

Penny Pinching Casserole



Serves 4

1 pound ground beef

1 small onion, diced

2c tomato sauce

1 can diced tomatoes, do not drain

1/4t black pepper

8oz cream cheese, fat~free, softened

1/2c sour cream

1/2c mozzarella cheese, shredded, divided use

8oz elbow macaroni, cooked

Preheat oven to 350. Cook beef and onion in large skillet over medium~high heat until well browned. Drain excess fat, then add tomato sauce, tomatoes and pepper and cook for 10 minutes to blend flavors.

In medium bowl, mix together cream cheese, sour cream and mozzarella until smooth.

Spray baking dish with non~stick cooking spray. Layer 12 of the macaroni in the baking dish, top with 12 of the cheese mixture and 12 of the ground beef. Repeat process. Top casserole with remaining mozzarella cheese.

Bake 45 minutes or until golden and bubbly.

Prepare Ahead Tip

Prepare casserole but do not bake. Wrap tightly with heavy~duty aluminum foil and freeze. Thaw overnight in refrigerator, day before consumption and bake as indicated.