

Betty's Intriguing Philly Beef Casserole Recipe



Uploaded on 23 Apr 2009

In this video, Betty demonstrates how to make a unique and unusual casserole recipe--Intriguing Philly Beef Casserole. The casserole consists of campanelle pasta, Swiss cheese sauce, caramelized onions, and tender chunk beef in its own gravy. The taste is reminiscent of a Philly Steak Sandwich--mmm...good!

Ingredients:

6 oz. campanelle pasta (or elbow macaroni or shell or bow-tie pasta, etc.)
1/2 medium to large pot of rapidly boiling water that has been salted with 1 tablespoon salt
1 tablespoon butter or margarine (for sauteing onions)
1/2 medium onion, cut into quarter-circles
2 tablespoons butter or margarine (for making Swiss cheese sauce)
1/4 cup flour
2 cups milk
1 1/2 (6 oz.) shredded Swiss cheese
1/2 teaspoon salt (for the cheese sauce)
12 oz. can tender-chunk roast beef in gravy (I used Hormel. If you can't find the canned variety, there are beef chunks in gravy in the refrigerator section of your supermarket--or use leftover roast beef and either leftover gravy or gravy made from a mix.)
cooking oil spray

Place 6 oz. campanelle pasta in rapidly boiling water that has been salted with 1 tablespoon salt. Cook over low heat for about 8 minutes, until al dente (chewy, not mushy). While your pasta is cooking, prepare your caramelized onions and Swiss cheese sauce. Melt 1 tablespoon butter in a small skillet and add 1/2 medium onion, sliced into quarter-circles. Saute the onion until it is clear, and becoming brown. While this is cooking, make your cheese sauce: Melt 2 tablespoons butter in a saucepan. Remove from heat and stir in 1/4 cup flour. When completely combined, stir in 2 cups milk, 1 1/2 cups shredded Swiss cheese, and 1/2 teaspoon salt. Return the sauce mixture to the cooktop, and cook over low heat, stirring constantly, until smooth and bubbly. Now, your pasta, onions, and sauce mixture should be ready. Drain the pasta through a colander into the sink, and return the pasta back to its original pot. Add in the caramelized onions, and the Swiss cheese sauce, and a 12 oz. can of tender-chunk roast beef with gravy. Stir completely. Spray a medium to large baking dish with oil spray. Empty your casserole into the baking dish and place it in a 350 degree oven for 30 minutes. This is an interesting blend that will remind you of Philly Steak. Heat some deli French bread, to be served with light olive oil that has been topped with freshly ground pepper, add a green salad--what a scrumptious meal!