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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

<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Pepper

## Directions

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### Step 1

Boiling

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

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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### 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

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### 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

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## Step 4

Simmering

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

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 5

Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## 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

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## Step 7

Baking

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

## Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

Middle Eastern

American

Chinese

French

Thai

Vietnamese

Mexican

## Diet

Anti-Inflammatory Diet

## Course

Salads

Side Dishes

Appetizers

Breads

Snacks

## Cultural

Chinese New Year

## Events

Barbecue

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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