

# CREATE YOUR OWN CASSEROLE FROM WHAT'S ON HAND

## Rice, Noodles or Macaroni

Cook one of these:

### Rice:

2 cups water  
1 cup rice

Heat water until boiling.  
Stir in rice. Cover and cook  
over low heat 25 minutes.

### Noodles or Macaroni

3 cups water  
1/2 teaspoon salt  
1 cup noodles or macaroni

Heat water until boiling. Add  
salt. Stir in noodles or macaroni  
Cook 2 minutes and stir. Remove  
from heat and cover. After  
15 minutes drain.

### Seasoning

Use 1/2 teaspoon salt and  
one or more of these:

1/4 cup chopped onion, celery  
or green pepper cooked in vegetable oil.  
Black pepper to taste.

### To Bake in Oven:

Add seasoning and sauce to meat. Lightly oil baking dish. Make layers in baking dish starting with rice, noodles, or macaroni; then vegetables, then meat. Top with crumbs or cereal. Bake at 350 degrees until heated through (about 20 minutes).

### To Cook on Top of Stove:

Heat and stir everything except crumbs or cereal. Add more milk if it gets dry. Pour in serving dish and top with crumbs or cereal.

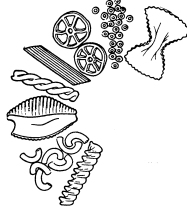
## Vegetable

Pick one of these:

Green beans  
Lima beans  
Peas  
Corn  
Carrots  
Broccoli

You will need this much:

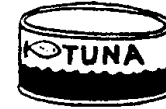
1 can (16 oz.) drained or  
1 box (10 1/2 oz.) frozen, cooked



## Meat or Fish

Choose one of these:

1 can of tuna (7 1/2 oz.), drained  
1 cup cooked or canned meat (remove fat)  
1 pound ground beef, cooked, drained



## Sauce

Mix 1/4 cup milk with one of these:

1 can soup – tomato, cream of mushroom, celery,  
or chicken

## Crunch

Sprinkle one of these on top:

Cracker crumbs, toast crumbs, or  
dry cereal



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