

Not Yo Mama's Hamburger Helper

1 lb. pasta (elbow macaroni, rotini, or penne will all work great)
1 tbs. extra virgin olive oil
1 small yellow onion, chopped
1 cup baby carrots, chopped
3 garlic cloves, minced or pressed
1 lb. ground sirloin (90/10)
2 (8-oz.) cans tomato sauce
½ tsp. Kosher salt
¼ tsp. freshly ground black pepper
Pinch of ground nutmeg
1½ cups (6 ounces) shredded cheddar cheese, divided

Heat a pot of heavily salted water until boiling. Cook the pasta until al dente (8 minutes). Drain and rinse with cold water to stop the cooking process.

Preheat oven to 350.

Heat the oil in a Dutch oven over medium-high heat. Add onion and carrot, and sauté until softened (about 8 minutes). Add the garlic; sauté 1 minute. Add beef; cook 5 minutes or until browned, stirring to crumble. Reduce heat to medium-low. Add tomato sauce, salt, pepper and nutmeg. Stir thoroughly and cook 2 minutes until heated through.

Stir in half the cheese, then add the pasta to the beef mixture.

Spoon pasta mixture into a large baking dish coated with cooking spray. Sprinkle on remaining cheese.*

Bake, uncovered, at 350 for 20 minutes or until lightly browned.

*Assemble ahead of time to this point and store, covered, in the fridge up to a day ahead of time. Bake as directed above.



<https://pineapplehouserules.com/>