

Italian Flag Casserole

Jeff Levi

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*2 1/2 cups green egg
noodles
1 tablespoon cooking oil
1 pint small curd cottage
cheese
1 pint dairy sour cream
1 1/2 teaspoons oregano
1/2 teaspoon thyme
1/3 cup minced parsley
1 pound lean ground beef
1 cup chopped onion
2 cloves garlic, minced
1 can (6 ounce) tomato
paste
1/2 cup Monterey Jack
cheese, shredded*

Preheat the oven to 400 degrees.

In a saucepan, cook the noodles per package directions. Drain. Rinse with cold water. Mix the noodles with oil. Place them in a two- or three-quart baking dish.

In a bowl, mix the cottage cheese, sour cream, oregano and thyme. Spoon over the noodles. Sprinkle on the parsley.

In a skillet, saute' the beef with the onion and garlic until brown. Mix with the tomato paste. Spoon over the cottage cheese layer. Sprinkle with the Monterey Jack cheese. Cover.

Bake for 30 minutes.

Per Serving (excluding unknown items): 1723 Calories; 126g Fat (65.9% calories from fat); 102g Protein; 45g Carbohydrate; 10g Dietary Fiber; 391mg Cholesterol; 1669mg Sodium. Exchanges: 0 Grain(Starch); 13 1/2 Lean Meat; 8 Vegetable; 17 Fat.