

Create Your Own Casserole

Creating your own casserole is an easy way to make a meal from ingredients you have on hand.

1. Using the chart on the following page, choose one ingredient from each column.
2. Arrange selected ingredients in a casserole dish; cover with a lid or aluminum foil.
3. Bake in a preheated oven at 375°F for ½ hour, until bubbly.
4. For freezing, line the casserole dish with foil. Add ingredients, wrap, and freeze. Remove the dish to use for other meals. When you are ready to heat your casserole, place the frozen “package” back into the dish and bake.



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(Choose one ingredient from each column.)

PROTEIN FOOD (1 1/2 cups)	SAUCE (1 can condensed soup + 1/3 cup liquid)	COOKED VEGETABLES (1 1/2 - 2 cups)	COOKED PASTA, ETC. (1 1/2 - 2 cups)	TOPPING (2-4 Tbsp.)
Cooked Ham, sliced	Cream of Celery Soup + Milk	Green Pepper, Celery, and Onions, browned	Noodles	Crushed Potato Chips
Chicken or Turkey, cooked or canned	Cream of Chicken Soup + Buttermilk	Green Beans, cooked or canned	Macaroni	Fresh Bread Crumbs
Beef, Lamb, Veal, or Pork, cooked	Cream of Mushroom Soup + Cream	Peas, cooked or canned	Rice	Fried Onion Rings
Hard-Cooked Eggs	Cream of Potato Soup + Sour Cream	Carrots, cooked or canned	Potatoes	Crushed Corn Flakes
Frankfurters	Green Pea + Tomato Juice	Asparagus, cooked or canned	Spaghetti	Potato Sticks
Cheese	Cheddar Cheese + Vegetable Juice	Corn, canned		Cracker Crumbs
Tuna or Salmon, canned	Tomato Sauce + Water	Sweet Potatoes		Crushed Stuffing Mix
	1 1/2 cups medium White Sauce (see BASIC RECIPES, page 103)			