



## **Ingredients:**

- 1 (16 ounce) package spaghetti
- 1 pound lean ground beef or sausage combination
- 1 tablespoon of black pepper
- salt to taste
- 1 (16 ounce) jar spaghetti sauce (or homemade)
- ½ stick butter, cut into small chunks
- 1 cup whole milk cottage cheese
- 1 (8 ounce) package cream cheese, softened (not fat free or light)
- ½ cup sour cream
- 2 tablespoons olive oil
- ½ onion, diced
- 3 cloves of fresh garlic, minced
- ½ teaspoon fresh parsley
- 1 8oz Package of Mozzarella cheese
- ¼ cup of freshly grated Parmesan cheese
- 1 8oz package shredded Cheddar cheese

## Method:

- 1. Preheat oven to 350F
- 2. Bring a large pot of lightly salted water to a boil & cook spaghetti until 'al dente'
- 3. Place the chunks of butter in the drained spaghetti and mix until coated, set aside.
- 4. In a large skillet, on medium-high heat, add the diced onions, pepper, garlic and the olive oil together until onions are slightly cooked, then add your ground beef & cook until browned though out with the onions. Drain the beef.
- 5. Add in pasta sauce & parsley, then mix well until fully incorporated, put on very low to simmer.
- 6. In a large mixing bowl, combine the cream cheese, sour cream, and cottage cheese until well blended.
- 7. Add the spaghetti to the bowl with the creamy mixture, and toss until well coated.
- 8. In a 9x13-inch casserole dish, pour creamy spaghetti mixture in and top with 3/4 of the pasta sauce, TOSS WELL.
- 9. Add HALF cheddar & half mozzarella to the creamy spaghetti mixture, TOSS WELL again
- 10. Add the remaining pasta sauce evenly over the top the pasta
- 11. Top with remaining cheeses, evenly
- 12. Bake in the preheated oven for about 25 minutes or until cheese is completely well melted.