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**KSL TV, Eyewitness News at Noon**  
 Monday, February 6, 2006

**“Chili Cheese Noodle”**

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 Dairy Council of Utah



Throw together fast and convenient comfort food – easy on time and budget. Recipe is shared by my friend Susan Wayment, Warren, Utah.  
 Serves 8

**Ingredients:**

- 10 oz. dried egg noodles (approx. 5 cups cooked)
- 1 pound lean ground beef
- 1 medium onion, chopped
- 2 cans (10.75 oz. ea.) cond. cream mushroom soup
- 1 teaspoon chili powder
- 2 1/2 cups tomato juice
- 1 1/2 cups shredded cheddar cheese
- Fresh parsley sprigs, optional garnish
- Fresh tomato wedge, optional garnish

**Method:**

Preheat oven to 350<sup>0</sup>F

Cook noodles according to package directions, drain and set aside.

Brown ground beef with onion until thoroughly cooked. Drain excess fat from meat. Stir in condensed cream mushroom soup, chili powder, and tomato juice. As needed, add an additional 1/2 cup tomato juice to create desired consistency. Stir in cooked and drained noodles. Place in 9x13 pan, sprinkle with cheese, bake, uncovered, 25-35 minutes or until hot and bubbly through. To serve, garnish with fresh parsley sprigs and wedge of tomato.

NOTE: Recipe may be prepared ahead of time and refrigerated. Baking time will be increased.

<b>Nutrition Facts</b>	
Serving Size 1/8 of casserole (330g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 390</b>	Calories from Fat 170
% Daily Value*	
<b>Total Fat 19g</b>	<b>30%</b>
Saturated Fat 8g	<b>42%</b>
<b>Cholesterol 70mg</b>	<b>24%</b>
<b>Sodium 980mg</b>	<b>41%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 5g	
<b>Protein 23g</b>	
Vitamin A 15%	• Vitamin C 25%
Calcium 20%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	