

Company Casserole

Mrs Phillip R Adams

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 8

*1 package (8 ounce)
noodles
3 tablespoons butter or
margarine
1 cup cottage cheese
1/4 cup sour cream
1/2 cup green onions,
chopped
1 pound ground beef
2 cans (8 ounce) tomato
sauce
1 carton (8 ounce) cream
cheese (optional)
1 tablespoon green pepper,
chopped
2 tablespoons butter or
margarine, melted*

Preheat the oven to 350 degrees.

Cook the noodles according to package directions. Set aside.

In a skillet, brown the meat in three tablespoons of butter. Stir in the tomato sauce. Remove from the heat.

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

Spread half the noodles in a greased casserole. Cover with the cheese mixture. Place the remaining noodles on top. Pour the melted butter over the noodles. Place the ground meat sauce on the top.

Bake for 30 minutes.

Per Serving (excluding unknown items): 319 Calories; 25g Fat (69.0% calories from fat); 15g Protein; 10g Carbohydrate; 1g Dietary Fiber; 78mg Cholesterol; 603mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 4 Fat.