

Invent a Casserole

Here are a few sample recipes to start you out!

Broccoli with Rice

2 onions, chopped	2 stalks celery, chopped
1 tablespoon margarine	3 cups chopped fresh broccoli or 2 packages
2 cans cream of celery soup	chopped frozen broccoli
¼ cup grated Parmesan cheese	5 cups of cooked brown rice
4 drops Tabasco sauce	1 can sliced water chestnuts, drained
¼ cup soft bread crumbs	

Preheat oven to 350. In large skillet, sauté the onions and celery in margarine until clear. Cook broccoli until barely tender and drain well. Mix broccoli with soup and cheese. Add to celery and onions. Stir in rice, Tabasco sauce, and water chestnuts and mix well. Pour into a lightly oiled casserole dish and top with bread crumbs. Bake for about 20-30 minutes, until bubbly and heated through.

Makes 6-12 servings, depending on size.

Acapulco Bean Casserole

1 cup chopped onion	1 cup chopped celery
2 teaspoons margarine	2 cans chicken chili with beans
1 can refried beans	1 can unsalted whole kernel corn, drained
½ cup taco sauce	8 corn tortillas, torn up
1 cup grated low-fat cheese	Fresh whole chile peppers (optional)

Preheat oven to 350. In a skillet sauté onions and celery in margarine until tender but not brown, about 10 minutes. Stir in chili, refried beans, corn, and taco sauce. Arrange half the tortilla pieces in a 10 – inch – square baking dish; top with half the chili mixture. Repeat layer. Bake, covered, for 45-50 minutes. Sprinkle cheese atop. Bake uncovered, 2-3 minutes more or until cheese is melted. Garnish with fresh whole chili peppers, if desired.

Makes 8 servings.

Tuna Casserole

2 cups macaroni	1 6oz. can of tuna
1 can of cream mushroom soup	1 ½ cup of peas or
Bread crumbs- topping	1 cup of chopped sautéed celery and ½ cup onions

Preheat oven to 325. Cook noodles as directed, and drain well. Sauté onions and celery if using. Combine cooked noodles, tuna fish, soup, peas, or celery and onions in a casserole dish. Bake uncovered for 15-20 minutes or until heated through. Sprinkle bread crumbs over and serve.

Makes 4 servings.

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Choose one ingredient from each column.
Seasoning and toppings can be added, if desired.

Vegetable 	Protein 	Sauce. 	Rice, Noodles, or Grains (cooked) 
1 ½ cups	1 ½ to 2 cups	1 cup or 1 can soup + 1/3 milk or water	1 ½ to 2 cups
<ul style="list-style-type: none"> ▪ Mixed vegetables ▪ Tomatoes ▪ Corn ▪ Green beans ▪ Acorn squash ▪ Peas ▪ Broccoli ▪ Green pepper ▪ Cabbage ▪ Zucchini ▪ Potatoes ▪ Turnip ▪ Sweet potatoes ▪ Celery ▪ Water chestnuts 	<ul style="list-style-type: none"> ▪ Tuna fish ▪ Lima beans ▪ Pork and beans ▪ Split peas ▪ Lentils ▪ Canned meat ▪ Eggs ▪ Cooked hamburger ▪ Cooked chicken ▪ Cooked turkey ▪ Cooked pork ▪ Cook lean ground sausage 	<ul style="list-style-type: none"> ▪ White sauce ▪ Cheese sauce ▪ Tomato soup ▪ Cream soup ▪ Spaghetti sauce <p><u>Toppings</u></p> <ul style="list-style-type: none"> ▪ Cracker crumbs ▪ Bread/toast crumbs ▪ Dry cereal ▪ Tortilla chips 	<ul style="list-style-type: none"> ▪ Noodles ▪ Macaroni ▪ Rice ▪ Spaghetti ▪ Bread ▪ Barley or bulgur ▪ Corn Tortillas <p><u>Seasoning</u></p> <ul style="list-style-type: none"> ▪ Salt & pepper to taste ▪ ¼ cup chopped onion, celery or green peppers ▪ ½ teaspoon parsley, oregano, or other herb
<p>To bake in oven: Layer or mix all foods in a casserole dish. Bat at 350. For 20-30 minutes.</p> <p>To cook on the top of the stove: Heat and stir everything except the topping. Add more liquate if it gets dry. Pour into a serving dish and sprinkle on topping.</p> <p>To cook in and electric fry pan: Measure water for noodles or rice, cook until tender. Drain off excess water. Mix in remaining ingredients except for topping. Heat 5 to 10 minutes. Sprinkle on topping. Serve.</p>			

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