



RELAX! ... IT'S JUST DINNER.

Brought to you by:



HAMBURGER CASSEROLE

Serves: 4

Cook Time: 30 minutes

Shopping list:

- 1 pound of lean ground beef or turkey
- 1 onion chopped
- 1 10.5 oz can of low fat reduced sodium cream of mushroom soup
- 1 cup fat free sour cream
- 3/4 whole wheat macaroni noodles, uncooked

Recipe:

1. Cook meat in skillet, drain and rinse thoroughly.
2. Return meat to skillet add onion and 1 tablespoon water.
3. Cover and cook for about 5 min or until onions are transparent.
4. Cook noodles according to box.
5. Add soup, sour cream, and noodles to meat mixture.
6. Stir and enjoy!!