

Treasure Barrel

Poor Man's Husband Casserole

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz egg noodles
- [ ] 1 lb ground beef
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 (14.5 oz) can diced tomatoes
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried oregano
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] 1/2 cup frozen peas
- [ ] 1/2 cup grated carrots

Instructions

1. Preheat the oven to 375°F (190°C). Cook the egg noodles in salted water until just al dente, then drain and set aside.
2. In a large skillet, heat olive oil over medium heat. Add onion and garlic; sauté until soft and fragrant.
3. Add the ground beef, breaking it up with a spoon. Brown the meat until no longer pink, then stir in diced tomatoes, oregano, salt, and pepper. Let the sauce simmer for 8-10 minutes.
4. Combine the cooked noodles with the sauce in a greased 9×13-inch baking dish. Sprinkle the shredded cheddar evenly over the top.
5. Bake for 20-25 minutes, or until the cheese is melted and lightly browned. Let rest 5 minutes before serving.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Adding a splash of milk can make the sauce extra creamy.
- For a crazy good casserole feel, brown the beef a little longer for deeper flavor.
- If you prefer a spicier version, stir in a pinch of red pepper flakes.