

Comfort Food on a Budget: Poor Man's Husband Casserole

Sometimes the most comforting dishes come from the simplest ingredients-and this



OVEN
350°F

TIME
30 min

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INGREDIENTS

- 1 lb ground beef
- 1 small onion, chopped ?
- 1 packet taco seasoning mix ?
- 8 oz egg noodles, cooked and drained ?
- 1 cup sour cream
- 1 can (10.5 oz) cream of mushroom soup
- 1 cup shredded cheddar cheese ?
- Salt and pepper, to taste

DIRECTIONS

1. **Preheat the Oven:** Preheat to 350°F (175°C). Grease a 9x13-inch baking dish and set aside.
2. **Cook the Ground Beef:** In a large skillet, brown the ground beef over medium heat. Add the chopped onion and cook until soft-about 5 minutes. Drain any excess fat.
3. **Season the Beef:** Stir in the taco seasoning and follow the packet instructions to thicken the sauce (usually with a bit of water). Let simmer for a couple of minutes.
4. **Prepare the Noodle Mixture:** In a medium bowl, combine:
 5. Cooked egg noodles
 6. Sour cream
 7. Cream of mushroom soup
8. Stir until noodles are evenly coated in the creamy mixture.
9. **Assemble the Casserole:** Layer the creamy noodles in the bottom of the prepared baking dish. Spread the seasoned beef mixture evenly on top. Sprinkle with shredded cheddar cheese.
10. **Bake:** Bake for 20-25 minutes, until the cheese is melted and bubbly.
11. **Serve:** Let the casserole sit for 5 minutes before serving. Optional: Top with extra green onions, crushed tortilla chips, or a dollop of sour cream!

TIPS FOR SUCCESS

Add veggies: Stir in frozen peas, corn, or spinach for extra nutrition.

Swap the soup: Cream of chicken or cream of celery also work great.

Cheese it up: Use a blend of cheddar, Monterey Jack, or Colby for even more flavor.

Make it spicy: Add chopped jalapeños or use a spicy taco seasoning blend.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/comfort-food-on-a-budget-poor-mans-husband-casserole/>