

# Beef Noodle Casserole Recipe

This Beef Noodle Casserole is an easy egg noodle casserole that's perfect for feeding a family, even the pickiest of eaters. As a busy mom, casseroles that I can prepare quickly and pop into the oven are a frequent go-to dinner on weeknights. I'm constantly on the search for easy casserole recipes that even my picky eaters love. This **beef and noodles** is one of them.

## What to Serve with Beef Casserole Recipes

Finding a casserole that the entire family loves can be a challenge. I prefer to find casseroles that include at least a few different food groups for a semi-balanced meal while my kids would just eat noodles and cheese every night if I let them. This Cheesy Beef Noodle Casserole is a favorite for everyone in my house. When I am looking for a side dish for this meal I like to serve a side salad or a side dish of vegetables.





# Variations to Easy Beef and Noodles

My kids love egg noodle casseroles (they prefer the texture and flavor of egg noodles over other noodles) and it's sufficiently cheesy to keep them satisfied. I love it because the beef adds substance, there's flavor and the tomato sauce kinda sorta maybe counts as a vegetable.

What is great about this recipe is that there are endless possibilities.

- **Add Vegetables** – add cooked carrots, frozen peas, peppers, corn, whatever vegetables you have on hand
- **Add chicken, pork, ham or brisket**
- **Use different cheese**
- **No stock?** Use broth or make your own using a beef bouillon cube and water.







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## **Pantry Cooking with this Ground Beef Casserole**

You probably already have all of the ingredients for this ground beef casserole in your kitchen. That's another thing I love about it – I can easily whip it together when the kitchen and pantry are running on their bare minimum, as beef, noodles, and cheese are something we almost always have on stock. This recipe is a bit of a cross between a cheeseburger casserole and a thick, cheesy spaghetti sauce casserole, which is why I think my kids love it so much.

## **Can Beef Noodle Casserole be Made Ahead**

If I know I have a busy night the next day, I might even make this Beef Noodle Casserole in advance. It can be left covered in the fridge for a day or so before baking so I just prepare everything the night before, put it in the pan, and leave it in the fridge until it's time to bake. Since the casserole is starting out cold, you will need to increase baking time.

## **Pay it Forward with Ground Beef Casserole with Noodles**

That also makes this an ideal casserole to give to others, whether it's a new mother, someone going through a challenging time, etc. I often take this Beef Noodle Casserole to my

friends who have recently become mothers or whom I know could otherwise use some support. I just prepare everything and hand it over in the baking dish, with a note on cooking times.

## **Can Easy Beef and Noodles Be Frozen**

I love when I can make a recipe, double it and get 2 meals from it. This is great when I can find ground beef, or ground pork, on sale. I will double the recipe and make one easy beef and noodles for dinner and put the other in a disposable casserole pan and freeze it. First I cover the dish in plastic wrap, then cover it with aluminum foil. The casserole will stay good in the freezer for up to 6 months.

Whether you're looking for an easy casserole recipe to add to your family weeknight rotation or comfort food to gift, you will love this easy egg noodle casserole!

## **Ingredients in Ground Beef Casserole**

- Olive oil
- Onion
- Ground beef
- Garlic
- Italian seasoning
- Salt and pepper
- Egg noodles
- Tomato sauce
- Shredded cheddar cheese
- Chopped parsley for garnish

## **How To Make Beef Noodle Casserole**

Cook egg noodles according to package instructions. Rinse.



Brown hamburger in a pan, add chopped onions and cook until onions soften.

Add tomato sauce.



Add Italian seasoning, salt, and pepper.



Add cooked egg noodles to the mixture.



Pour into a greased baking dish.







Top with shredded cheese.







Bake for 15 minutes.

Garnish cheesy beef casserole with parsley.

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**Prep Time: 10 minutes Cook Time: 35 minutes Total Time: 45 minutes**

## DESCRIPTION

This **Beef Noodle Casserole** is an easy egg noodle casserole that's perfect for busy weeknights. Even kids love this **cheesy beef casserole!**

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## INGREDIENTS

- 2 tsp. Olive oil
  - 1 Onion chopped
  - 1 lb. Ground beef
  - 2 tsp. Garlic minced
  - 2 tsp. Italian seasoning
  - Salt and pepper to taste
  - 12 oz. Egg noodles
  - 16 oz. Tomato sauce
  - 2 c. Shredded cheddar cheese
  - Chopped parsley for garnish
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## INSTRUCTIONS

1. Cook the egg noodles according to the package instructions. Drain and rinse well when finished.
2. Preheat the oven to 400 degrees.
3. Heat 2 tsp of olive oil in a large skillet over medium-high heat, and brown the meat until cooked through.
4. Add the onions and garlic to the skillet, and stir to combine. Cook until the onions begin to soften.
5. Mix in the tomato sauce, salt and pepper to taste, as well as the Italian seasoning.

6. Combine the meat sauce mixture with the cooked egg noodles, and toss to combine.
  7. Pour the mixture into a greased casserole dish, and top with 2 cups of shredded cheddar cheese.
  8. Bake for 15 minutes.
  9. Garnish with freshly chopped parsley.
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## NOTES

8 Weight Watchers Freestyle Smartpoints per serving (The pts are calculated on the base of 10 servings )

## NUTRITION

▪ **Serving Size:** 6