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# Hamburger-Sour Cream Casserole

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 6

**1 1/2 pounds hamburger**  
**1 onion, chopped**  
**1/4 green pepper, chopped**  
**1 can cream of chicken soup**  
**1 can cream of mushroom soup**  
**1 can (12 ounce) corn niblets, drained**  
**2 cups (5 ounce) cooked noodles**  
**1 cup sour cream**  
**1/2 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 can (3 ounce) chow mein noodles**

In a skillet, combine the meat, onions and pepper. Brown slowly. Drain the fat. Add all of the ingredients except the chow mein noodles.

Place the mixture into a 13x9-inch baking dish. Top with the chow mein noodles.

Bake, uncovered, at 350 degrees for 25 to 30 minutes.

(This dish freezes well, but do not put the chow mein noodles on top until ready to bake.)

## Ground Beef

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*Per Serving (excluding unknown items): 583 Calories; 28g Fat (43.3% calories from fat); 21g Protein; 63g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 1057mg Sodium. Exchanges: 4 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat.*