



Sloppy Joe and Macaroni Casserole

3 to 4 cloves garlic
1 red bell pepper
1 onion
3 tablespoons dark brown sugar
3 tablespoons red wine vinegar
3 tablespoons Worcestershire sauce
One 15-ounce can tomato sauce
12 ounces elbow macaroni with ridges
2 tablespoons olive oil
1 1/2 pounds ground beef (80-to-85-percent lean)
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup beef broth
2 cups shredded yellow Cheddar cheese

1. Remove the outer skin of garlic and onion. **Scrub the garlic, onion, and bell pepper with a vegetable brush while holding under cold running water.** Remove the stem and seeds from the bell pepper. **Finely chop the garlic, onion and bell pepper on your produce cutting board.**
2. Combine the brown sugar, vinegar, Worcestershire sauce and tomato sauce in a small bowl and set to the side.
3. Bring a large pot of water to a boil. Add the macaroni and cook until not quite tender, about 5 minutes. Drain and place noodles to the side.
4. Heat oil over medium heat in a large skillet. Remove wrapper from the ground beef and add to the skillet. **Wash hands using soap and warm water.** Season beef with salt and pepper and cook until browned.



5. Add the garlic, bell peppers, and onions to the skillet and cook for 5 minutes, stirring occasionally.
6. Pour the tomato mixture over the beef and add the beef broth. Stir until well mixed. Simmer until sauce thickens, about 5 to 10 minutes. Remove from heat. Add the cooked noodles to the skillet and stir. Pour the mixture into a large casserole dish and top with the cheese
7. Preheat the oven to 400°F. Bake casserole in the preheated oven for 20 minutes. **After 20 minutes, insert a cooking thermometer into the center of the casserole. Continue baking until the internal temperature reaches 160°F.**

Additional Food Safety Notes Related To This Recipe

- Be sure to store the ground beef on a plate on the bottom shelf of the refrigerator. Check the refrigerator temperature to be sure it is between 35 and 40 degrees F.
- Canned tomatoes should be stored in a cool dry place. If there are any signs that the can is dented, leaking, swollen, or rusted, it should be thrown into the garbage.
- Wash the can's lid with a damp cloth before opening. After opening the can, wash the can opener with soap and warm water.
- When buying cheese in the grocery store, be sure that the package has no broken seals and there is no discoloration or mold found on the cheese.
- Be sure to read the expiration date found on the cheese package before each use. Do not use the cheese if it is past the expiration date. The expired product should be thrown into the garbage.

Recipe Source

<http://www.foodnetwork.com/recipes/rachael-ray/sloppy-joe-and-macaroni-casserole-recipe/index.html>