

SOUR CREAM HAMBURGER NOODLE BAKE #2

F EASY

Last Modified: 09/10/2015

PREP: 10 Min
COOK: 20 Min
OVEN: 350

PASTA

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1 1/4	Pounds	Ground Chuck (85 / 15)	Browned
1	14 1/2 Oz	Can Tomato Sauce (hunts)	
8	Oz	Wide Dried Egg Noodles	Cooked
1/3	Cup	Sour Cream (Breakstone)	
1 1/4	Cups	Small Curd Cottage Cheese	
1/2	Cup	Green Onions (Whites & Greens)	Sliced
1	Cup	Sharp Cheddar Cheese	Shredded
1/2	Tsp	Kosher Salt	
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1 +/-	Pinches	Crushed Red Pepper Flakes	To Taste

PREPARATION

FACTOID	This dish is easy, simple, quick (30 minutes start to table). Makes an excellent dish to pass and freezes EXTREMELY well.
HINTS	This dish is intended to be layered, much like a Lasagna, BUT: You can simply mix EVERYTHING together casserole-like, top it with Shredded Cheese & bake.
TOOLS	1) Large Mixing Bowl 2) 9" x 13" Glass OR Ceramic Baking Dish OR 12" x 12" Disposable Aluminum Pan 3) Large Stainless Steel Skillet
PREP	DISH 1) Shred the Cheese and set it aside. 2) Thinly slice the Green Onion greens and whites and set them aside. 3) Preheat the oven to 350 degrees with a rack near the center.
1	Cook the Noodles al-dente according to package instructions, drain, return them to the cooking pot, cover to keep warm and set them aside..
2	Meanwhile, in a large skillet over medium heat, brown the Ground Chuck. Drain off the fat, and then add in the Tomato Sauce, Salt and plenty of freshly ground Black Pepper. Stir, and then simmer while you prepare the other ingredients.
3	In a large mixing bowl, combine the Sour Cream and Cottage Cheese. Add plenty of freshly ground Black Pepper and a pinch of Red Pepper Flakes. Add in the Noodles and stir. Add in the Green Onions and stir.
4	ASSEMBLY: Add half of the Noodle Mixture to the baking dish. Top evenly with half of the Meat mixture, and then sprinkle on half of the Cheddar Cheese. Repeat with Noodles, Meat and then a final layer of Cheese. Bake until the Cheese is browned and the dish is bubbling, about 20 minutes.
SERVE	Serve while hot.
HINTS	TO FREEZE: Assemble the Sour Cream Noodle Bake in a disposable aluminum oven-proof pan and seal the top of the container with the lid or heavy foil. Seal the edges to prevent freezer burn and place it in the freezer.
HINTS	TO COOK FROM FROZEN: Place while frozen directly in a 375 degree preheated oven and bake, still covered, for 45 minutes. Remove the lid & bake until lightly browned.