

Hamburger Noodle Bake

June Munger

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 6

*1 pound lean ground beef
1 clove garlic, minced
1 teaspoon salt
dash pepper
1 teaspoon sugar
2 cans (8 ounce ea) tomato sauce
1 package large wavy noodles
6 green onions
1 package (3 ounce) cream cheese
1 cup sour cream
1/2 cup grated cheddar cheese*

Preheat the oven to 350 degrees.

In a skillet over medium heat, brown the ground beef. Drain off the fat. Add the garlic, salt, pepper, sugar and tomato sauce. Cover and cook slowly for 15 to 20 minutes.

Cook the noodles according to package directions.

Chop the onions and mix in a bowl with the cream cheese and sour cream.

In a casserole dish, layer the noodles, cheese mixture and meat. Repeat the layers. Top with the grated cheddar cheese.

Bake for 30 minutes.

Per Serving (excluding unknown items): 488 Calories; 40g Fat (74.1% calories from fat); 21g Protein; 11g Carbohydrate; 2g Dietary Fiber; 126mg Cholesterol; 1097mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat; 0 Other Carbohydrates.