
Company Casserole II

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

1 package (8 ounce) noodles
1 tablespoon butter
1 pound ground chuck
2 cans (8 ounce ea) tomato sauce
1 can (4 ounce) mushrooms, drained
salt
pepper
1 cup cottage cheese
1 package (8 ounce) cream cheese, softened
1/4 cup sour cream
1/3 cup onion, chopped
1 tablespoon green pepper, minced
2 tablespoons butter, melted

Cook the noodles according to package directions. Drain.

In a skillet, saute' the chuck in butter until browned. Stir in the tomato sauce, mushrooms, salt and pepper. Remove from the heat.

In a bowl, combine the cottage cheese, cream cheese, sour cream, onion and green pepper.

In a two-quart casserole, spread half of the noodles. Cover with the cheese mixture. Place the rest of the noodles over the top. Pour on the melted butter and then the meat mixture.

Bake, uncovered, at 375 degrees for 30 minutes.

Ground Beef

Per Serving (excluding unknown items): 493 Calories; 38g Fat (69.2% calories from fat); 24g Protein; 14g Carbohydrate; 2g Dietary Fiber; 128mg Cholesterol; 879mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 6 Fat.