

Sour Cream Noodle Bake III

Gina Rosauer - Marshall Field's Woodfield

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

*1 package (8 ounce) medium noodles
1 pound ground beef
1/2 teaspoon salt
pepper (to taste)
1/2 teaspoon garlic salt
2 tablespoons butter or margarine
1 can (8 ounce) tomato sauce
1 cup country-style or low-fat cottage cheese
1 cup sour cream or yogurt
6 green onions with tops, chopped
3/4 cup sharp Cheddar cheese, grated*

Preheat the oven to 350 degrees.

In a saucepan, cook the noodles until tender. Drain and set aside.

In a large skillet, melt the butter and add the ground beef, salt, pepper and garlic salt. Cook until the meat is brown. Drain.

In a skillet, combine the ground beef and tomato sauce. Simmer for a few minutes.

In a large bowl, combine the cooked noodles, cottage cheese, sour cream and green onions. In a greased two-quart casserole layer half of the noodle mixture, half of the meat mixture, the rest of the noodle mixture, the rest of the meat mixture and top with grated cheese.

Bake for 20 to 25 minutes.

(The recipe can be prepared in advance and refrigerated until ready to bake.)

Yield: 6 to 8 servings

Pasta

Per Serving (excluding unknown items): 2029 Calories; 172g Fat (76.4% calories from fat); 100g Protein; 19g Carbohydrate; Cholesterol; 4644mg Sodium. Exchanges: 14 Lean Meat; 3 Vegetable; 26 1/2 Fat; 0 Other Carbohydrates.