

Tex-Mex Casserole

Makes two 13" x 9" inch pans; each serves about 8

Most quantities are approximate.

10 c. **cooked rice** (white or brown) *or* 2 lb. cooked **elbow macaroni**

1 lb. **dry beans** (pinto, kidney, black, or other combination), soaked and cooked according to package directions (or substitute the equivalent of canned beans)

1 lb. **ground beef, sausage,** or cubed **chicken**

2 quarts (approx. 64 oz) diced or crushed **tomatoes** or the equivalent of **salsa**

48 oz. of a combination of the following: **milk, sour cream, cottage cheese,** or **cream cheese** (using all milk is not recommended)

2-3 c. Cheddar or other shredded cheese, if desired

Taco seasoning

Salt

1. Cook rice or elbow macaroni according to package directions. Drain and empty into a large mixing bowl or pot.
2. Brown ground beef, sausage or chicken. Drain fat and add taco seasoning to taste with a small amount of water. Simmer until slightly thickened, then add to mixing bowl, along with cooked or canned beans.
3. Add tomatoes or salsa and dairy products to mixing bowl and mix all ingredients thoroughly. Add salt, taco seasoning, or other desired seasonings to taste. The mixture should not be too dry; add additional milk, sour cream, or cottage cheese if necessary to gain desired consistency.
4. Evenly distribute into *two* 13" x 9" pans (one lined with waxed paper if desired for freezing). Sprinkle with cheese, if desired.
5. **To serve immediately:** bake at 350° for approximately 30 minutes or until heated through. **To freeze:** put whole pan into freezer until contents are solid, then fill sink or larger pan with approx. 2-3" of hot water and set pan into it. Insert a spatula or knife along the edges of the pan until the contents pop out. Wrap in 2 layers of foil and freeze. To reheat, remove foil and defrost in original pan. Bake at 350° for approximately 30 minutes or until heated through.

Tuna Casserole

Makes two 13" x 9" inch pans; each serves about 8

Most quantities are approximate.

6 cans (5 oz. each) **tuna** or mixture of canned tuna and canned **salmon**

3 lb. cooked and drained **egg noodles** (or substitute other pasta or rice)

32 oz. frozen, cooked (or uncooked, canned) **mixed vegetables**

1 green pepper and **1 small onion**, diced and sautéed

Mushrooms (canned or fresh), if desired

48 oz. of a combination of **milk**, **cottage cheese**, and/or **mayonnaise** (using all milk or all mayonnaise is not recommended). You can also substitute 2 cans of cream soup with 2 cans of milk, or the homemade equivalent*:

Melt 6 T. margarine or butter in saucepan

Blend in until bubbly, 6 T. flour

Whisk in 2 c. milk, chicken stock/broth, or combination

Cook until smooth and thickened

This is the equivalent of approx. 2 cans of cream soup; add milk to desired consistency

Salt and pepper to taste.

1. Cook pasta or rice according to package directions. Drain and empty into a large mixing bowl or pot.
2. Cook or sauté vegetables, if necessary, and add to mixing bowl along with tuna/salmon (*do not* drain liquid) and dairy ingredients/mayonnaise (or cream soup and milk).
3. Mix all ingredients thoroughly. Add salt, pepper, or other desired seasonings to taste. The mixture should not be too dry; add additional milk, cream soup, cottage cheese, or mayonnaise if necessary to gain desired consistency.
4. Evenly distribute into *two* 13" x 9" pans (one lined with waxed paper if desired for freezing).
5. **To serve immediately:** bake at 350° for approximately 30 minutes or until heated through. **To freeze:** put whole pan into freezer until contents are solid, then fill sink or larger pan with approx. 2-3" of hot water and set pan into it. Insert a spatula or knife along the edges of the pan until the contents pop out. Wrap in 2 layers of foil and freeze. To reheat, remove foil and defrost in original pan. Bake at 350° for approximately 30 minutes or until heated through.

*Recipe for white sauce from *More-with-Less* by Doris Janzen Longacre

One-Dish Chicken, Stuffing, and Green Beans

Makes two 13" x 9" inch pans; each serves about 8

Most quantities are approximate.

2 quarts (approx. 64 oz.) canned **green beans**, or equivalent of frozen, cooked green beans (approx. 3-4 lbs.)

2 lbs. cooked, cubed **chicken** (from whole chicken, chicken parts, or canned)

3 c. shredded **Cheddar** (or other) cheese, if desired

3 regular boxes stuffing mix, prepared according to package directions (or equivalent of prepared, bagged or homemade stuffing)

2 cans of cream soup with 2 cans of milk or homemade equivalent*, if desired:

Melt 6 T. margarine or butter in saucepan

Blend in until bubbly, 6 T. flour

Whisk in 2 c. milk, chicken stock/broth, or combination

Cook until smooth and thickened

This is the equivalent of approx. 2 cans of cream soup; add milk to desired consistency

Salt and pepper to taste

1. Cook stuffing according to package directions.
2. Cook green beans, if necessary.
3. Prepare cooked, cubed chicken with salt or pepper to taste. (This recipe is minimal on meat so you may want to add more to suit your preferences). Mix with cream soup/milk or homemade equivalent, if desired.
4. Layer chicken into *two* 13" x 9" pans (one lined with waxed paper if desired for freezing). Layer green beans next and sprinkle with cheese, if desired. Top with prepared stuffing.
5. **To serve immediately:** bake at 350° for approximately 30 minutes or until heated through. **To freeze:** put whole pan into freezer until contents are solid, then fill sink or larger pan with approx. 2-3" of hot water and set pan into it. Insert a spatula or knife along the edges of the pan until the contents pop out. Wrap in 2 layers of foil and freeze. To reheat, remove foil and defrost in original pan. Bake at 350° for approximately 30 minutes or until heated through.

*Recipe for white sauce from *More-with-Less* by Doris Janzen Longacre

Shepherd's Pie

Makes two 13" x 9" inch pans; each serves about 8

Most quantities are approximate.

2-3 lbs. ground beef

5 lb. potatoes

2 qts. (64 oz.) canned **corn** OR **mixed vegetables**, or equivalent of fresh or frozen, cooked vegetables (approx. 3-4 lbs.)

1 **green pepper**, diced

1 **small onion**, diced

Salt, pepper, butter, and milk (small amount necessary to make mashed potatoes).

1. Sauté ground beef with diced green pepper and onion until meat is no longer pink. (Add seasonings if desired.) Drain and fill into bottom of *two* 13" x 9" pans (one lined with waxed paper if desired for freezing).
2. Cook vegetables, salt if desired, and layer over ground beef.
3. Peel, cube, and boil potatoes until soft. Mash with milk and salt, pepper, and butter until desired taste and consistency. Cover vegetable layer with mashed potatoes.
4. **To serve immediately:** bake at 350° for approximately 45 minutes or until heated through and top is brown. **To freeze:** put whole pan into freezer until contents are solid, then fill sink or larger pan with approx. 2-3" of hot water and set pan into it. Insert a spatula or knife along the edges of the pan until the contents pop out. Wrap in 2 layers of foil and freeze. To reheat, remove foil and defrost in original pan. Bake at 350° for approximately 45 minutes or until heated through and top is brown.

Chicken-Broccoli Alfredo

Makes two 13" x 9" inch pans; each serves about 8

Most quantities are approximate.

2 lb. cooked **angel hair pasta** *or spaghetti*

4 c. cooked, cubed **chicken**

2 lb. fresh **broccoli** or equivalent of frozen

2 jars of prepared **Alfredo sauce** or the homemade equivalent:

Melt 1 lb.(4 sticks) margarine or butter in saucepan
Blend in until bubbly, 2 T. flour
Whisk in 3 c. milk, 2 beaten eggs, and 1-1/4 c. Parmesan cheese

Cook until smooth and thickened

Additional grated cheese, if desired.

1. Cook pasta according to package directions. Drain and empty into a large mixing bowl or pot.
2. Cook fresh broccoli until tender but crisp, or defrost and drain frozen broccoli (do not cook). Add to mixing bowl along with cooked, cubed chicken.
3. Prepare Alfredo sauce if using recipe. Add to mixing bowl and mix until contents are evenly coated with cheese sauce mixture.
4. Evenly distribute into *two* 13" x 9" pans (one lined with waxed paper if desired for freezing). Sprinkle with cheese, if desired.
5. **To serve immediately:** bake at 350° for approximately 30 minutes or until heated through. **To freeze:** put whole pan into freezer until contents are solid, then fill sink or larger pan with approx. 2-3" of hot water and set pan into it. Insert a spatula or knife along the edges of the pan until the contents pop out. Wrap in 2 layers of foil and freeze. To reheat, remove foil and defrost in original pan. Bake at 350° for approximately 30 minutes or until heated through.

“Kenya Casserole”

Makes two 13” x 9” inch pans; each serves about 8

Most quantities are approximate.

10 c. **cooked rice** (white or brown)

2 lbs. **ground beef**

1 small head of **cabbage** or equivalent of fresh **collard greens**

3-4 grated **carrots**

½ **onion**

3-4 cloves **garlic**, minced

BBQ sauce (optional)

2-3 c. Cheddar or other shredded cheese, if desired

Coconut oil, other oil, or butter

salt and pepper to taste

1. Cook rice according to package directions. Evenly distribute into *two* 13” x 9” pans (one lined with waxed paper if desired for freezing).
2. Sauté shredded cabbage or collard greens and carrots in approx. 3-4 tablespoons of oil or butter (more if needed, depending on size of pan and amount of vegetables used). Add salt and pepper if desired. Layer atop rice.
3. Brown ground beef. You can mix it with BBQ sauce after cooking OR add seasonings for flavor while sautéing. Layer on top of vegetables.
4. Sprinkle with cheese, if desired.
5. **To serve immediately:** bake at 350° for approximately 30 minutes or until heated through. **To freeze:** put whole pan into freezer until contents are solid, then fill sink or larger pan with approx. 2-3” of hot water and set pan into it. Insert a spatula or knife along the edges of the pan until the contents pop out. Wrap in 2 layers of foil and freeze. To reheat, remove foil and defrost in original pan. Bake at 350° for approximately 30 minutes or until heated through.

Baked Spaghetti

Makes two 13" x 9" inch pans; each serves about 8

Most quantities are approximate.

2 lb. **spaghetti**, cooked according to package directions

4 **eggs**, slightly beaten

1 c. **milk**

6 c. **mozzarella cheese**

1-1/2 tsp. **garlic powder**

1 tsp **salt**

1 lb. **ground beef** or **sausage**, browned and drained

64 oz. prepared or homemade **spaghetti sauce**

1. Cook spaghetti according to package directions. Drain and empty into a large mixing bowl or pot.
2. Add milk, eggs, 2 c. cheese, garlic powder, and salt. Mix thoroughly and press into two greased, 13" x 9" pans. Bake at 400° for about 15 min.
3. Remove from oven. Pour sauce and ground beef over top. Sprinkle 2 c. cheese over top.
4. **To serve immediately:** bake at 350° for approximately 30 minutes. **To freeze:** put whole pan into freezer until contents are solid, then fill sink or larger pan with approx. 2-3" of hot water and set pan into it. Insert a spatula or knife along the edges of the pan until the contents pop out. Wrap in 2 layers of foil and freeze. To reheat, remove foil and defrost in original pan. Bake at 350° for approximately 30 minutes or until heated through.