Create a Casserole

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.

### 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

### 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.
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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.

**Crunch**

Cracker or toast crumbs
Dry cereal crumbs

You will need about 2 Tablespoons

**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

**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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