

## Beef

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# Beef-Noodle Bake

Better Homes and Gardens All-Time Favorite Casseroles

**Servings: 6**

**3 cups (4 oz) medium noodles**  
**1 pound ground beef**  
**1/2 cup onion, chopped**  
**1/4 cup green pepper, chopped**  
**1 can (15 oz) tomato sauce**  
**1/2 teaspoon seasoned salt**  
**1/4 teaspoon pepper**  
**2 cups (16 oz) cream-style cottage cheese**  
**1 pkg (3 oz) cream cheese, softened**

Preheat oven to 350 degrees.

Cook noodles according to package directions; drain. In a skillet, cook beef, onion and green pepper until meat is brown and vegetables are tender; drain off fat. Stir in tomato sauce, seasoned salt and pepper.

Blend together cottage cheese and cream cheese until fluffy. Spoon the cooked noodles into a greased 10x6x2-inch baking dish. Spread cheese mixture over noodles; pour meat sauce over all.

Bake, uncovered, until heated through, about 30 to 40 minutes.

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Per Serving (excluding unknown items): 389 Calories; 34g Fat (77.6% calories from fat); 16g Protein; 6g Carbohydrate; 1g Dietary Fiber; 107mg Cholesterol; 527mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.