



## **Beef Macaroni and Cheese**

16 oz. elbow macaroni, cooked and drained  
2 tablespoons vegetable oil  
2 cups green bell pepper, chopped  
2 cups onion, chopped  
1 tablespoon garlic, chopped  
2 pounds lean ground beef  
3 cups canned crushed tomatoes  
1 teaspoon each of dried basil, ground cumin & dried oregano  
2 cups cheddar cheese, grated

1. Heat oil in a skillet and add peppers, onion, garlic & saute until soft.
2. Add ground beef & saute until browned. Drain the fat.
3. Add tomatoes, cheese, basil, cumin and oregano.
4. Combine cooked macaroni to beef mixture & place in baking pan.
5. Bake at 350 degrees for 20-25 minutes.
6. **DOUBLE COVER CASSEROLE WITH ALUMINUM FOIL.**
7. Tape bottom portion of this page to casserole cover and freeze.

**Please drop off your casserole(s) in the freezer in the All Saint's Hall kitchen on Sundays, 8-8:45 am or 9:50 am-12 pm. Do not deliver during the worship service. If you need to drop off during the week (M-Th, 9am-4pm), please call the office at 410-461-7793 BEFORE MARCH 22 to arrange a time. Direct casserole-specific questions to Bonnie Sturm at ([outreach@stjohnsec.org](mailto:outreach@stjohnsec.org)).**

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## **ST. JOHN'S EPISCOPAL CHURCH OUTREACH**

### **Beef Macaroni and Cheese Casserole**

1. Completely thaw double covered casseroles before baking.
2. Preheat oven to 350 degrees.
3. Cook for 30 minutes or until hot throughout.