

# Create a Casserole

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Create a tasty casserole from simple ingredients. Just choose an item from each of the boxes and follow the directions. Each casserole serves 4 adults.

## *Rice, Noodles or Macaroni*

Step 1: Choose rice, noodles or macaroni.

### Rice

2 cups water  
1 cup rice

Combine rice and cold water. Bring to a boil. Then turn heat to low and cover pan with a lid. Simmer until water is absorbed, about 20 minutes.

### Noodles or Macaroni

6 cups water  
2 cups noodles or macaroni

Heat water until boiling. Stir in noodles or macaroni. Cook until tender, about 10 minutes. Drain.

## *Sauce*

Step 3: Mix 1/4 cup milk with one can (10 ounce size) soup. You could use tomato, cream of mushroom, cream of celery or cream of chicken soup.

Or, use 1 1/2 cups white sauce.

### White Sauce

#### Ingredients

1 1/2 Tablespoons margarine  
3 Tablespoons flour  
1 1/2 cups milk  
3/4 teaspoon salt  
dash of pepper

#### Directions

1. Melt margarine in a saucepan. Mix in flour to make a smooth paste.
2. Slowly add milk. Cook over low heat, stirring constantly until thick.
3. Add salt and pepper. Cook 3 minutes longer.

## *Meat or Fish*

Step 2: Choose one of these meats.

1 can tuna (9 or 12 ounce size), drained  
1 1/2 cups cooked or canned meat  
1 pound ground meat, cooked

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## *Vegetables for seasoning*

Step 4: Choose one or more of these vegetables for seasoning.

1/2 cup chopped onion, celery or green pepper

Cook these vegetables in a small amount of water or fat, such as margarine, until tender.

You might also want to add some of your favorite herbs and spices to your casserole.

## *Vegetables*

Step 5: Choose one of these vegetables.

Broccoli  
Carrots  
Corn  
Green beans  
Lima beans  
Mixed vegetables

You will need:

2 cups fresh vegetable, cooked or  
1 can (16 ounce size) drained or  
1 box (10 1/2 ounce size) or 2 cups  
frozen, cooked

## *Crunch*

Cracker or toast crumbs  
Dry cereal crumbs

You will need about 2 Tablespoons

### Directions to bake in the oven

Grease a baking dish. Put rice, noodles or macaroni in the dish. Top with meat, seasoning, vegetables and sauce. Sprinkle crumbs on top of the casserole. Bake at 350 degrees until bubbly (about 20 minutes).

### Directions to cook on top of the stove

Put all the ingredients (except crumbs) into a saucepan or skillet. Heat and stir for about 10 minutes. Add more milk if it gets dry. Pour into a serving dish and top with crumbs.

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist  
November 2002  
Publication Number: FDNS-NE 703