



Southern Beef Noodle Casserole

Submitted by Julie Morris

A Morris Family favorite, brought as a gift to many friends over the years with a new baby in the house!

Ingredients

- 6 oz dried egg noodles
- 4 Tbsp (1/2 stick) unsalted butter
- 2 Tbsp unbleached all-purpose flour
- 2 c milk
- Salt
- Ground white pepper
- 1 c finely chopped yellow onion
- ¼ c finely chopped red or green sweet pepper
- 1 Tbsp minced or pressed garlic
- 1 ½ pounds ground round or other lean tender beef
- ½ pound fresh mushrooms, finely chopped
- 3 Tbsp top-quality chili powder
- Freshly ground black pepper
- Ground cayenne pepper
- 2 c homemade tomato sauce or one 15 oz can tomato sauce
- 2 c homemade creamed corn or one 17 oz can cream-style corn
- 1 c freshly grated cheddar cheese

Preparation & Serving

- In a large pot, bring 2 quarts water to a boil over high heat. Add the noodles and cook until al dente, about 12 minutes. Drain and rinse in cold water to halt cooking and help keep the strands separated. Reserve.
- Melt 2 Tbsp of the butter in a saucepan over medium-high heat. Add the flour, blend well, and cook, stirring, until bubbly, about 1 minute. Slowly whisk in the milk with a wire whisk. Bring to a boil, reduce heat to medium and cook, stirring constantly, until thickened, about 5-6 minutes. Remove from heat, season to taste with salt and white pepper, and reserve.
- Preheat oven to 350 degrees.
- Heat the remaining 2 Tbsp butter in a sauté pan or skillet over medium-high heat. Add the onion and sweet pepper and sauté until soft, about 5 minutes. Add garlic and sauté 1 minute longer. Stir in the ground beef and mushrooms and sauté just until the meat loses its raw meat color, about 5 minutes. Stir in the chili powder. Remove from the heat and season to taste with salt and black and cayenne peppers.
- Butter a 1 ½ quart oven proof casserole dish. Arrange about half the noodles in the casserole, cover with about half of the meat mixture, half the tomato sauce, and half of the corn. Add the remaining noodles, meat, tomato sauce, and corn in the same order. Cover the top with the reserved white sauce and sprinkle with the cheese. Bake until bubbly, about 1 to 1 ½ hours.

