

Kid Friendly Beefaroni

Ingredients

16 oz elbow-macaroni*
1 pound lean ground beef
45 oz cans crushed tomatoes
1-1/2 T brown sugar
1-3/4 tsp dried thyme
1/3 tsp garlic powder**
2-1/4 tsp dried oregano
1 bay leaf
2 cups shredded cheddar cheese



*use gluten-free noodles if intolerant to wheat and/or during the elimination phase of FODMAP

**omit if intolerant to garlic and/or if during the elimination phase of FODMAP

1. Preheat oven to 350°F
2. Bring large pot of water to a boil over high heat. Add the elbow macaroni and cook according to package directions
3. In a large skillet cook ground beef until browned.
4. Add the tomatoes and season with spices. Bring to a simmer for about 5 minutes.
6. If using block cheddar cheese, shred while the mixture is simmering.
5. Drain the pasta and pour it into a large casserole dish. Add the ground beef mixture and stir.
6. Add the shredded cheese and stir.
7. Back at 350°F until bubbling, about 20 minutes.