

Sour Cream Noodle Bake II

Janis Forsen

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*1/2 pound medium wide,
noodles
1 tablespoon butter
1/4 teaspoon garlic salt
1 can (8 ounce) tomato
sauce
1 cup sour cream
1 pound ground meat
1 teaspoon salt
1/8 teaspoon pepper
1 cup creamed cottage
cheese
6 green onions, chopped
1 cup grated cheddar
cheese
grated cheddar cheese (for
topping)*

Preheat the oven to 350 degrees.

Cook the noodles and drain.

In a skillet, brown the ground meat in butter. Drain. Add the salt, tomato sauce, garlic salt and pepper to the ground meat.

In a bowl, mix together the noodles, sour cream, cottage cheese, cheddar cheese and green onions.

In a greased 9x13-inch casserole dish, alternate layers of noodles and meat (start with noodles and end with beef).

grated cheddar. Top with

Bake for 20 minutes or until the cheese melts.

Per Serving (excluding unknown items): 1372 Calories; 107g Fat (69.0% calories from fat); 67g Protein; 42g Carbohydrate; 6g Dietary Fiber; 283mg Cholesterol; 5934mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 4 Vegetable; 1/2 Non-Fat Milk; 17 Fat; 0 Other Carbohydrates.