

November 2025 TV Recipes—Casserole Recipes

Casserole, hot dish, dump dish, 9x13 one-pan wonder... whatever name you give them, they are low-maintenance, affordable and stick-to-the-ribs tasty! Whip up these versatile, quick and easy casseroles in no time at all.

Spicy Mexican Beef Bake

This hearty Mexican casserole features layers of Ground Beef, black beans, vegetables and corn tortillas.

Total Recipe Time: 1 hour 30 minutes

Makes 8 servings

- 1-1/2 pounds Ground Beef (95% lean)
- 3 cans (10 ounces each) mild enchilada sauce, about 3-3/4 cups, divided
- 1 tablespoon packed brown sugar
- 1 can (15 ounces) black beans, rinsed, drained
- 3/4 cup chopped red bell pepper
- 1/3 cup diced celery
- 1/3 cup diced onion
- 1-1/2 teaspoons ground cumin
- 15 corn tortillas (6 to 7-inch diameter)
- 1 cup shredded reduced-fat Mexican cheese blend
- Reduced-fat dairy sour cream (optional)



1. Heat oven to 400°F. Combine enchilada sauce and brown sugar in large bowl, stirring until sugar is dissolved. Set aside.
2. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Pour off drippings, if necessary.

Cook's Tip: *Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

3. Stir in 2-1/2 cups sauce mixture, beans, bell pepper, celery, onion and cumin; bring to a boil. Reduce heat; simmer 5 minutes, stirring occasionally.
4. Spray 13 x 9-inch glass baking dish with cooking spray. Spread half of remaining sauce mixture over bottom of baking dish. Arrange 5 tortillas over sauce in dish, overlapping slightly; top with 1/2 of beef mixture and 1/4 cup cheese. Repeat layers once, using all remaining beef mixture, 5 tortillas and 1/4 cup cheese. Top with remaining 5 tortillas and sauce mixture, spreading sauce evenly to moisten tortillas. Reserve remaining 1/2 cup cheese.
5. Cover dish with foil. Bake in 400°F oven 30 to 35 minutes or until heated through and bubbly. Remove foil; sprinkle with reserved cheese. Bake, uncovered, 2 to 3 minutes or until cheese is melted. Let stand, uncovered, 10 minutes. Cut into 8 servings. Serve with sour cream, if desired.

Nutrition information per serving: 349 Calories; 99 Calories from fat; 11g Total Fat (4 g Saturated Fat; 2 g Monounsaturated Fat;) 67 mg Cholesterol; 696 mg Sodium; 38 g Total Carbohydrate; 6.2 g Dietary Fiber; 27 g Protein; 3.7 mg Iron; 5.5 mg NE Niacin; 0.4 mg Vitamin B₆; 1.7 mcg Vitamin B₁₂; 5.2 mg Zinc; 16.5 mcg Selenium. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium.

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Easy Baked Porcupine Meatballs

*These **porcupine meatballs** use everyday ingredients, come together fast, freeze well, and are great for making ahead!*

Recipe Time: 1 hour 25 minutes

Makes 4 servings

Meatballs:

- 1 pound lean ground beef
- ½ cup uncooked long grain white rice
- 1 egg
- ½ medium onion chopped
- 3 cloves garlic minced
- ½ teaspoon Italian seasoning
- ½ teaspoon salt
- Pepper to taste

Sauce:

- 2 (14 ounce) cans tomato sauce
- 1 cup chicken broth
- 1 tablespoon Worcestershire sauce
- ½ teaspoon garlic powder
- 1 teaspoon (packed) brown sugar

1. Preheat your oven to 350 degrees F and move the rack to the middle position.
2. Add the meatball ingredients to a large prep bowl and mix together with your hands. Form approximately 20 1.5" meatballs and add them as you go along to a 9×13 baking dish.
3. Add the sauce ingredients to a medium bowl and stir together. Pour the sauce over the meatballs.
4. Cover the baking dish and bake for 1 hour. Make sure the foil/seal is tight or the rice won't cook properly. If you find the rice isn't cooked after an hour, simply pop it back in the oven until the rice has softened.



***Nutrition information per serving:** Calories: 324kcal, Carbohydrates: 34g, Protein: 31g, Fat: 7g, Saturated Fat: 3g, Polyunsaturated Fat: 1g, Monounsaturated Fat: 3g, Trans Fat: 1g, Cholesterol: 111mg, Sodium: 1680mg, Potassium: 1210mg, Fiber: 4g, Sugar: 11g, Vitamin A: 928IU, Vitamin C: 20mg, Calcium: 69mg, Iron: 6mg.*

Recipe courtesy of [Salt and Lavender.](#)

Dump and Bake Ground Beef Alfredo

If you love creamy, cheesy comfort food, this dump-and-bake ground beef Alfredo is about to become your new go-to dinner!

Total Recipe Time: 1 hour 20 minutes

Makes 8 servings

- 1 pound lean Ground Beef
- 1 cup diced yellow onion
- 1 tablespoon chopped garlic
- 10 oz uncooked pasta
- 2 (15 oz.) jars alfredo sauce
- 10.5 oz condensed cream of bacon soup
- 2 cups chicken broth
- 1 tablespoon Italian seasoning
- ½ teaspoon pepper
- 2 cups shredded mozzarella and cheddar cheese blend
- 8 slices frozen Texas toast garlic bread
- 2 slices precooked bacon, chopped



1. Preheat oven to 425F. Brown Ground Beef in a large skillet over medium-high heat, breaking into crumbles. Add the diced onions to the skillet. Stir well and continue cooking until the Ground Beef is fully browned. Add the chopped garlic to the skillet. Stir well and continue cooking for about 2 minutes. Remove the skillet from the heat and set aside.
2. Spray a 9 x 13 inch baking dish with cooking spray. Pour the uncooked pasta into the bottom of the dish. Pour both jars of alfredo sauce and the can of soup over the pasta. Spoon the cooked Ground Beef over the sauce. Add the chicken broth, Italian seasoning and pepper to the baking dish. Carefully stir together all of the ingredients in the dish.
3. Cover the dish with foil and place it in the oven. Bake for 50 minutes. After 50 minutes remove the dish from the oven and lift off the foil.
4. Stir the pasta well. Sprinkle 1 cup of shredded cheese over the pasta. Place the slices of garlic bread on top of the cheese. Sprinkle the remaining cup of shredded cheese over the garlic bread. Sprinkle the chopped bacon on top of the cheese.
5. Return the baking dish to the oven, uncovered, and continue cooking until the cheese is fully melted and just starting to brown a bit. 10 - 15 minutes.
6. Remove the dish from the oven and allow it to rest for a few minutes.

Recipe courtesy of Thisisnotdietfood.com.

John Wayne Casserole

*Have you ever heard of **John Wayne Casserole**? Delicious layers of ground beef, cheese mixture, fresh vegetables and Jalapeno peppers baked on top of a biscuit crust make for an amazing weeknight dinner!*

Recipe Time: 1 hour 20 minutes

Makes 10 servings

- 2 pounds Ground Beef, browned and drained
- 1 ounce packet taco seasoning plus water listed on the back
- 16 ounce can large biscuits
- ½ cup sour cream
- ½ cup mayonnaise
- 8 ounces cheddar cheese, shredded and divided
- 1 medium onion, halved and sliced
- 2 medium tomatoes, sliced
- 1 medium red bell pepper, halved and sliced
- 4 ounces canned sliced Jalapeno peppers



1. Preheat oven to 350 degrees F and place your oven rack in the center. Spray a 13x9 glass baking dish.
2. Place biscuits in pan in a single layer and press into the pan, joining them together, pressing the dough halfway up the sides of the pan. Place pan on a baking sheet and bake dough in preheated oven for 12-15 minutes; checking every few minutes after 12. The dough should be very light brown where the edges are just starting to get color. Remove from oven and set aside, leave oven on.
3. While biscuits are baking, combine the browned Ground Beef with the taco seasoning and water, and cook according to packet instructions. Transfer cooked taco meat to a bowl and set aside. Wipe out pan.
4. In a separate bowl, combine sour cream, mayonnaise, 4 ounces of the cheddar cheese, and half of the onions. Stir well and set aside.
5. Sauté remaining half of the onions and bell peppers in the taco meat pan until slightly tender.
6. On top of baked biscuit crust, layer ingredients in the following order: taco meat, tomato slices, bell pepper and onion mixture, Jalapeno peppers, sour cream mixture and sprinkle with remaining 4 ounces of shredded cheese. Bake uncovered for 30-40 minutes or until edges of dough are lightly browned and cheese is melted.

Nutrition information per serving: Calories: 607cal; Carbohydrates: 28g; Protein: 25g; Fat: 44g; Saturated Fat: 16g; Cholesterol: 99mg; Sodium: 940mg; Potassium: 513mg; Fiber: 2g; Sugar: 5g; VitaminC: 34mg; Calcium: 221mg; Iron: 4mg.

Recipe courtesy of Amanda'sCookin.com.

Sloppy Joe Bake

This recipe has all the things you love about a Sloppy Joe but baked with pasta. Try this kid-approved recipe today.

Total Recipe Time: 1 hour 10 minutes

Makes 6 servings

- 1-1/2 pounds Ground Beef (80% to 85% lean)
- 1 large yellow onion, chopped (1-1/2 to 2 cups)
- 2 cans (14-1/2 to 16 ounces each) sloppy Joe sauce
- 3 cups uncooked rotini
- 1/2 cup water
- 1 cup shredded Cheddar cheese
- Sliced green onions (optional)



1. Heat oven to 350°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and yellow onion; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings. Stir in sloppy Joe sauce, rotini and water.

Cook's Tip: *Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

2. Spray 13 x 9-inch glass baking dish with cooking spray. Spoon beef mixture into dish; cover with aluminum foil. Bake in 350°F oven 35 to 40 minutes or until pasta is tender. Uncover; sprinkle with cheese. Continue baking, uncovered, 5 minutes or until cheese is melted.
3. Let stand 5 minutes before serving. Garnish with green onions, if desired.

Nutrition information per serving: 542 Calories; 198 Calories from fat; 22g Total Fat (1 g Saturated Fat; 9 g Monounsaturated Fat;) 95 mg Cholesterol; 1014 mg Sodium; 47 g Total Carbohydrate; 3.5 g Dietary Fiber; 35 g Protein; 16.9 mg Iron; 7.7 mg NE Niacin; 0.5 mg Vitamin B₆; 2.7 mcg Vitamin B₁₂; 6.4 mg Zinc; 47.6 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber.