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# Grandma Mittie's Cheesy Beef Casserole

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**Preparation/Cooking Time:** 20 mins /55 mins

## Ingredients

- 1 pound ground beef
- 1 teaspoon white sugar
- 1 teaspoon salt
- 1 teaspoon garlic salt
- 2 (15 ounce) cans tomato sauce
- 1 (8 ounce) package egg noodles
- 1 cup sour cream
- 1 (3 ounce) package cream cheese
- 1 large white onion, diced
- 1/2 cup shredded sharp Cheddar

## Directions

Over medium high heat, heat a large fry pan or skillet. Cook the beef, stirring, until brown and crumbling. Drain the beef and discard the grease, leaving the beef in the pan.

To the beef, add the tomato sauce, sugar, salt and garlic salt and mix well to combine. Simmer for about 20 minutes to allow the flavors to blend together. Then, remove the beef mixture from the heat, and cover the pan, leaving to cool the mixture to room temperature.

When cool, light salt a large pot of water and bring it to the boil. Add the egg noodles to the pot and cook until firm to the bite, stirring occasionally. This will take about 5 minutes. Drain the noodles immediately and slightly cool.

Meanwhile, preheat the oven to 350 degrees F, and prepare a 9 x 13 inch casserole dish by greasing.

Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Mix sugar, salt, garlic salt and tomato sauce into ground beef; simmer until flavors blend, about 20 minutes. Remove from heat, cover skillet, and cool to room temperature.

Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 5 minutes. Drain and cool slightly.

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch casserole dish. In a bowl, mix the sour cream, cream cheese and onions together.

Spoon half the cooked noodles into the casserole dish, and then add half the sour cream mixture, finishing with half of the beef mixture. Continuing layering in the same pattern, and then finish the casserole with the cheddar.

Bake in the oven for 25-30 minutes, until the cheese has browned.

### **Nutritional Facts**

Calories 519 kcal 26%

Carbohydrates 39.4 g 13%

Cholesterol 120 mg 40%

Fat 29.8 g 46%

Fiber 3.6 g 14%

Protein 24.5 g 49%

Sodium 1597 mg 64%

\* Percent Daily Values are based on a 2,000 calorie diet