

Beef and Bulgur

Heather Mooty

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| 1 ½ lbs. lean ground beef | 3 Tbsp. fresh or 1 Tbsp. dried parsley |
| 1 large onion, chopped | 2 tsp. beef bouillon granules |
| 1 (14 ½ oz.) can diced tomatoes, drained | 1 ½ tsp. salt |
| 1 clove garlic, chopped | 1 ½ tsp. fresh or dried oregano |
| 1 cup uncooked bulgur | ¼ tsp. pepper |
| 2 cups water | ½ cup grated Parmesan |

Preheat oven to 350°. Cook ground beef and onion in 10-inch skillet until brown; drain. Stir in remaining ingredients except cheese. Pour into 2 ½-quart casserole dish. Cover and bake at 350° for 45 minutes or until bulgur is tender. Stir in cheese. Sprinkle with fresh parsley if desired.

Hamburger Noodle Bake

Patricia Cooper

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| 1 (8 oz.) pkg. cream cheese | ½ cup chopped onion |
| ½ cup evaporated milk | ¼ cup green pepper |
| 2 tsp. lemon juice | 2 Tbsp. butter |
| ½ tsp. garlic salt | 1 ½ lbs. ground beef |
| 1 tsp. Worcestershire sauce | 8 oz. tomato sauce |
| 8 oz. cooked wide noodles | ½ cup ketchup |

Mix first 5 ingredients with cooked noodles and pour into greased 11x7-inch dish. Sauté onion and pepper in butter. Add beef and cook until brown. Stir in tomato sauce and ketchup. Cook over medium heat about 8 minutes. Spread over noodles. Bake at 375° for 10 minutes or until bubbly.