

Beef pasta casserole

You will Need:

- 5 cups uncooked rotini pasta
- 2-1/2 lbs ground beef
- 5 cups sliced mushrooms¹
- 2 or 3 onions, chopped
- 3 cans tomato soup
- 1/2+ cans water²
- 2-1/2 tsp oregano leaves
- 1-1/2 tsp garlic powder
- 2-1/2 cups shredded mozzarella cheese

Instructions:

Cook pasta according to package instruction, without salt. Drain and set aside.

Brown the beef, mushrooms and onions at medium-high in a large skillet. Stir in mixture of soup, water, oregano and garlic powder. Heat to a boil, stirring often.

Add cooked pasta. Reduce heat to low, and simmer covered, until the mixture is heated through (about 5 minutes) stirring occasionally.

Top with cheese, and sprinkle with chopped herbs or cracked black pepper if desired.

Oven Version: Add the cooked meat, mushrooms and onions to the cooked pasta in a large oven pan, then add the tomato soup sauce, and stir together. Top with cheese and heat through in the oven at 350°F. (20 + minutes).

Recipe Variations:

1. Replace mushrooms with tinned chickpeas
2. Replace 1 to 1-1/2 tins of soup with a tin of tomatoes, blended or chopped. (omit the water in favour of the tomato juice)