

Beef Noodle Surprise

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 6

*1 pound ground beef
1 tablespoon vegetable oil
2 cans (8 ounce ea) tomato sauce
1/2 teaspoon salt
1/8 teaspoon pepper
1 package (8 ounces) noodles
1/4 cup sour cream
1 cup small curd cottage cheese
1/3 cup scallions
1/2 cup green pepper, chopped
1/4 cup margarine, melted*

Preheat the oven to 350 degrees.

In a skillet, brown the beef in oil. Drain off the excess fat. Add the tomato sauce, salt and pepper. Blend well. Set aside.

Cook the noodles as directed on the label. Drain.

Spread half of the noodles in a greased two-quart casserole dish.

In a bowl, combine the sour cream, cottage cheese, scallions and green pepper. Spread over the noodles.

In a bowl, toss the remaining noodles with margarine and spread over the cottage cheese layer.

Top the casserole with the beef-tomato mixture.

Bake for 35 to 45 minutes.

Minced garlic may be added to the tomato sauce.

Per Serving (excluding unknown items): 397 Calories; 32g Fat (72.8% calories from fat); 15g Protein; 12g Carbohydrate; 2g Dietary Fiber; 75mg Cholesterol; 820mg Sodium. Exchanges: Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 5 Fat.