

Italian Delight Casserole

Author: Adapted from a friend's recipe, from about 1970.



- 2 pounds lean ground beef**
- 1 tablespoon olive oil**
- 2 small onions, chopped**
- 3 cloves garlic, minced**
- 2 whole red bell peppers, chopped**
- 16 ounces tomato sauce**
- 1 pound mushrooms, chopped (optional)**
- 1 teaspoon dried thyme**
- 1 teaspoon dried oregano**
- 2 tablespoons Worcestershire sauce**
- 16 ounces linguine**
- 1 1/2 pounds frozen corn**
- 2 cups cheddar cheese, grated**

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 615 Calories; 29g Fat (42.3% calories from fat); 32g Protein; 58g Carbohydrate; 5g Dietary Fiber; 92mg Cholesterol; 516mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

***Carolyn T's
Main Cookbook***

Servings: 10

Notes: I also add some ground cumin to this just because I like it. Maybe about a teaspoon.

Description: A ground beef & pasta casserole, simple, tasty.

1. In a large skillet heat the olive oil and add ground beef. Cook until no pink remains and crumble it up with a spatula. Remove from the pan and set aside.
2. To the same pan add the chopped onion (remove some of the grease if you'd prefer) and stir while it cooks for about 2-3 minutes. Add the garlic and red bell pepper. Stir in the tomato sauce, mushrooms, seasonings. Cover and simmer for 10 minutes.
3. Meanwhile, prepare linguine and cook until it's just a bit under-done. Drain and add to the meat mixture. Add corn.
4. Pour mixture into a 9x13 pan and sprinkle top with the cheddar cheese.
5. Bake in a 350 oven for 45 minutes.