

Cornell Cooperative Extension | Schoharie and Otsego Counties

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Hamburger Casserole

Ingredients:

1½ pounds lean ground beef

1 cup pearl barley

1 cup chopped onion

1 (16-ounce) can green beans, undrained

1 (14-ounce) can whole tomatoes, undrained

1 (6-ounce) can tomato paste

6 ounces water

½ teaspoon salt

Makes 12 servings - 28% calories from fat

Serving Size Servings Per		er 12	
Amount Per Sen	ving		
Calories 190	Calc	ories fron	n Fat 50
		% Da	aily Value
Total Fat 6g			9%
Saturated Fat 2.5g			13%
Trans Fat	0a		
Cholesterol			12%
Sodium 320mg			13%
Total Carbol		19a	6%
Dietary Fib	•		16%
Sugars 3g	g		
Protein 15g			
Protein 15g			
Vitamin A 8%	, • '	Vitamin (2 10%
Calcium 4%	•	Iron 15%	,
*Percent Daily Va diet. Your daily va depending on you	lues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than te	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Instructions:

- 1. In a large skillet brown hamburger and drain. Combine all ingredients, add to casserole to dish.
- 2. Bake at 350° F for 1½ hours. Serve hot.



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