



Cheesy Chicken Noodle Casserole

2 cups chicken, cooked and shredded
4 cups egg noodles, (approximately 2 cups uncooked cooked and drained)
1/2 cup sour cream
1 cup milk
3 cups cheddar cheese, grated
2 tablespoons butter
1 tablespoon all-purpose flour
1 small onion, finely chopped
1 clove garlic, minced
1/2 teaspoon red pepper flakes

Preheat oven to 350°. Grease 9 x13 inch baking dish.

In a large, tall-sided saucepan, melt the butter over medium heat. Add the onion, sauté until near translucent. Stirring frequently, add garlic and red pepper flakes, cook for two minutes more. Stir in the flour and cook until the flour is absorbed. Slowly add the milk and 2 cups of cheese. Reserve 1 cup of cheese for casserole topping. Once the cheese is melted add salt and pepper to taste. Combine chicken, sour cream and noodles into cheese mixture. Stir until the noodles are coated with mixture.

Pour mixture into a prepared baking dish. Top with remaining cheese. Bake the casserole for 30 minutes, or until cheese is melted and sauce is bubbling.

Remove from oven and let cool slightly before serving.