

Basic Recipes

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 following chart, choose one ingredient from each column.
2. Arrange selected ingredients in a casserole dish; cover with lid or aluminum foil.
3. Bake in a preheated oven at 375 degrees for $\frac{1}{2}$ 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 1 ingredient from each column)

| Protein Food (1 1/2-2 cups) | Sauce (1 can condensed soup + 1/3 liquid) | Cooked Vegetables (1 1/2 - 2 cups) | Cooked Pasta, Etc. (1 1/2 – 2 cups) | Topping (2-4 tablespoons) |
|-------------------------------------|---|---|-------------------------------------|---------------------------|
| 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 | Potatoes | Fried Onion Rings |
| Hard-Cooked Eggs | Cream of Potato Soup + Sour Cream | Carrots, cooked or canned | Spaghetti | Crushed Corn Flakes |
| Frankfurters | Green Pea + Tomato Juice | Asparagus, cooked or canned | | 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 | | | |



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