

**All Casseroles use disposable aluminum pans with a tin cover.** (Available at church)  
Vegeterian casseroles are always a big hit – *(Please do not use pork products)*

### **Chicken Casserole**

8oz. box Elbow macaroni – cooked al dente  
1 ½ lbs. cooked Chicken cubed or shred a rotisserie chicken  
  
(1) 8oz. can stems and pieces mushrooms (drained)  
1 can cream of celery soup  
1 can cream of mushroom soup  
1/4 cup green pepper (diced)  
(1) 4oz. jar pimento (cut up)  
3 cups chicken bouillon cubes dissolved in 1 cup boiling water  
1 1/2 cups milk

Cook macaroni according to pkg. directions. In a large pot add rest of ingredients and bring to a boil, stirring often. If the mixture is too thick, add 1/2 cup hot water. Stir in cooked macaroni. Put in casserole pan. Cover, **label**, date, and freeze.

### **Tuna Casserole**

Combine these ingredients in a large pot:  
8oz. pkg. medium noodles, cooked  
(4) 6 1/2oz. cans tuna, drained  
1 cup mayonnaise  
2 cups diced celery  
2/3 cups chopped onion  
1/2 cup chopped green pepper  
1 tsp. salt

Blend together the following:  
(2) 10 1/2 oz cans cream of celery soup  
1 cup of milk - heat through; then add:  
4 oz shredded sharp cheddar cheese.

Stir until cheese melts. Add this to first mixture. Pour into casserole pan.

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### **Easy Chicken**

Take 10 legs and 10 thighs, brown them under the broiler (brush with margarine) and put them in the casserole pan, add a sauce over them, and bake for 30 minutes in a 350 degree oven. Cover, **label**, date, and freeze.

### **Hamburg Casserole**

2 lbs. ground beef  
1 cup chopped onion  
8 oz. pkg. medium noodles cooked al dente  
(2) 16oz. cans of corn, drained OR (1) 24oz. bag frozen corn  
(2) 10 1/2 oz. cans cream mushroom soup  
(2) 10 1/2 oz. cans cream chicken soup  
2 cups of sour cream  
Sauté ground beef and onions in a large pot until meat is browned. Add corn, soups and sour cream. Stir in cooked noodles. Put in casserole pan. Cover, **label**, date and freeze.

### **Saucy Hamburger Supper**

2 1/2 lb hamburger  
(2) 32 oz cans spaghetti sauce  
1 cup chopped green peppers  
1 cup chopped onions  
1 lb box macaroni of your choice cooked al dente  
8 oz. mozzarella cheese

Brown hamburger.

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Drain grease. Add onions and green peppers. Cook 5 minutes. Add spaghetti sauce, salt, pepper, sugar to taste. Stir. Cook about 10 minutes. Cook macaroni per box directions. Drain. Combine all ingredients. Pour into foil casserole. Cover, **label**, date and freeze.

### **Jiffy Beef Stroganoff**

2 lb. ground beef  
1 envelope dry onion soup  
1 tsp. ginger (optional)  
(2) 7 oz. pkgs. medium noodles  
(1) 6 oz. can sliced mushrooms  
7 cups hot water  
4 tbs. flour  
2 cups sour cream

Brown ground beef. Sprinkle soup mixture and ginger over ground beef. Mix well. Arrange uncooked noodles over ground beef mixture. Add mushrooms and liquid. Pour water over noodles and cover tightly. Cook at 225 degrees for 20 minutes or until noodles are done. Blend flour into sour cream and stir into mixture. Cook for about 3 minutes or until thickened. Cool. Cover, **label**, date, and freeze.

### **Macaroni Paprikash**

2 lbs. ground beef or turkey  
(2) 8 oz pkgs small elbow macaroni – cooked al dente  
1 large onion, sliced  
2 tbs butter  
4 tbs. flour  
2 tbs. Paprika  
1 tsp. salt  
2 beef bouillon cubes  
2 cups milk  
(4) 4 oz cans chopped mushrooms  
1 cup water  
(2) 8 oz cups sour cream  
1/2 chopped parsley  
2 cups buttered bread crumbs

Cook macaroni. Drain, then return to pot. Sauté onion lightly in butter. Brown ground beef. Blend in flour, 1 tbs paprika, and salt. Add instant bouillon cubes, milk, mushrooms and liquid, and water. Cook, stirring constantly,

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crushing bouillon cubes until mixture boils and thickens. Blend about 1 cup of hot mixture into sour cream and stir back into remaining mixture. Stir into cooked macaroni with parsley. Spoon into casserole pan. Sprinkle with bread crumbs and remaining paprika. Cover, **label**, date, and freeze.

### **Meatballs and Sauce**

Sauté:

1/2 cup chopped onion  
2 cloves minced garlic  
3 tbs. olive or vegetable oil

Add:

(2) 28 oz. cans crushed tomatoes  
(1) 8 oz. can tomato sauce  
(1) 6 oz. can tomato paste  
1 1/4 cups water  
1 1/4 tsp. basil  
2 tbs. parsley  
2 tsp. salt  
1/2 tsp. pepper  
1 tbs. sugar

Simmer uncovered for 1 hour, adding small amt of water if too thick. Meanwhile, make meatballs.

Mix lightly:

1 1/2 lbs. ground meatloaf mix or ground turkey  
1 1/2 cups fine dry bread crumbs  
3/4 cup grated Parmesan cheese  
1 1/2 tbs parsley  
2 cloves finely minced garlic  
3/4 cup milk  
3 eggs, beaten  
2 tsp. salt  
1/4 tsp pepper

Shape into 20 meatballs. Bake in foil pan at 350 degrees for 50 minutes. Pour off fat. Loosen any meatballs that stick. Pour in tomato sauce. Cover, **label**, date, freeze.

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### **Spaghetti Cheese Loaf**

3 lbs. ground beef  
(2) 2 lb cans spaghetti in tomato sauce  
2 eggs  
2 tsp. salt  
1/2 tsp. oregano  
1/4 tsp. garlic powder  
2 small onions sliced thinly  
6 slices processed American cheese

Brown ground beef. Cook spaghetti as directed. Mix ground beef lightly with spaghetti, egg, salt, oregano, and garlic powder until well-blended. Press half into a baking pan; top with onion and cheese slices and add remaining meat mixture. Bake at 350 degrees for 1 hour. Cover, **label**, date, and freeze.

### **Stuffed Cabbage**

1 extra large head cabbage  
1 cup chopped onion  
2 eggs  
1 cup rolled oats  
(1) 8 oz. can tomato sauce  
1/3 tsp. cinnamon  
1/2 tsp. garlic powder  
1 1/2 tsp salt  
2 1/2 lbs. ground meat  
(1) 6 oz. can tomato paste  
1 tsp. garlic powder  
1 cup water cabbage was cooked in

Core cabbage and place side in 6 inches boiling water. Cover and simmer 6 minutes. Drain and separate leaves. Combine next 7 ingredients with the ground meat and divide into equal portions. Roll each portion in a cabbage and tuck snugly into casserole tin. Combine remaining ingredients and pour over cabbage rolls. Cover securely and bake at 350 degrees for 1/2 hour. **Label**, date, and freeze.

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### **Enchilada Bake**

1/4 cup oil or butter  
1/4 lb cup flour  
1-1/2 lb. ground beef or turkey  
1/2 cup chopped onion  
1/2 tsp. salt  
(1) 16 oz. can taco sauce OR (1) 16 oz can tomato puree  
2 tbs. chili powder  
2 tbs. Cumin  
1 1/2 cups grated cheddar cheese  
(9) 6-inch tortillas  
2 cups cooked/canned pinto/kidney beans

Sauté and simmer the first five ingredients for five minutes. Oil the casserole tin. Layer in the following order: 1/2 the tortillas on the bottom, meat mixture, beans, cheese; and top with rest of tortillas. Bake at 350 degrees for 30 minutes. Cover, **label**, date, and freeze.

### **Spinach Lasagna**

1 qt spaghetti sauce  
(2) 10 oz frozen chopped spinach, thawed and drained  
1 large onion, chopped  
2 tbs oil  
2 cloves garlic, minced  
2 lbs. Ricotta cheese  
3 eggs beaten  
1/4 cup grated Parmesan cheese  
3 tbs chopped parsley  
1/2 lb grated mozzarella cheese  
1 lb lasagna noodles

Sauté the onion and garlic in oil until tender. Mix together the ricotta, parmesan and mozzarella cheeses, parsley, eggs, and spinach. Add sautéed onions and garlic. Cook lasagna noodles according to directions. In casserole pan spread a little spaghetti sauce, a layer of noodles, then a layer of the cheese/spinach mixture. Repeat, ending with noodles and sauce. Bake @ 350 degrees for 30 minutes. Cover, **label**, date, and freeze.

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### **Meatball Stew**

Meatballs:

- 2 eggs
- 1/2 cup milk
- 1 tbs instant minced onion
- 3 slices bread, cubed.
- 1 tsp salt
- 1/8 tsp pepper
- 2 lbs. ground beef or turkey

Heat oven to 350 degrees. Beat eggs and milk. Stir in onion, bread, and seasoning. Add beef and mix well. Shape 1/2 cup or approx amount of mixture into balls. Make 20 meatballs as this portion is to serve 10 people. Place in shallow pan. Bake for 45 minutes. Cover, **label**, date and freeze.

Stew ingredients:

- (1) 28 oz can tomatoes.
- (1) 14 oz can beef broth OR 1 3/4 cups of water
- 5 or 6 potatoes
- 5 carrots
- 4 stalks celery
- (1) 10 oz pkg frozen green beans
- (1) 10 oz pkg frozen peas
- 1 tsp salt.
- 1/8 tsp pepper
- 1 tbs. minced onion or 1 med. onion diced

While meatballs are baking, cook tomatoes over low heat . Add diced vegetables and frozen green beans. Cook over medium heat and then add frozen peas about 1/2 hour before end of cooking time Add seasonings and broth with the vegetables and more water if needed to make a moist stew. Add meatballs, cool, put in pan. Cover, **label**, date, and freeze.

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### **Tuna Jambalaya**

(2) 12 1/2 oz. cans tuna  
1/2 cup butter  
2 cups chopped celery  
1 cup chopped onion  
1 cup chopped green pepper  
3 cloves garlic  
4 chicken bouillon cubes  
3 cups boiling water  
1 1/2 cups raw rice  
(2) 1 1/4lb cans tomatoes  
1/2 tsp. salt  
2 whole bay leaves  
1 tsp. thyme  
1/4 tsp. cayenne

Break tuna into large chunks. Melt butter in saucepan and cook celery, onion, pepper and garlic until tender. Dissolve bouillon cubes in boiling water. Add to vegetables along with rice, tomatoes, salt, bay leaves, thyme, and cayenne. Simmer 25-30 minutes, stirring occasionally, until rice is tender. Add tuna and heat through. Remove bay leaves. Put into casserole tin. Cover, **label**, date, and freeze.

### **Chili with Beans**

Brown 1.5 lbs ground Turkey for 5 mins, add other ingredients, one at time:  
1- large onion diced, 3- green peppers diced, salt, pepper, granulated garlic (all to taste), 1 Tbsp- dried cilantro, 26 oz can diced Tomatoes w/juice, 2 tsp- chili powder, 1 Tbsp- cumin, 1/2 tsp- thyme.

After everything is cooked add 28 oz can cooked Kidney Beans. Cover, **label**, date, and freeze.

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### **Texas Hash**

2 1/2 lbs. hamburger  
2 cups raw rice  
4 cups stewed tomatoes  
2 cans vegetables  
3 lg chopped onions (or frozen)  
1 clove garlic, minced (or in jar)  
1 tbsp salt  
2 tbsp chili powder

Cook hamburger, onions, & garlic until brown. Add remaining ingredients. Bake covered in 350 degree oven for 1 hour. Cover, **label**, date, and freeze.

### **Chicken in Sauce**

6 chicken cutlets cut in half  
  
2 or 3 cans cream mushroom soup  
1 can evaporated milk  
Garlic salt  
Paprika  
Parsley leaves

Browning of chicken not necessary. Sprinkle garlic salt over chicken pieces. Place in pan and cover with cream of mushroom soup diluted with 1 can evaporated milk. Sprinkle with paprika and parsley leaves. Bake uncovered at 350 degrees for 1 hour or until done. Cover, **label**, date, and freeze.

### **Beans and Weenies**

Combine 4 or 5 regular size cans of VEGETARIAN beans with:

1/2 large onion diced, 3 Tbsp Barbeque Sauce, 1/4 lb dark brown sugar, 1 tsp black pepper, 1/3 stick butter (or margarine), 1.5 lbs chicken, turkey, or beef sliced hot dogs. Cover, **label**, date and freeze.

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### **Chicken with Vegetables and Rice**

Stew 4 Leg Quarters in 3 qt sauce pan with ½ large onion diced, salt, pepper, granulated garlic (to taste), 5 bay leaves, ½ tsp thyme, ¼ tsp rosemary, 1-cap kitchen bouquet or gravy master

Tilt lid and cook on med/low heat

In separate pot cook 1.5 cups of white rice with 3 cups cold water

Once cooked, add 2 small cans of mixed vegetables

When Leg Quarters are cooked, remove from pot and refrigerate to cool

Once cooled, pull meat from bones, return to stock

Combine with rice and vegetables.

Variation: Use 8 oz noodles instead of rice.

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### **Beef-A-Roni**

Combine and cook: 1.5 lbs ground beef (or turkey), 1 large onion finely diced, salt, pepper, granulated garlic, 1Tbsp dried Italian Seasoning, 5 bay leaves, ½ cup sugar, 1- 28 oz can diced tomatoes with juice

In separate pot cook 8 oz elbow macaroni – al dente

Once cooked, cool and drain. Combine all ingredients with 2 Tbsp tomato paste, 1 can 28 or 32 oz flavored spaghetti sauce

Variation: use 8 oz Ziti noodles and add Ricotta Cheese for Baked Ziti, top with shredded mozzarella

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### **Breakfast Casserole**

Shred and blanch 2.5 lbs of Idaho Potatoes (or thaw frozen hash browns)

Cool and place in pan

Add 1 large onion, green pepper, and red pepper finely diced

Whisk 2 dozen xl-eggs, add salt and pepper and 10 oz half & half

Combine all ingredients, bake at 325 degrees until firm

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### **Corn Casserole**

2 (15 1/4-ounce) cans whole kernel corn, drained  
2 (14 3/4-ounce) cans cream-style corn  
2 (8-ounce) packages corn muffin mix (recommend Jiffy)  
2 cup sour cream  
2 sticks butter, melted  
2 cups shredded Cheddar  
Preheat oven to 350 degrees F.

In a large bowl, stir together the 2 types of corn, corn muffin mix, sour cream, and melted butter. Pour into a greased 9 by 13-inch casserole dish. Bake for 45 minutes, or until golden brown. Remove from oven and top with Cheddar. Cover, **label**, date, and freeze.

### **Mashed Baked**

4 cups frozen hash browns  
1 (7.6-ounce) package butter and herb mashed potato mix  
1 stick butter, softened  
4 ounces cream cheese, softened  
1 cup shredded Monterey Jack cheese  
1/2 cup sour cream  
1/2 teaspoon garlic salt  
1/2 teaspoon salt  
1/2 teaspoon pepper  
2 cups boiling water  
2 cups prepared French-fried onion rings

Bring a pot of water to the boil and add the hash browns. Cook for 5 minutes and drain. In a large bowl, mix together the cooked hash browns, mashed potato mix, butter, cream cheese, jack cheese, sour cream, garlic salt, salt and pepper. Stir in the boiling water. Place in a greased 2-quart casserole dish. Bake for 35 to 45 minutes. Sprinkle the onion rings over the casserole and bake for about 5 to 8 minutes longer until onions are golden brown. Cover, **label**, date, and freeze.

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### **Chicken Divan**

2 (2-pound) heads broccoli, stems removed or frozen will be fine  
1/2 cup (1 stick) butter  
1/2 cup all-purpose flour  
2 cups chicken broth  
2 cups milk  
Salt and freshly ground black pepper  
1/4 teaspoon ground nutmeg  
1 cup freshly grated Parmesan  
24 slices cooked chicken or turkey  
1 cup slivered almonds  
1 cup heavy cream

Cook broccoli until just tender and drain. Preheat to oven to 350 degrees F. Butter or spray a casserole and set side.

In a medium-size saucepan, melt the butter over moderate heat, then add the flour and stir for 1 minute. Gradually add the broth and milk and stir until thickened. Season with salt and pepper; add the nutmeg, 1/2 cup of the cheese. Stir until the cheese melts, and remove from the heat.

Arrange the broccoli in the prepared casserole in a single layer, sprinkle the remaining 1/3 cup cheese over the top, arrange the chicken slices evenly over the broccoli, and sprinkle the almonds over the top. In a medium-size mixing bowl beat the heavy cream with an electric mixer until soft peaks form, fold into the cheese sauce, pour evenly over the chicken and almonds, and bake until bubbly and golden brown, about 35 minutes. **Cover, label, date, and freeze.**

### **Cheesy Mac**

4 cups cooked elbow macaroni, cooked al dente and drained  
2 cups grated Cheddar cheese  
3 eggs, beaten  
1/2 cup sour cream  
4 tablespoons butter, cut into pieces  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 cup milk

Preheat oven to 350 degrees F. Once you have the macaroni cooked and drained, place in a large bowl and while still hot and add the Cheddar. In a separate bowl, combine the remaining ingredients and add to the macaroni mixture. Pour macaroni mixture into a casserole dish and bake for 30 to 45 minutes. Top with additional cheese, if desired. **Cover, label, date and freeze.**

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### **Green Bean Casserole**

2/3 stick butter  
1 cup diced onions  
1 cup sliced fresh mushrooms  
4 cups sliced green beans  
6 cups chicken broth  
2 (10 3/4-ounce) can cream of mushroom soup  
2 (2.8-ounce) can French-fried onion rings  
2 cup grated Cheddar  
Preheat the oven to 350 degrees F.

Melt the butter in a large skillet. Sauté the onions and mushrooms in the butter. Boil green beans in chicken broth for 10 minutes and drain. Add the green beans, mushroom soup, and onion rings to the onion mixture. Stir well. Pour into a greased 1 1/2-quart baking dish. Bake for 20 minutes, then top the casserole with the Cheddar and bake for 10 minutes longer, or until the casserole is hot and cheese is melted. Cover, **label**, date, and freeze.

### **Chicken and Rice Casserole**

4 tablespoons butter or vegetable oil  
2 medium onion, peeled and diced  
6 cups diced, cooked chicken  
4 (14 1/2-ounce) cans green beans, drained and rinsed  
2 (8-ounce) can water chestnuts, drained and chopped  
2 (4-ounce) jar pimentos  
2 (10 3/4-ounce) can condensed cream of celery soup  
2 cup mayonnaise  
2 (6-ounce) box long-grain wild and plain rice, cooked according to package directions  
2 cups grated sharp Cheddar  
Pinch salt  
Preheat oven to 350 degrees F.

Heat butter or oil in a small skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Remove from heat and transfer to a large bowl.

Add all remaining ingredients to bowl and mix together until thoroughly combined.

Pour into a greased casserole dish. Bake for 20 to 25 minutes or until bubbly. Cover, **label**, date, and freeze.

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### **Chicken Caliente**

2 1/2 cups large-diced cooked chicken  
3 cups cooked rice  
1 cup sliced celery  
1 cup sliced green bell pepper  
1 cup sliced onion  
1/2 cup mayonnaise  
1/2 cup sour cream  
2 tablespoons freshly squeezed lemon juice  
1 tablespoon chili powder  
2 teaspoons fine salt  
1/2 teaspoon garlic powder  
1/2 teaspoon hot sauce  
3 tomatoes, cut into wedges  
1 1/2 cup corn chips, crushed

Preheat the oven to 350 degrees F. Butter or spray casserole pan. In a bowl, combine all the ingredients except the chips and mix well. Transfer the mixture to the buttered dish, top with the chips, and bake until hot and bubbling, about 30 to 35 minutes. **Cover, label, date, and freeze.**

### **Hot Dog Noodle Casserole**

1 (10-ounce) box frozen broccoli  
1 (8-ounce) package egg noodles cooked al dente  
1 (10.75-ounce) can cream of mushroom soup  
1/2 cup milk  
1/2 cup sour cream  
2 cups shredded sharp Cheddar cheese - divided  
1 pound beef or turkey hot dogs, sliced

Preheat oven to 350 degrees F.

Cook broccoli according to package directions; set aside. Cook egg noodles according to package directions, drain, and set aside.

In a casserole pan, spread broccoli evenly across the bottom and top with egg noodles. In a large mixing bowl, combine soup, milk, sour cream, 1 1/2 cups cheddar cheese, and hot dogs. Mix well and pour mixture over noodles. Cover dish with foil and bake until heated through and bubbly, about 45 minutes. Sprinkle top with remaining cheddar cheese. **Cover, label, date and freeze.**

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## Southwestern Chili and Corn Bread

Cornbread:

Nonstick vegetable cooking spray

2 (11-ounce) cans Mexicorn

2 eggs

2 (8 1/2-ounce) package corn muffin mix

Or Buy Cornbread

Chili:

1 lb. lean ground turkey, crumbled

2 tablespoons all-purpose flour

2 tablespoons olive oil

2 (28-ounce) cans whole or crushed tomatoes

4 (14 1/2-ounce) cans spicy black beans

1/2 cup tomato paste

Chopped fresh cilantro leaves, for garnish

Chopped red onion, for garnish

Cornbread:

Preheat oven to 400 degrees F.

Spray a casserole pan with nonstick spray. Drain all but 2 tablespoons liquid from Mexicorn. Place reserved 2 tablespoons liquid in a medium bowl. Add egg to liquid and whisk to blend. Stir in Mexicorn. Add corn muffin mix and stir until just combined. Transfer mixture to prepared pan. Bake until a toothpick inserted into center comes out clean, about 20 minutes.

Meanwhile, in a large resealable bag, toss turkey with flour until flour is absorbed into meat. Heat oil in a wide 2- over medium heat. Add turkey and cook until browned, about 5 minutes. Crush the canned tomatoes by hand and add tomatoes and liquid. Add beans and tomato paste. Simmer over medium-low heat until chili is slightly thick, about 8 minutes top with cilantro, and onion. Crumble corn bread over chili. Cover, **label**, date and freeze.

## San Antonio Squash Casserole

2 ounces butter, divided, plus more for pan

2 cups diced yellow onion

2 pounds sliced yellow squash

1 pound cubed American cheese

8 ounces canned diced green chilies (mild)

10 ounces cream of celery soup

3/4 cup bread crumbs

Preheat oven to 350 degrees F.

Melt half of the butter in a large skillet over medium heat. Add onion and sauté until soft. In a separate skillet, sauté the squash in the remaining butter until soft. Alternatively, you can cook the squash in the microwave. Drain excess liquid from squash.

Butter a casserole dish and then combine the onion, squash, cheese, green chilies, and soup in the casserole dish. Bake until heated through and cheese is well melted. Remove from oven, stir, and sprinkle bread crumbs on top. Return to the oven and bake 5 more minutes, or until bread crumb mixture is golden. Cover, **label**, date and freeze.

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### **Baked Cheese Grits**

2 teaspoon salt  
2 cup quick grits (not instant)  
2 egg  
2/3 cup heavy cream  
2 teaspoon freshly ground black pepper  
2 cup grated Gruyere or other cheese  
2/3 cup grated Parmesan

Preheat oven to 350 degrees F. Grease casserole with 2 tablespoons of butter.  
Combine remaining 1/4 cup butter, water, and salt in a heavy medium saucepan over medium heat. When mixture comes to a simmer, add the grits, stirring until thoroughly combined. Continue to cook the grits at a simmer, stirring frequently, until thickened, about 15 minutes.  
Meanwhile whisk together egg, cream and pepper. Stir into cooked grits along with cheese. Pour mixture into prepared casserole. Bake until set, about 45 minutes. Cover, **label**, date and freeze.

### **Meatballs**

2 cup cubed stale bread (Italian bread)  
Milk for soaking the bread  
2 pounds lean ground beef or turkey  
6 cloves garlic, minced  
1 cup minced fresh parsley leaves  
1 cup freshly grated Romano cheese  
4 large eggs  
Salt and freshly ground pepper  
6 tablespoons olive oil

In a small bowl, combine the bread with enough milk to just cover and let the bread soak for 10 minutes. Squeeze dry and chop fine. In a bowl, combine the bread with the meat, garlic, parsley, Romano cheese, eggs, and salt and pepper to taste. Form into meatballs, about 2 1/2 inches in diameter, and chill until ready to cook. In a large saucepan, heat the oil until hot. Add the meatballs and cook them until they're browned on all sides, 5 to 7 minutes. Layer into pan. Bake in 350 degree oven until cooked through. Cover, **label**, date and freeze.

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**Black and Red Fiesta Beans with Rice**

4 cups instant brown rice  
2 (8-ounce) can tomato sauce  
1 cup prepared salsa  
2 tablespoons onion flakes  
3 teaspoons ground cumin  
2 teaspoon dried oregano  
2 teaspoon dried thyme  
1 teaspoon garlic powder  
½ tsp. cayenne pepper  
2 (15-ounce) cans black beans, rinsed and drained  
2 (15-ounce) cans red kidney beans, rinsed and drained  
2 (11-ounce) cans corn, drained  
Salt and freshly ground black pepper

Cook rice according to package directions. Meanwhile, combine remaining ingredients in a large saucepan and set pan over medium-high heat. Simmer for 10 or 15 minutes until flavors blend. Fold in rice and season to taste with salt and black pepper.  
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**Pasta and Beans (Pasta e Fagiole)**

1/4 cup olive oil  
4 large cloves garlic, minced  
¼ teaspoon hot red pepper flakes  
2 Large Cans crushed tomatoes  
1 teaspoon salt  
5-6 cups cooked cannelloni beans, cooking water reserved (or use canned)  
2 pounds cooked Ditalini pasta – cooked al dente, cooking water reserved

In a large saucepan, combine the oil, garlic, and hot pepper flakes over medium-low heat. As soon as the garlic begins to color, add the tomatoes and salt. Stir with a wooden spoon and increase the heat slightly and sizzle for about 5 minutes. Stir in the cooked beans and enough bean water to cover. Bring to a boil, stirring frequently. Lower the heat and simmer gently for 5 minutes. Stir in the cooked pasta and simmer gently over medium heat for 2 minutes. Add reserved pasta water if necessary.  
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Vegeterian casseroles are always a big hit – *(Please do not use pork products)*

**Tex-Mex Red Beans and Rice**

1 3/4 cups water  
1 cup enriched white rice  
1 tablespoon extra-virgin olive oil or vegetable oil  
1 medium onion, chopped  
1 can red beans, drained  
1 tablespoon cayenne sauce (recommended: Frank's Red Hot)  
Salt and freshly ground black pepper

Bring water to a boil in a small saucepan. Add rice, cover and simmer 20 minutes, stirring occasionally. When rice is done, remove it from the stove top. To a medium skillet over medium high heat add oil add onions and cook 3 minutes to soften. Add beans to heat through, then stir in cooked rice. Season rice and beans with cayenne sauce, salt and pepper, to your taste. Place in casserole pan. Cover, **label**, date and freeze.

**Other quick and easy ideas.....**

When making Hamburger Helper – Use 1 ½ lbs. ground beef and add one extra package of noodles.  
Fills a casserole pan perfectly.

Same with Chicken Helper – Use extra chicken and vegetables or noodles  
Do not overcook any pasta, noodles or rice – gets mushy if you do.

Sloppy Joes – any recipe. We hear that sometimes a good hot sandwich would be welcomed.  
When making meatballs ..... add barbeque sauce, spaghetti sauce, or mushroom sauce.  
No noodles are necessary.

If chicken is on sale, a casserole of baked thighs, wings, etc would be outstanding.

As always, a purchased Stauffer's (must be party size) lasagna, veggie or Italian is good too! (They often go on sale – also available at B.J.s)

Have leftovers, add simple ingredients to make a healthy casserole – be creative.

Children love to help – choose a simple recipe and enjoy some special time with them

Remember the goal – simple, easy to make, nutritious meals.

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