

Franklin's

Per serving: 300 cal., 33% (99 cal.) from fat; 4 g protein; 11 g fat (5.7 g sat.); 50 g carbo (0.1 g fiber); 210 mg sodium; 128 mg chol.

Per serving: 489 cal., 39% (189 cal.) from fat; 29 g protein; 21 g fat (8.7 g sat.); 49 g carbo (4.3 g fiber); 758 mg sodium; 102 mg chol.

Super Supper Casserole

Candace Barnhart, Hollywood

When she and her husband were newlyweds, Candace Barnhart invented casseroles to fit their small budget and large appetites. "Even though we have a few dollars more now," she says, "we still like the basics we made years ago."

PREP AND COOK TIME: About 1¼ hours

MAKES: 6 servings

- 2 **onions** (about 1 lb. total), peeled and chopped
- 1 clove **garlic**, minced or pressed
- 1 pound **ground lean beef**
- 1 tablespoon **chili powder**
- 1 can (8 oz.) **tomato sauce**
- 2 cups fat-skimmed **chicken broth**
- 8 ounces **dried egg noodles**
- 1 can (14 to 15 oz.) **cream-style corn**
- 1 can (2¼ oz.) **sliced pitted black ripe olives**, drained
- 1 cup (¼ lb.) **shredded cheddar cheese**

Salt and pepper

1. In a 4- to 5-quart pan over high heat, stir onions, garlic, and beef frequently until meat is crumbled and browned, about 15 minutes.

2. Add chili powder, tomato sauce, broth, and noodles. Stirring often, bring mixture to a boil, then reduce heat and simmer until noodles are barely tender to bite, 10 to 12 minutes. Add corn and olives; mix well.

3. Scrape mixture into a 9- by 13-inch casserole, pushing noodles into sauce.

4. Bake, covered, in a 350° oven for 40 minutes. Uncover, sprinkle with cheese, and bake until cheese is melted and mixture bubbles at edges, about 3 minutes longer. Add salt and pepper to taste.