
Company Beef Casserole

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Servings: 10

1 1/2 pounds ground beef
1 tablespoon butter
1 teaspoon sugar
1 cup cottage cheese
1/4 cup sour cream
1/4 cup green peppers, chopped
1 teaspoon salt
1/8 teaspoon garlic powder
1/2 cup Parmesan cheese
1/2 cup onions, chopped
1 can (16 ounce) tomato sauce
1 package (8 ounces) noodles
1 package (8 ounces) cream cheese
1/2 cup green onions, chopped
1/4 teaspoon pepper
2 tablespoons butter, melted
Parmesan cheese (for topping)

In a skillet, brown the ground beef and onions in butter. Drain the fat. Stir in the tomato sauce and sugar. Set aside.

In a saucepan, cook the noodles according to package instructions. Drain.

In a bowl, combine the cottage cheese, cream cheese, sour cream, green onions, green pepper and garlic powder. Mix well. Set aside.

Grease a three-quart casserole dish. Pour in one-half of the meat mixture. Layer with the noodles. Pour the melted butter over the top. Spread the remaining meat sauce on top of the dish. Sprinkle with the Parmesan cheese.

Bake at 350 degrees for 30 minutes.

Ground Beef

Per Serving (excluding unknown items): 403 Calories; 33g Fat (73.0% calories from fat); 19g Protein; 8g Carbohydrate; 1g Dietary Fiber; 104mg Cholesterol; 683mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat; 0 Other Carbohydrates.