

CASSEROLES

ADZUKI BEANS & RICE

Sherrie Apperson

1 c. adzuki beans (red mung beans)	1/2 c. parsley, chopped fine
7 c. water	1/2 c. green onions, sliced thin
2 c. brown rice	soy sauce
1/2 tsp. salt	

Sort & wash beans & bring to a boil in water. Reduce heat & simmer for 30 minutes. Add rice & bring to a boil again; reduce to low heat & simmer 1 hour, covered. Stir in parsley & onions. Serve hot with soy sauce. Works great in a rice cooker.

BEEF RICE CASSEROLE

Sharon Rich

1 lb. lean ground beef <u>or</u> turkey	1 can whole kernel corn
1 medium onion, diced	2 cans tomato soup <u>or</u> sauce
1 medium green pepper, diced	1 tsp. chile powder
3 c. cooked rice	salt and pepper to taste

Cook beef, onion, and green pepper, drain. Mix all ingredients together in casserole dish. Bake at 350° for 30 minutes

BUTTONS & BOWS (& Flowers)

Christi Apperson

8 oz. bow pasta, cooked	2 c. grilled chicken, diced
3 c. cheese sauce made with asiago, fontina, &/or gruyere cheese	1/2 tsp. onion powder
1 c. carrots, sliced round, steamed	1/2 tsp. garlic powder
2 c. broccoli florets, small, steamed	salt & pepper to taste
	1 c. soft buttered bread crumbs

Stir all ingredients together (except bread crumbs and butter) and put in buttered baking dish. Sprinkle top of pasta with soft buttered bread crumbs and bake at 325° until browned.

CHICKEN CHILI CASSEROLE

Sherry Rich

1 med. onion, chopped	1 dozen flour or corn tortillas, torn into strips
1 clove garlic, minced	
3 c. white sauce	1 chicken, cooked, boned, chopped
1 or 2 (7 oz.) can(s) green chiles	3/4 lb. cheddar cheese

Saute onion and garlic in skillet until golden. Add white sauce and green chili, mixing well. Alternate layers of tortillas, chicken, sauce and cheese in buttered casserole until all ingredients are used. Bake at 350° for 35 minutes or until bubbly. Makes 10 servings

CHICKEN LICKIN' CASSEROLE

Sharon Rich

4 Tbsp. butter	4 Tbsp. butter (opt.)
1 c. celery, diced small	1/2 c. chicken broth
1 large onion, diced small	1 (10 oz.) pkg. Mrs. Cubbinson's herb seasoned stuffing mix
2-3 c. diced chicken (<u>or</u> turkey)	cheese (opt.)
2 cans mushroom soup	
1 (16 oz.) bag frozen green beans	

Sauté celery and onion in butter. Stir in chicken, soup and green beans. Melt butter and stir into chicken broth and mix with stuffing mix. Put stuffing mixture into a greased 9x13 baking pan. Pour soup mixture over stuffing. Bake at 350° for about 40-45 minutes. Top with cheese and bake again until melted.

CHICKEN NOODLE RICE

Sherrie Apperson

1 c. short vermicelli noodles	4 1/2 c. water
2 Tbsp. butter	2 Tbsp. parsley (fresh or dried)
2 c. rice	1 c. leftover chicken, diced small
2 Tbsp. "BTB" chicken soup base	(1/4-1/2")

Melt butter in skillet, brown vermicelli until dark golden brown. Add all ingredients to covered sauce pan, bring to a boil, reduce heat to low simmer. Cook 20 minutes or until all moisture is absorbed and rice and noodles are tender.

CHICKEN TORTILLA BAKE

Melissa Apperson

1/2 c. chopped onion 10 or 12 tortillas, torn in bite size pieces
1/4 c. chopped celery 1 (4 oz.) can diced green chiles, drained
3/4 c. chicken broth 1 tsp. pepper (opt.)
1 can cream of chicken soup 1 c. each shredded monterey jack & cheddar
3 c. chopped, cooked chicken 1/2-1 c. mild salsa

In medium saucepan, combine onion, celery, and broth; bring to a boil and simmer 5 to 6 minutes. In a large bowl stir together undrained onion mixture, chicken soup, chicken, tortillas, chiles, and pepper. Mix in 1/2 of each type cheese. Place mixture in 9x13 baking dish. Top with salsa and remaining cheese. Bake at 350° for about 30 minutes. (Served by Melissa at Merrie Miss Mother's luncheon on 6/5/1993; Frances Broberg, teacher.)

CHILE RELLENO CASSEROLE

Sherrie Apperson

1 lb. monterey jack cheese, grated
1 lb. cheddar cheese, grated
2 (12 oz.) cans whole green chiles, slit & seeded
4 eggs, separated
1 (12 oz.) can evaporated milk
2 Tbsp. flour

SAUCE:
1/4 c. butter
1/4 c. flour
1 c. beef broth
1 c. tomato sauce

Lightly coat a 10x15 pan with cooking spray. Layer cheeses in bottom of pan and cover with a layer of green chiles. Mix evaporated milk, egg yolks and flour. Beat egg whites until stiff, then fold in yolk mixture. Pour egg mixture over chiles. Bake at 350° for 45 minutes, or until eggs are set and lightly browned. While casserole is baking, melt butter in saucepan over medium heat, whisk flour in until smooth, and cook for about 1 minute. Stir in beef broth and tomato sauce until smooth, and stir until thickened. Spread sauce over top of casserole before serving. Garnish each serving with a dollop of sour cream and a whole olive.

CHILI-GHETTI

Sharon Rich

spaghetti sliced olives
chili &/or chili beans sour cream
crushed or diced tomatoes cheese
chili powder

CHINESE CASSEROLE

Sharon Rich

Brown together:
ground beef
celery
onions
mushrooms
water chestnuts, sliced & sliced
cashew halves

Mix together & heat in microwave:
cooked rice
cream of celery soup
sour cream (opt.)
beau monde seasoning
garnish with a drizzle of soy sauce
(don't stir it in – looks like ugly mud!)

EAT-MORE

Dyxie "Rooney" Forbes*

8 oz. cooked pasta (1 + 1/2 c. dry) 1 Tbsp. chili powder
1 lb. lean ground beef or turkey 1 Tbsp. brown sugar
1 onion, diced 2 tsp. onion powder
1/2 lb. mushrooms, sliced 1 tsp. garlic powder
4 yellow crookneck squash, sliced 1 c. grated cheddar cheese
1 large can crushed tomatoes

Brown beef, onion, mushrooms, and squash together; drain fat. Add tomatoes and spices, simmer 5 minutes. Stir in cooked pasta and sprinkle cheese over top.

P.S. This is really a combination of 2 family recipes – Rooney's Eat-more and Mom's Zucchini Casserole. Eat-more didn't have squash in it, and Zucchini casserole didn't have pasta or mushrooms, but the rest in both recipes is the same so I just combined the two and changed zucchini to yellow crookneck squash because our family likes it better, and we always called it Eat-More because it was a fun name. —Sherrie

G'MA JONES' BEEF NOODLE CASSEROLE

Grandma Jones*

1 lb. lean ground beef <u>or</u> turkey	1 c. bread crumbs (2 slices)
2 carrots, shredded	8 oz. medium egg noodles, cooked and drained
1 green pepper, shredded	2 cans cream of mushroom soup
1 onion, diced fine	1 can milk
1 pint tomato or V-8 juice	

In a skillet, brown beef, carrots, green pepper, and onion together thoroughly and drain. Add tomato juice and bread crumbs. Stir soup and milk together until smooth. Layer greased casserole dish with 1/2 of the noodles, 1/2 of the meat mixture, 1/2 of the soup mixture, repeat. Bake at 350° for 30 minutes.

HAWAIIAN HAYSTACKS

Julee Wright

HAYSTACKS:	coconut
crisp chow mein noodles	green onions, sliced
cooked rice	maraschino cherries, quartered
chicken sauce [recipe follows]	
raw carrots, shredded	CHICKEN SAUCE:
crushed pineapple, drained	1 can cream of chicken soup
toasted slivered almonds	1 can of chicken or turkey w/broth
<u>or</u> chopped pecans or walnuts	"Kitchen Bouquet" to taste

Combine ingredients for chicken sauce and cook until thoroughly heated. Ingredients may vary according to tastes, and should be served buffet-style in individual serving bowls in the approximate order shown in the list. Each person assembles their own haystack according to their taste. Suggest they start small, because the haystacks build up to be larger than you would think. (More optional ingredients: celery, sliced thin; green peppers, diced; cheese, shredded; tomatoes, diced)

HAYSTACKS TEX-MEX

Deborah Otteson*

6 c. cooked rice	1 can olives, sliced
6 c. cooked pinto beans (use crockpot)	4-6 green onions, sliced thin
<u>or</u> 2-3 cans beans, undrained, seasoned to taste w/ garlic, onion & chili powders	picante sauce or salsa
1 + 1/2 c. shredded cheese	ranch dressing (opt.)
1 can pineapple tidbits, drained	chips (for scooping)

Serve rice and beans hot. Serve buffet style, each item in it's own serving bowl, lined up in the order listed above. Each person assembles their own haystack according to their taste. Suggest they start small, because the haystacks build up to be larger than you would think.

MACARONI & CHEESE

Sherrie Apperson

8 oz. small shells or elbow macaroni	1-2 tsp. onion powder
1/4 c. butter	1 tsp. salt
1/4 c. flour	1/4 tsp. pepper
3 cups milk <u>or</u> evaporated milk	a dash of cayenne pepper
12 oz. sharp cheddar cheese, shredded	1 c. soft buttered bread crumbs
1-2 tsp. powdered mustard	

Boil pasta until al dente and drain. Meanwhile, in a medium saucepan over medium-low heat, melt butter, then stir in flour; let cook, stirring frequently for about 3 minutes; stir in mustard until smooth. Whisk in 1 cup of milk slowly, making sure it is very smooth, then quickly stir in remaining milk. Raise heat to medium-high, and bring to a boil; cook for 1 minute, stirring constantly while boiling; remove from heat; add onion powder, salt, pepper, and cayenne. Stir pasta into cheese sauce. You can either serve it now, or pour into a greased baking dish, top with soft buttered bread crumbs, and bake at 350° for 20-25 minutes.

VARIATIONS: Combine different cheeses, such as fontina or gruyere. Add frozen peas and cooked ground beef or diced ham.

MY "RECIPE"

Melissa Apperson

2 c. dry pasta, cooked
1 can roast beef
1 can mushroom soup

1/2 c. sour cream
onion powder

Stir all ingredients together and heat in microwave until thoroughly heated.

POTATO & GREEN BEAN CASSEROLE

Sharon Rich

potatoes, sliced about 1/4" thick
onions, sliced about 1/4" thick
green beans
mushroom soup

sour cream
onion powder
salt & pepper
cheese

Steam potatoes and onions; add beans for last 5 minutes. Stir all sauce ingredients together, then fold into cooked vegetables (adding cooked ground beef is optional). Top with cheese and bake or microwave until melted.

SHEPHERD'S PIE

Sherrie Apperson

1 lb. lean ground beef or ground turkey
1 onion, diced
1 large can crushed tomatoes
1 Tbsp. brown sugar
salt & pepper to taste
1 Tbsp. chili powder

2 tsp. onion powder
1 tsp. garlic powder
1 can cut green beans
4 c. mashed potatoes, hot
1 c. grated cheddar cheese

In an oven-proof skillet, brown beef and onion together; drain fat. Stir in sugar, tomatoes and spices well, then beans. Simmer for 5 minutes. Top with hot mashed potatoes, sprinkle with cheese, and broil until cheese is melted.

SPAGHETTI PIE

Debbie Apperson

8 oz. uncooked spaghetti
1 c. creamed cottage cheese
2 eggs, slightly beaten
1 + 1/2 tsp. salt
1/8 tsp. pepper
1 c. (4 oz.) shredded sharp cheddar cheese
1 egg, beaten

2 Tbsp. grated Romano cheese

TOMATO SAUCE TOPPING:

1 Tbsp. butter or margarine
2 Tbsp. chopped onion
2 Tbsp. chopped green pepper
1 (8 oz.) can tomato sauce
Salt and pepper to taste

Cook spaghetti as directed on package. Heat oven to 350°. Mix cottage cheese, 2 eggs, salt, pepper, cheddar cheese and cooked spaghetti. Turn into buttered 9" pie pan. Mix 1 egg and the Romano cheese, spread over spaghetti mixture. Bake until knife inserted in center comes out clean, 45 to 50 minutes.

TOPPING: Sauté onion and pepper in butter. Add tomato sauce. Heat until warm. Serve over Spaghetti Pie.

TAMALE CASSEROLE

Sharon Rich

1 lb. ground beef, cooked and drained (onion opt.)
4 frozen tamales, cut into chunks
1 (8 oz.) can tomato sauce
1 can cream style corn
1 can sliced olives
1 tsp. chile powder
shredded cheese

Combine all ingredients in casserole baking dish, top with shredded cheese. Bake at 350° for 30 minutes.

TATER-TOT CASSEROLE

Julee Wright

1 onion
1 lb. ground beef, cooked and drained
1 can cream mushroom soup
1/2 can milk
2 (10 oz.) pkgs. frozen mixed vegetables
1 + 1/2 lbs. frozen tater tots
shredded cheese

Combine beef, soup, milk, and vegetables in a 9 x 13" baking dish. Arrange tater tots on top of vegetable mixture. Top with shredded cheese. Bake at 350° for 30 minutes.