- ¼ tsp. basil
- 12 oz. package wide noodles
- 1 c. low fat sour cream
- 1 pkg fat free cream cheese, at room temperature
- 1 tbsp. chives
- ½ c. cheddar cheese, reduced fat

INSTRUCTIONS

1. Brown ground beef. Drain off the fat.
2. Add tomatoes, tomato sauce, sugar, salt, chili powder, and basil. Simmer for 20 minutes.
3. Cook noodles according to package directions.
4. Mix sour cream, cream cheese, and chives.
5. In casserole dish sprayed with Pam, layer 1/2 noodles, cream cheese mixture, then the meat mixture. Repeat layers.
6. Bake at 350 degrees for 20 minutes. Sprinkle cheddar cheese on top and return to oven until cheese has melted.