



Beefy Cheezy Pasta

Serves 8

Ingredients:

½ lb. uncooked pasta such as elbow or rotini
1 lb. lean ground beef
1 tbsp oil
1 cup chopped onion
24 oz. spaghetti sauce
1 cup beef broth
1 package (8 oz.) of softened cream cheese
2 cup cottage cheese
1 cup sour cream

Optional:

Directions:

1. Boil water in a large pot for the pasta. ****DO NOT** add the pasta until the water is boiling,**
2. Add pasta to the boiling water and cook for 2 minutes less that the minimum time recommended on the package
3. Once the pasta is cooked, drain and return to the pot. Add the tomato sauce and beef broth
4. Place the oil and diced onion in a large sauté pan. Cook on medium high heat until the onions are clear
5. Add the ground beef to the sauté pan and sauté until the beef is thoroughly cooked.
6. Add the beef and onion mixture to the pasta.
7. In a mixing bowl, cream (beat) together the cream cheese, cottage cheese and sour cream
8. In a large baking pan, layer the pasta and beef mixture with the cheese mixture. Make sure the cheese mixture is the last layer on top.
9. Cover with foil and bake for 1 hour at 350*

Variations of the recipe you might like to try:

- Use ground turkey instead of ground beef
- If using gluten free pasta, increase beef broth to 2 cups

Freezing Instructions:

1. Prepare the pasta as instructed above.
2. Assemble the layers in a freezer safe container
3. Cover in extra heavy foil and freeze
4. To serve, thaw and bake at 350* for 1 hour.