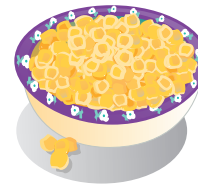
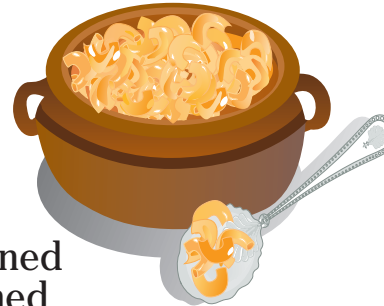


Microwaved Corn, Beef, and Noodle Hot dish

Ingredients:

- 1/2 pound ground beef
- 1 small onion, chopped
- 1 stalk celery, chopped
- one 8 ounce can chopped tomatoes, undrained
- one 8 ounce can whole kernel corn, undrained
- 2 tablespoons water
- 1/4 cup catsup
- 1 teaspoon chili powder
- 1/8 teaspoon pepper
- 1 cup uncooked noodles or elbow macaroni



Amount Per Serving	
Calories 290	Calories from Fat 100
% Daily Values*	
Total Fat 10g	16%
Saturated Fat 4g	20%
Cholesterol 35mg	12%
Sodium 460mg	19%
Total Carbohydrate 3g	12%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 16g	
Vitamin A 15%	Vitamin C 20%
Calcium 4%	Iron 15%
*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	

Preparation:

1. Microwave the ground beef with the onion and celery in a 1 1/2 to 2-quart bowl until done (3 - 5 minutes); drain well. Stir in the remaining ingredients.
3. Microwave covered for 7 to 9 minutes or until the noodles are tender, stirring one or two times. (Add a little water if the mixture is dry)
4. Let it stand several minutes before serving.

Makes approximately four 1 cup servings