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# **Cheesy Beef Bake**

A delicious and cheesy beef bake that is perfect for a hearty dinner. This recipe has a rich history and is loved by meat lovers.

Recipe Type: Standard Prep Time: 20 mins

Cook Time: 40 mins Total Time: 60 mins

Recipe Yield: 1000 grams Number of Servings: 4

Serving Size: 250 g

## Ingredients

500 g	Ground Beef
250 g	macaroni
200 g	cheddar cheese
100 g	onion
2 cloves	garlic
400 g	tomato sauce

2 tbsp	olive oil
1 tsp	Salt
1 tsp	Pepper

## **Directions**

#### Step 1

Boiling

Cook the macaroni according to package instructions. Drain and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

#### Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add onion and garlic, and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

## Step 3

Frying

Add ground beef to the skillet and cook until browned. Drain any excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

#### Step 4

#### Simmering

Stir in tomato sauce, salt, and pepper. Simmer for 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

## Step 5

#### Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 0 mins

Cook Time: 5 mins

#### Step 6

#### Baking

In a baking dish, layer half of the macaroni, beef mixture, and cheddar cheese. Repeat the layers.

Prep Time: 5 mins

Cook Time: 0 mins

## Step 7



Bake for 20 minutes or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 20 mins

## Step 8

#### Resting

Let it rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 400 kcal

**Fat:** 20 g

Protein: 25 g

Carbohydrates: 30 g

## **Nutrition Facts**

## **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

#### **Fats**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

## **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

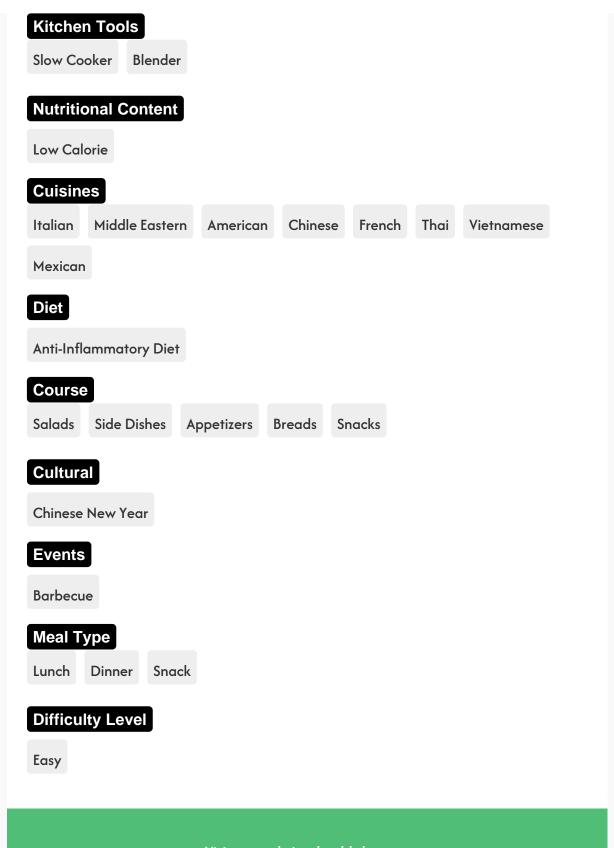
## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	20 mg	181.82%	250%
Selenium	25 mcg	45.45%	45.45%

# **Recipe Attributes**

Seasonality

Fall



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