



## Invent a Casserole

Choose one ingredient from each column. Seasoning and toppings can be added, if desired.			
Rice, Noodles, or Grains (Cooked)	Vegetable	Meat	Sauce
1½ to 2 cups	1½ cups	1½ to 2 cups	1 cup or 1 can soup + ⅓ cup milk or water
Noodles Macaroni Rice Spaghetti Bread Barley or bulgur  <i>Seasonings</i> <ul style="list-style-type: none"> <li>• Salt and pepper to taste</li> <li>• ¼ cup chopped onion, celery or green pepper</li> <li>• ½ teaspoon parsley, oregano, or other herb</li> </ul>	Mixed vegetables Tomatoes Corn Green beans Acorn squash Peas Broccoli Green pepper Cabbage Zucchini Potatoes Turnip Sweet potatoes	Tuna fish Cooked beans Pork and beans Split peas Lentils Canned meat Eggs Cooked hamburger Cooked turkey Cooked chicken Cooked pork Cooked lean ground sausage Canned beans	White sauce Cheese sauce Tomato soup Cream soup  <i>Toppings</i> <ul style="list-style-type: none"> <li>• Cracker crumbs</li> <li>• Bread/toast crumbs</li> <li>• Dry unsweetened cereal</li> </ul>
<b>To bake in oven:</b>		Layer or mix all foods in a casserole dish. Bake at 350°F for 20 to 30 minutes.	
<b>To cook on stovetop:</b>		Heat and stir everything except the topping. Add more liquid if it gets dry. Pour into a serving dish and sprinkle on topping.	
<b>To cook in an electric fry pan:</b>		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 toppings.	
<b>Microwave:</b>		Microwave on HIGH for 6 to 8 minutes.	

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## Favorite Combinations

	Rice, Noodles or Grains, cooked	Vegetables	Meat	Sauce	Extra	Toppings
<b>Hambo</b>	Rice	Cauliflower	Ham	Cheddar cheese soup		Bread crumbs, cheese
<b>South of the Border</b>	Elbows	Corn	Ground beef	Tomatoes	Taco seasoning, olives	Tortillas, cheddar cheese
<b>Monterey Chicken</b>	Egg noodles	Broccoli	Chicken	Cream of chicken soup	Green chilies	Cracker crumbs, Jack cheese
<b>Beefy Onion</b>	Elbows	Green beans	Cubed beef	Cream of mushroom soup	Mushrooms, French fried onions	French fried onions
<b>Sea Special</b>	Wide noodles	Green beans	Tuna	Cream of mushroom soup	Mushroom	Cracker crumbs
<b>Chili Mac</b>	Spiral noodles, ramen noodles	Tomatoes, green peppers, celery, onions	Kidney beans	Tomato soup	Chili seasoning	Cheddar cheese
<b>Taco Rice</b>	Rice	Corn	Ground Beef or Cooked Beans	Canned Tomatoes	Taco Seasoning or Chili Powder	Cheddar Cheese

Your Family Favorites: