Create a Casserole

# Create a tasty casserole from simple foods. Just choose an item from each section and follow the directions. Use your imagination! Each casserole serves 4 adults.

## Step 1: Choose 1 starch from the following list:

1. Brown rice: 1 cup rice, 2 cups water; combine rice and water. Bring it to boil. Turn heat to low and cover pan with lid. Cook until the water is absorbed, for about 45 minutes.
2. Whole grain pasta or noodles: 2 cups pasta or 3 cups noodles, 6 cups of water. In a pan, heat the water until it boils. Stir in your pasta or noodles. Cook until the pasta or noodles are tender, which will take about 10 minutes. Drain the pasta. (Use the package for instructions.)
3. Potatoes: 3 cups diced potatoes, 6 cups of water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain.
4. Whole grain tortilla: flour or corn.

## Step 2: Choose 1 protein from the following list:

1. 1 15-ounce can or 2 cups cooked dried beans or lentils (pinto, black, white, kidney, etc.)
2. ½ pound cooked ground beef
3. 1 ½ cups cooked and diced chicken, turkey, ham, beef, fish, or pork
4. 2 cups chopped hard boiled eggs
5. 1 6-8-ounce can beef, chicken, tuna, salmon, or other fish
6. 1 12-16-ounce package extra firm tofu, drained

## Step 3: Choose 1 to 3 vegetables from the following list:

1. Use vegetables such as broccoli, carrots, corn, green beans, peas, squash, or mixed veggies.
2. When using fresh vegetables use 2 cups of fresh vegetables.
3. When using frozen vegetables use 2 cups of frozen, cooked, vegetables.
4. When using canned vegetables use 1-2 15-ounce canned vegetables.

## Step 4: Choose 1 sauce from the following list:

1. 1 10-ounce can of soup such as cream of mushroom, cream of chicken, cream of celery, tomato soup, or cheese soup.
2. 1 15-ounce can diced tomatoes with juice.
3. 2 cups of gravy:
   1. To make the gravy use the following directions
      * 1. Mix 2 tablespoons of cornstarch or 4 tablespoons of flour with ¼ cup of cold water.
        2. Bring 2 cups of chicken, beef, or vegetable stock to a boil.
        3. Slowly add in your flour and water mixture.
        4. Stirring constantly, turn down the heat and keep cooking until it is thicker.

## Step 5: choose 1 or more flavors from the following list:

1. ½ cup chopped onion, celery, green pepper, or salsa
2. ¼ cup sliced olives
3. 1-2 cloves of crushed garlic
4. 1-2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, or sage)
5. Salt and pepper to taste

## Step 6: choose 1 or more topping from the following list (optional):

1. ¼ cup breadcrumbs
2. 2 tablespoons grated parmesan cheese
3. ¼ cup grated cheddar or mozzarella cheese

## Step 7: Make the casserole using the following directions:

* + - 1. Choose a food from each section or use your own favorites.
      2. Combine all of the ingredients except for the toppings in a 9x13 pan coated with cooking spray.
      3. Bake at 350 degrees Fahrenheit until the casserole is bubbling. It should take about 30-45 minutes to bake.
      4. Add your chosen toppings and return the casserole to the oven for about 10 minutes.

### Casserole Recipes

### A pantry that has good whole foods will help you create great tasting casseroles like these:

Potluck Chicken Casserole

* ½ cup fresh mushrooms, chopped
* 3 tablespoons onion; finely chopped
* 2 garlic cloves, minced
* 1 tablespoon canola oil
* 3 tablespoons flour
* 1 ¼ cups milk
* 4 cups chicken, cooked and cubed
* 3 cups of cooked rice
* 1 cup of celery, chopped
* 1 cup frozen peas, thawed
* 1 tablespoon lemon juice
* ½ teaspoon salt
* ½ teaspoon pepper
* ¾ cup crushed corn flakes or breadcrumbs

Directions:

1. Cook the mushrooms, onion, and garlic in canola oil until they are soft.
2. Stir in flour, then slowly add in milk, and bring the mixture to a boil. Cook and stir for 2 minutes or until mixture is thickened and bubbling.
3. Remove from heat and add chicken, rice, celery, peas, lemon juice, salt, and pepper.
4. Mix well and spoon into a 9x13 baking dish. Sprinkle corn flakes or breadcrumbs over casserole.
5. Bake without a cover at 350 degrees Fahrenheit for 30 minutes or until the casserole is bubbling.

Yield: 8-10 servings

Stuffed Peppers

* 4 bell peppers of any color
* 2 medium onions, chopped
* 3 cloves of garlic, minced
* 2 cups 15-ounce can cook, drained black beans
* 2 cups fresh or frozen corn
* 2 cups cooked brown rice
* 1 15-ounce can diced tomatoes
* Juice from 1 lime
* 1 tablespoon balsamic vinegar
* 1 teaspoon ground cumin
* ½ teaspoon chili powder
* ½ teaspoon salt

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Slice the peppers in half top to bottom, remove the seeds and set aside.
3. Cook the onion and garlic in ¼ cup water over medium heat until they are soft.
4. Add the rest of the ingredients and heat.
5. Fill pepper halves with bean mixture, piling each pepper high.
6. Place peppers on baking sheet, cover with foil, and bake 30 minutes or until peppers are soft.

Yield: 4-6 servings

### Changing the taste

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. Try using these herbs and spices to get these flavors:

* Mexican using cumin, oregano, chili powder, cilantro, and garlic.
* Italian using basil, oregano, parsley, and garlic.
* Asian using soy sauce, ginger, garlic, chiles, and turmeric.
* Savory/Thanksgiving using rosemary, sage, thyme, and parsley.

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