

# SOUR CREAM HAMBURGER NOODLE BAKE #1

F EASY

Last Modified: 03/27/2014

PREP: 20 Min  
COOK: 25 Min  
OVEN: 350

PASTA

MAKES 16 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2 1/2	Pounds	Ground Chuck (80 / 20)	
1	Pound	Bag Wide Dried Egg Noodles	Cooked
2 1/2	Cups	Small Curd Cottage Cheese	
3	Cups	Sharp Cheddar Cheese	Shredded
2	14 1/2 Oz	Cans Tomato Sauce (Hunts)	
1	14 1/2 Oz	Can Diced Stewed Tomatoes (Hunts)	
3/4	Cup	Sour Cream (Breakstone)	
1/2	Bunch	Green Onions (Whites)	Thin Sliced
1/2	Bunch	Green Onions (Greens)	Coarse Chop
1	Medium	Yellow Onion	Chopped
1	Tbsp	Olive Oil	
1	Tbsp	Garlic Powder	
1	Tbsp	Onion Powder	
1	1 1/2 Oz	Package Taco Seasoning Mix (McCormick)	
1/2	Cup	Cold Water	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

## PREPARATION

<b>FACTOID</b>	I always enjoyed this in a small mom n' pop Hungarian restaurant next door to the Hotel on every trip to Scotland Yard's computer site near Manchester in northern England. Bake #1 is extremely close to what I always had, bake #2, while very tasty in it's own right, isn't.
<b>NOTE</b>	This dish is cheap, easy, simple, quick (45 minutes start to table) and to die for. Freezing individual portions for later and then microwaving them just makes it taste better.
<b>NOTE</b>	This dish is intended to be baked layered, much like a Lasagna is, BUT: You can simply mix EVERYTHING together casserole-like, topping it with the Shredded Cheese & cook in a crock pot until bubbly. Spoon a little Meat in the bottom first to keep it from burning.
<b>TOOLS</b>	<ol style="list-style-type: none"> <li>1) Large Mixing Bowl</li> <li>2) Large Stainless Steel Skillet &amp; Lid</li> <li>3) Stock Pot &amp; Lid</li> <li>4) 2 - 9" x 13" Glass Baking Dishes OR Several disposable Aluminum Loaf Pans &amp; Lids</li> <li>OR Crock Pot</li> </ol>
<b>PREP</b>	<b>DISH</b> <ol style="list-style-type: none"> <li>1) Shred the Cheddar Cheese and set it aside.</li> <li>2) Thinly slice the Green Onion whites and set them aside.</li> <li>3) Coarsely chop the Green Onion greens and set them aside.</li> <li>4) Chop the Yellow Onion and set it aside.</li> <li>5) Preheat the oven to 350 degrees with a rack near the center.</li> </ol>
<b>1</b>	In a large skillet over medium heat, add in the Olive Oil and heat until it shimmers. Add in the Yellow Onions and cook while stirring until transparent. Set them aside.

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2	In the same skillet over medium heat, brown the Ground Chuck. Drain off the fat, and then add in the Onions, Tomato Sauce, Diced Tomatoes, Garlic Powder, Onion Powder, Taco Seasoning, Water, 1/2 teaspoon Salt and plenty of freshly ground Black Pepper. stir to mix thoroughly. Lower the heat and simmer while covered as you prepare the remaining ingredients.
3	In a large stock pot, cook the Egg Noodles according to package directions until completely done (NOT al-dente). Drain, cover and set them aside.
<b>NOTE</b>	If the Egg Noodles are not completely cooked through, they will soak up moisture during the baking process, making the dish VERY dry.
4	In a medium mixing bowl, combine the Sour Cream and Cottage Cheese. Add plenty of freshly ground Black Pepper. Add the mixture to the still hot Egg Noodles and stir. Add in the Green Onion whites and stir to mix together thoroughly.
5	Add 1/4 of the Noodle Mixture into a non-stick cooking spray coated 9 inch x 13 inch baking dish. Top it with 1/4 of the Meat Mixture, and then sprinkle on 1/4 of the grated Cheddar Cheese. Repeat the layer with another 1/4 of the Noodle Mixture, Meat Mixture and then a final layer of Cheese. Sprinkle the top evenly with the Green Onion greens. Repeat the process for the other 9 inch x 13 inch baking dish. Bake until all of the Cheese is melted and browning on top, about 20 to 30 minutes.
<b>SERVE</b>	Serve while very hot.
<b>HINTS</b>	<b>SLOW COOKER:</b> You may optionally mix everything together as a casserole for a dish-to-pass, add it into your Slow Cooker and heat it on low for 2 hours, until hot and bubbly.
<b>HINTS</b>	<b>FREEZING:</b> Assemble the Sour Cream Hamburger Noodle Bake in disposable aluminum foil loaf pans with lids and seal the top of each container with the lid or heavy duty Aluminum foil. Seal the edges with tape to prevent freezer burn and place in the freezer for up to 3 months.
<b>HINTS</b>	<b>LEFTOVERS:</b> Freeze in individual sized portions in air tight Plastic Containers. Microwave uncovered on high for 1 minute to free up. Dump the now loose Bake on a serving plate and microwave on high (tented with Waxed Paper) until the Cheese melts and is bubbly.
<b>HINTS</b>	<b>BAKE FROM FROZEN:</b> Place directly in a 375 degree oven and bake, covered, for 45 minutes. Remove the lid and bake until lightly brown and bubbly, about 20 minutes more.