

# Sour Cream Noodle Bake

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## Servings: 8

*1 package (8 ounce)  
medium width noodles  
(Pennsylvania Dutch)  
2 tablespoons butter  
1 pound ground chuck  
1 can (8 ounce) tomato  
sauce  
1 teaspoon salt  
dash pepper  
1/4 teaspoon garlic salt  
1 cup cottage cheese  
1 cup sour cream  
2 to 3 scallions, chopped  
3/4 cup Cheddar cheese,  
shredded*

Preheat the oven to 350 degrees.

In a pot, cook the noodles according to package directions.

In a skillet, brown the ground beef in butter. Add the tomato sauce, salt, garlic salt and pepper. Simmer for 5 minutes.

Drain the noodles. Mix with the sour cream, cottage cheese and scallions. Spoon half of the mixture into a casserole dish. Cover with half of the meat mixture. Make two more layers. Place the shredded cheese on top.

Bake about 30 minutes.

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Per Serving (excluding unknown items): 315 Calories; 25g Fat (70.9% calories from fat); 18g Protein; 5g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 781mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.