



- 1 pound ground meat
- 2 cups tomatoes
- 1/4 teaspoon salt
- A little pepper
- 1 cup water
- 2 cups uncooked noodles or macaroni
- 2 cups corn
- 1 cup cheese

What You Use



Corn & Meat Casserole
 This recipe makes enough for 8 people.



Your family is happier
 when you cook good food.

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.



EFNEP-107

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Originally prepared by **Virginia H. Goebel**, former EFNEP Program Analyst, and **Virginia C. White**, former Specialist, Foods and Nutrition.

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

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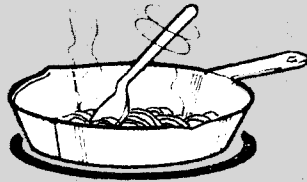
4M, Revised July 2005, EFNEP-107

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



Salt

¼ teaspoon



Pepper

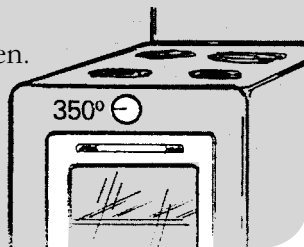
a little



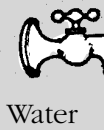
Add tomatoes,
salt, and pepper.
Stir.

3.

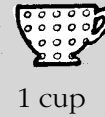
Turn on oven.
Set it at 350 degrees F.
This is a medium hot oven.



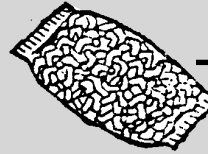
4.



Water



1 cup



Noodles or
macaroni



2 cups



Add water and
noodles
or macaroni. Stir.
Cook until they
are tender.

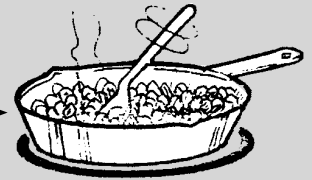
5.



Corn

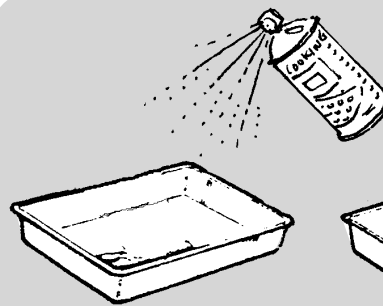


2 cups

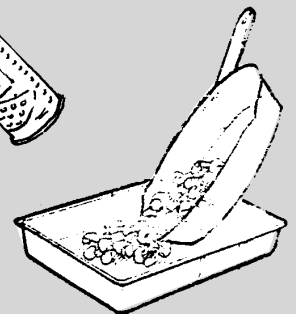


Add corn. Stir.

6.



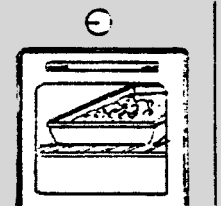
Spray a baking pan with
nonstick cooking spray.



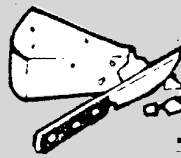
Pour corn and meat
mixture into pan.

7.

Bake in medium hot oven.
Bake for 30 minutes.



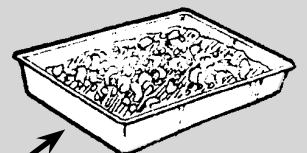
8.



Cut cheese in
small pieces.



1 cup



Sprinkle cheese on
top of corn and
meat mixture. Bake
5 minutes more until
cheese melts.