

Pizza Casserole

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Makes 8 servings.

3 cups uncooked egg noodles
1 pound ground turkey or very lean ground beef
1 large onion, chopped
3 cloves garlic, minced
1 large green bell pepper, chopped
1 1/2 cups sliced turkey pepperoni sausage
3 cups pizza sauce
1/3 cup milk
2 cups shredded mozzarella cheese

Cook noodles according to package directions. Drain well.

Preheat oven to 350 degrees.

In a large skillet over medium-high heat, brown the ground turkey with the onion, garlic and green bell pepper. Drain excess fat. Stir in noodles, pepperoni, pizza sauce and milk; mix well.

Pour mixture into a 9 x 13-inch baking dish coated with cooking spray.

Bake at 350 degrees for 30-35 minutes. Top with shredded cheese and bake an additional 5 to 10 minutes longer.

Dinner, Home Cooking

Per serving (excluding unknown items): 171.5 Calories; 10.5g Fat (52.3% calories from fat); 8.3g Protein; 13.3g Carbohydrate; 27mg Cholesterol; 713mg Sodium. Exchanges: 1 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat.