



Grandma's Ground Beef Casserole



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Introduction

Grandma's Ground Beef Casserole is a nostalgic and hearty dish that brings comfort to any meal. This recipe combines tender ground beef, delicious vegetables, and creamy soup, all baked together to create a satisfying casserole. It's perfect for family dinners or potlucks, reminding us of the warmth and love of home-cooked meals.

Detailed Ingredients with measures

Ground beef: 1 pound
Onion: 1 medium, chopped
Garlic: 2 cloves, minced
Bell pepper: 1 medium, chopped
Frozen mixed vegetables: 1 cup
Cream of mushroom soup: 1 can (10.5 ounces)
Cheddar cheese: 1 cup, shredded
Egg noodles: 2 cups, cooked
Salt: to taste
Pepper: to taste
Olive oil: 1 tablespoon

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 30 minutes

Total Time: 45 minutes

Yield: 6 servings



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Detailed Directions and Instructions

Preheat the Oven

Begin by preheating your oven to 350°F (175°C).

Cook the Ground Beef

In a large skillet, cook the ground beef over medium heat until it is no longer pink. Drain any excess fat.

Add Onions and Seasoning

To the cooked ground beef, add chopped onions, garlic powder, salt, and pepper. Stir the mixture and continue cooking until the onions are softened.

Add Tomato Soup and Worcestershire Sauce

Incorporate the tomato soup and Worcestershire sauce into the beef mixture. Stir well until everything is combined.

Layer the Casserole

In a 9×13 inch baking dish, spread the beef mixture evenly. Then, layer the frozen mixed vegetables over the top.

Add Tater Tots

Arrange the frozen tater tots evenly over the vegetables.

Bake the Casserole

Place the baking dish in the preheated oven and bake for 30-40

minutes, or until the tater tots are golden brown and crispy.

See also French Onion Meatloaf

Cool and Serve

Once baked, allow the casserole to cool for a few minutes before serving. Enjoy!

Notes

Storage

Leftover casserole can be stored in an airtight container in the refrigerator for up to 3 days.

Substitutions

Feel free to substitute different frozen vegetables based on your preference.

Serving Suggestions

This casserole pairs well with a simple side salad or bread for a complete meal.



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Cook techniques

Layering Ingredients

Layering is essential in casserole preparation. Start with a base, like the ground beef mixture, and then alternate with layers of vegetables and sauce to create a well-rounded flavor profile.

Browning Ground Beef

Always brown the ground beef thoroughly before adding it to your casserole. This step enhances the meat's flavor and prevents excess grease from making the dish soggy.

Using Casserole Dishes

Select the right casserole dish for even cooking. A glass or ceramic dish retains heat well, ensuring that the casserole cooks thoroughly and uniformly.

Covering for Even Cooking

Cover the casserole with foil during the initial baking phase. This traps heat and moisture, ensuring that the ingredients cook evenly without drying out.

Checking for Doneness

Always check for doneness towards the end of the cooking time. The center should be hot, and any cheese should be melted and bubbling to indicate that the dish is ready to serve.

FAQ

Can I use a different type of meat?

Yes, you can substitute ground beef with other meats like turkey or chicken. Just ensure that they are cooked through before layering.

Can I make this casserole ahead of time?

Absolutely! You can prepare the casserole a day in advance and store it in the refrigerator. Just add a few extra minutes to the baking time if cooking from cold.

See also [Cowboy Pasta Salad](#)

What can I use instead of canned soup?

If you prefer a healthier option, you can create a homemade cream sauce using flour, milk, and seasonings instead of canned soup.

How do I store leftovers?

Store leftovers in an airtight container in the refrigerator for up to 3-4 days. You can also freeze it for longer storage.

Can I add more vegetables?

Yes, feel free to add more vegetables to the mix or substitute them based on your preferences for added nutrition and flavor.



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Conclusion

This Grandma's Ground Beef Casserole is a heartwarming dish that combines classic flavors and comforting textures. Its simplicity and rich taste make it a perfect choice for family gatherings or a cozy weeknight dinner. Enjoy the satisfaction that comes from sharing this delightful casserole with loved ones.

More recipes suggestions and combination

Cheesy Chicken and Rice Casserole

A creamy blend of chicken, rice, and cheese that is baked to perfection, offering a delightful twist on the traditional casserole theme.

Taco Casserole

Combining ground beef, taco seasoning, and layers of tortilla chips, this casserole brings the bold flavors of tacos into an easy-to-serve, layered dish.

Vegetable Lasagna

Layers of pasta, ricotta cheese, and an assortment of vegetables, topped with marinara sauce and mozzarella cheese for a healthier, yet satisfying option.

Beef Stroganoff Casserole

This dish features tender beef, creamy sauce, and noodles all baked together, creating a comforting meal that is sure to please.

Stuffed Pepper Casserole

Combine all the classic flavors of stuffed peppers in a casserole form with ground turkey, rice, tomatoes, and spices for a hearty and colorful dinner.

See also [Apple and Cheese Sandwich](#)

Breakfast Casserole

Perfect for brunch, this dish includes eggs, sausage, cheese, and bread, baked together for a hearty and flavorful morning meal.



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