

# Turkey Noodle Casserole

Yield: 7 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-turkey-noodle-casserole-recipe>

## Ingredients:

- 8 ounces egg noodles dried
- 3 tablespoons unsalted butter
- 1 cup sweet onion chopped, about 1 small onion
- 1/2 cup carrots chopped
- 1/2 cup chopped celery
- 3 cloves garlic minced
- 2 tablespoons all-purpose flour
- 1 1/2 cups milk
- 1/4 teaspoon cayenne pepper
- 3 cups shredded sharp cheddar divided
- 2 cups turkey cooked, shredded
- 3/4 cup sour cream
- ground black pepper
- kosher salt

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 130 milligrams
4. Fat: 31 grams
5. Fiber: 2 grams
6. Protein: 26 grams
7. SaturatedFat: 18 grams
8. Sodium: 510 milligrams
9. Sugar: 7 grams

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