

# Beef Noodle and Sour Cream Casserole

*Beverly Mayo - Lebanon, TN*

*Treasure Classics - National LP Gas Association - 1985*

## **Servings: 4**

*2 cups egg noodles  
1 tablespoon shortening  
1 medium onion, grated  
1 pound ground beef  
1 teaspoon salt  
1 teaspoon pepper  
1 can (8 ounce) tomato  
sauce  
1 teaspoon sugar  
1 package (3 ounce) cream  
cheese  
1/2 cup sour cream  
1/2 cup cheddar cheese,  
grated*

## **Preparation Time: 15 minutes**

### **Bake Time: 40 minutes**

Cook the noodles in a two-quart casserole.

In a ten-inch skillet, melt the fat. Saute' the onion and brown the ground beef, adding salt and pepper.

Stir the tomato sauce, sugar, cream cheese, sour cream and browned beef into the noodles.

Heat in the oven for 20 minutes at 350 degrees.

Sprinkle cheddar cheese on the top and return to the oven until the cheese melts, about 2 minutes.

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Per Serving (excluding unknown items): 808 Calories; 65g Fat (72.3% calories from fat); 32g Protein; 25g Carbohydrate; 2g Dietary Fiber; 206mg Cholesterol; 1260mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 10 1/2 Fat; 0 Other Carbohydrates.