



Hamburger Casserole

Ingredients

- 1½ pounds lean ground beef
- 1 cup pearl barley
- 1 cup chopped onion
- 1 (16-ounce) can green beans, undrained
- 1 (14-ounce) can whole tomatoes, undrained
- 1 (6-ounce) can tomato paste
- 6 ounces water
- ½ teaspoon salt

Makes 12 servings

Instructions

1. In a large skillet brown hamburger and drain. Combine all ingredients, add to casserole to dish.
2. Bake at 350° F for 1½ hours. Serve hot.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 12	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 320mg	13%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 15g	
Vitamin A 8%	• Vitamin C 10%
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	

28% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

December 2009



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

