

# Cheesy Hamburger Casserole

## Ingredients

1 1/2 pounds lean ground beef  
1 large onion, diced  
1 tablespoon canola oil  
salt, to taste  
pepper to taste  
1/2 teaspoon oregano  
2 cloves chopped garlic  
1/2 teaspoon paprika  
one 28-ounce can pureed tomatoes or your favorite sauce  
16-ounce box macaroni noodles  
1/2 cup each grated cheddar and mozzarella cheeses

## Instructions

Sweat the onions in the oil with a three-fingered pinch of salt. Add the beef and cook it, breaking it up as you do. Add another three-fingered pinch of salt or two, along with the dry seasonings. Add the tomatoes and bring to a simmer, then reduce the heat to low and cook for an hour.

Cook the macaroni in boiling water till it's half done. Drain it and add it to the tomatoes. (I wanted this to stretch into two meals, so I used the whole box, but if you want your dish to be very tomatoey and beefy, you might want to add only half the macaroni). Stir it into the sauce. Taste it and add cheese and cover or transfer it to a large baking dish and cover it with foil. It can be refrigerated for up to two days, or frozen a few weeks.

If refrigerated bake it in a 400-degree oven till it's piping hot (about 45 minutes if it's cold to room temperature). Just before you're ready to eat, remove the foil, cover macaroni with the cheese and broil till the cheese is bubbly.

## Nutrition information

Calories per serving: 462

Fat per serving: 11g

Saturated fat per serving: 4g

Carbs per serving: 52g Protein per serving: 36g

Fiber per serving: 4g

Sugar per serving: 8g

Sodium per serving: 145mg

Cholesterol per serving: 83mg