

## Creamy Poor Man Husband Casserole - A Cozy Family Favorite

When you need a hearty, budget-friendly dinner that satisfies everyone at the table,



**OVEN**  
**350°F**

**TIME**  
**15 min**

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**SAVE**  
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### INGREDIENTS

- 1 pound ground beef
- Garlic to taste
- 1 teaspoon salt
- 1 teaspoon sugar
- 2 cans (8 ounces each) tomato sauce
- 8 ounces egg noodles
- 8 ounces sour cream
- 8 ounces cream cheese, softened
- 1% cups cheddar cheese, shredded

### DIRECTIONS

1. Preheat the Oven: Preheat your oven to 350°F (175°C) and lightly grease a medium casserole dish.
2. Brown the Ground Beef: In a skillet over medium heat, cook the ground beef until fully browned. Drain any excess grease.
3. Prepare the Meat Sauce: Add garlic, salt, sugar, and tomato sauce to the beef. Stir well and simmer for about 15 minutes to allow the flavors to develop.
4. Cook the Noodles: Boil the egg noodles according to package instructions. Drain and set aside.
5. Make the Creamy Layer: In a mixing bowl, combine the sour cream and softened cream cheese until smooth and well blended.
6. Assemble the Casserole: In your prepared baking dish, layer:
  7. Half the cooked egg noodles
  8. Half the sour cream mixture
  9. Half the meat sauce
10. Repeat the layers once more.
11. Add the Cheese: Sprinkle the shredded cheddar evenly over the top.
12. Bake: Bake the casserole for about 20 minutes, or until the cheese is melted and bubbly.
13. Let it cool slightly before serving.

### SWAPS & NOTES

One of the great things about casseroles is how adaptable they are.

Ground turkey or chicken can replace ground beef for a lighter version.

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### TIPS FOR SUCCESS

This ensures it blends smoothly with the sour cream.

Slightly al dente noodles hold their texture better when baked.

Let the casserole rest for 5 minutes after baking so the layers set and slice more easily.

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

Original recipe: <https://chefmaniac.com/creamy-poor-man-husband-casserole-a-cozy-family-favorite/>