



CONVIVIUM
URBAN FARMSTEAD

THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

The recipe is provided below if you would like to recreate the meal.

Reheating Instructions:

If reheating the entire casserole, place in the oven at 375 degrees F for 20-25 minutes or until it is 165 degrees in the center.

It can also be portioned out cold and then reheated in the microwave as individual portions.

DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.

Vegetable Beef Casserole

1.5 cups uncooked elbow macaroni
1 cup corn
1 cup zucchini, diced
1 cup green beans, fresh frozen or canned
1 pound ground beef
1 tablespoon soy sauce
1 teaspoon garlic powder
1 teaspoon Italian seasoning
Salt and pepper to taste
2 medium tomatoes, chopped
1 can tomato sauce (15 oz.)
1 cups water
4 oz. shredded cheddar cheese

INSTRUCTIONS

1. In a medium size sauté pan, fry the ground beef and season with soy sauce, garlic powder, and Italian seasoning. Cook and stir until the meat is no longer pink and has started to brown (about 10 minutes). Set aside.
2. Spray a 9x13 casserole pan and pour the elbow macaroni in an even layer on the bottom.
3. Then layer the corn, zucchini, and green beans. Season with salt and pepper.
4. Crumble the cooked ground beef over the vegetables.
5. Top with tomatoes and tomato sauce. Pour 1 cup of water over everything and press down to make sure noodles are submerged.
6. Cover and bake at 375 for about 35 minutes or until vegetables and pasta are tender.
7. Sprinkle with cheese, cover and let stand until cheese is melted. Enjoy!

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info@convivium-dbq.com

563.557.2900

2811 Jackson St. Dubuque, IA 52001

