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| Meal in One A Judy Hunt recipe. INGREDIENTS 1 lb. ground beef 7 oz. shell pasta (or elbow)  1 medium onion 2 T barbeque sauce\*  16 oz. tomatoes with juice (chopped) Salt and pepper to taste  1 ½ lb. Longhorn cheese (cubed and sliced for layers) ½ green pepper (optional) DIRECTIONS  1. Brown ground beef and onions; drain. If adding green pepper, brown with meat & onion. 2. Cook pasta per directions on box. 3. Layer in casserole dish: the ground beef/ onion mix, tomatoes, cubed cheese, pasta, barbecue sauce and salt and pepper to taste, repeat. 4. Use sliced cheese to accent on top. 5. Cover with foil until last 5 minutes. Bake at 350° for 30 minutes. 6. \*Optional: 3 T barbeque sauce. |
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