

Johnny Marzetti

My own version of a very old recipe from a community cookbook, circa 1965.

Internet address:



12 ounces pasta, your choice (penne, linguine, spaghetti, spirals)

1 pound ground beef

1 large yellow onion, diced

2 cloves garlic, minced

15 ounces diced tomatoes, including juice

2 teaspoons Italian seasoning

1 tablespoon dried oregano, crushed in your palms

1 teaspoon salt

1/2 teaspoon ground black pepper

1 1/2 teaspoons Worcestershire sauce

2/3 cup shredded cheddar cheese (I used Velveta because I had it open)

12 ounces Mozzarella cheese, shredded

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 7

1. Bring a large pot of water to a boil. Add about a teaspoon of salt and stir well. Add pasta and simmer it until it's not quite done, but just about.
2. Meanwhile, in a large skillet brown the ground beef until no pink remains. Add onion and continue cooking for 5-10 minutes until onion is fully translucent. Add tomatoes and juices.
3. Preheat oven to 350° F.
4. Add the garlic, seasonings, salt, pepper and Worcestershire.
5. Drain pasta well, then pour into the skillet with the meat mixture. Add the cheeses, saving some of the Mozzarella to sprinkle on top.
6. Pour into individual ramekins or into a 8x10 or other shaped baking dish. Top with cheese and bake for 10-15 minutes until cheese is melted. If you like the cheese browned, turn on the broiler just until the cheese begins to get golden brown. Remove from oven and allow to sit for 5 minutes, then serve. Serve with a green salad and an Italian vinaigrette.

Per Serving (excluding unknown items): 603 Calories; 34g Fat (50.7% calories from fat); 31g Protein; 43g Carbohydrate; 3g Dietary Fiber; 110mg Cholesterol; 637mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.