

CREATE-A-CASSEROLE

Serves about 6 People

TO START

Preheat oven to 350.

Pick specified amount from each section.

Layer in a large casserole dish and cover.

Bake for 50 minutes to an hour.

Heat until steaming hot (150-160) throughout OR

Microwave: Heat for 15 – 30 minutes, rotating and stirring as needed until heated.

PROTEIN (PICK ONE OR HALF OF TWO)

2 cups cooked ground beef

2 cups cooked chicken, turkey, beef, or pork, diced or shredded

2 cans fish or seafood

2 cups cooked or canned dry beans

STARCH (PICK ONE)

2 cups uncooked pasta, cooked

1 cup uncooked rice, cooked

4 cups uncooked noodles, cooked

VEGETABLE (PICK ONE OR TWO)

1 pkg. thawed and drained frozen

1 can, drained

2 cups fresh, diced, sliced or julienne

FLAVOR (TO TASTE)

Salt and pepper

1/2 cup chopped celery, 1/2 onion chopped, 1/4 cup sliced black olives

1 - 2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, tarragon)

SAUCE (PICK ONE)

2 cups white or marinara sauce

1 can cream soup mixed with milk/water to make 2 cups (potato, tomato, broccoli, etc.)

2 cans sauce-like soup

1 can diced tomatoes with juice

*After heating, place toppings if you like!

TOPPING (PICK 2 OR DOUBLE 1)

2 tablespoons grated Parmesan cheese

1/4 cup shredded Swiss, Cheddar, or Monterey Jack cheese

1/4 cup buttered breadcrumbs

1/4 to 1/2 cup canned fried onion rings

After adding toppings place back in the oven for 10-15 minutes or microwave for 2-3.

Sherbert Cafe Kitchen

