This recipe makes enough for 8 people.

**Corn & Meat Casserole**

- 1 pound ground meat
- 2 cups corn
- 2 cups uncooked noodles or macaroni
- 1 cup water
- A little pepper
- ¼ teaspoon salt
- 2 cups tomatoes
- 1 pound ground meat

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

A good diet has meat, poultry, fish, eggs, cheese, or dry beans or peas every day. A good diet has milk and bread. It also has vegetables and fruits.

Your family is happier when you cook good food.
How to Make Corn and Meat Casserole

1. 1 pound ground meat
   You can use 2 cups canned chopped meat.
   Add ground meat.
   Let it brown.
   Stir as you cook it.
   Pour off the grease.

2. Tomatoes
   2 cups
   Add tomatoes, salt, and pepper.
   Stir.

3. Salt
   ¼ teaspoon
   Pepper
   a little
   Turn on oven.
   Set it at 350 degrees F.
   This is a medium hot oven.

4. Water
   1 cup
   Noodles or macaroni
   2 cups
   Add water and noodles or macaroni. Stir.
   Cook until they are tender.

5. Corn
   2 cups
   Add corn. Stir.

6. Spray a baking pan with nonstick cooking spray.
   Pour corn and meat mixture into pan.

7. Bake in medium hot oven.
   Bake for 30 minutes.

8. Cut cheese in small pieces.
   1 cup
   Sprinkle cheese on top of corn and meat mixture. Bake
   5 minutes more until cheese melts.