

Casserole Recipes

Beef Goulash

2 cups uncooked elbow macaroni
1 1/2 lbs lean ground beef
1/2 lb fresh mushrooms, sliced
1 lg onion, chopped
1 garlic clove, minced
1 can (6 oz) unsalted tomato paste
3/4 cup water
1 cup unsalted catsup
1 small bay leaf
1/2 tsp pepper
1/4 tsp oregano
1/2 tsp basil

Cook macaroni as directed on package. Drain and set aside. Brown ground beef with onion and garlic in large pot. Pour off any fat. Add remaining ingredients. Simmer gently for about 15 minutes. Add cooked, drained macaroni. Simmer 5 minutes more. Remove bay leaf. Put mixture in casserole pan. Let cool. Cover with aluminum foil and freeze.

Green Bean Casserole

2lbs ground chuck
3 cans (drained) green bean or use fresh
4-6 potatoes, peeled and diced
2 cans cream of celery soup
1 onion chopped
1 can beef broth
1 cup or more shredded cheddar cheese

Brown ground chuck and onion. Spray 9x13 pan with cooking spray. Add ground chuck, layer potatoes, then layer green beans on top of potatoes. Mix together 2 cans of soup with about 1/4 to 1/2 cup of beef broth and pour over green beans. Add cheese. Bake uncovered at 350 degrees for 1 hour or until potatoes are tender. You might have to cover with foil if cheese starts to brown too much. Let cool. Cover with aluminum foil and freeze.

Shepherd's Pie

2 lbs hamburger meat-

1 medium onion, chopped
12 servings instant mashed potatoes ..(recipe on box)
20 oz.frozen mixed vegetables

Brown hamburger and onion together. Drain fat. Salt & pepper to taste. Make 12 servings mashed potatoes. Cook frozen vegetables and add to meat. Put mixture in the casserole pan. Spread potatoes evenly over the top. Let cool. Cover with aluminum foil and freeze.

Baked Beef Stew

1 can (14 ½ ounces) diced tomatoes, undrained
1 cup water
½ cup ketchup
2 tablespoons flour
2 teaspoons sugar
1 ½ teaspoon salt
½ teaspoon pepper
2 pounds lean beef stew meat, cut into 1-inch cubes
6 medium carrots, cut into 1-inch chunks
5 medium potatoes, peeled and quartered. You may leave the skins on.
2 celery ribs, cut into ¾ inch chunks
1 medium onion, cut into chunks
1 cup frozen peas

In a large bowl, combine the tomatoes, ketchup, water, flour, sugar, salt and pepper (be sure all the flour lumps are dissolved). Add remaining ingredients; mix well. Pour into a greased casserole pan. Cover and bake at 375F for 1 ¾ to 2 hours or until meat and vegetables are tender. Let cool. Cover with aluminum foil and freeze.

Spaghetti Pie

12 oz spaghetti
¼ cup butter
1 cup grated parmesan cheese
1 tsp. garlic salt
1 jar spaghetti sauce or homemade sauce
2 eggs well beaten
2 cups sour cream
1 ½ cups shredded mozzarella cheese
2 ½ lbs ground beef

Cook spaghetti and drain. Stir in butter, parmesan cheese, and eggs. Chop with knife. Put into aluminum pan. Spread sour cream over spaghetti. Top with meat sauce. Fry hamburger and drain off the fat. Stir in spaghetti sauce. Cover with shredded mozzarella cheese. Bake at 350 for 30 minutes. Let cool. Cover with aluminum foil and freeze.

Taco Quiche

8 corn tortillas
2 tbs. vegetable oil
2 lbs. lean ground beef
1 onion, chopped
2 cloves garlic, pressed
1 tsp. chili powder, or to taste
1/4 tsp. ground cumin
1/4 tsp. dried thyme
1/4 tsp. salt
1/2 tsp. dried oregano
1 lb. grated Monterey Jack cheese
6 eggs, beaten
2 cups milk

Line a greased 9 x 13 pan with tortillas, tearing to fit. Heat oil in a skillet and brown beef. Add chopped onions, garlic, chili powder, cumin, thyme, oregano and salt. Cook 5 minutes. Spoon mixture into tortilla-lined pan. Top with cheese. Beat eggs and milk together and pour over contents of pan. Bake at 350° for 1 hour or until custard is set. Let cool. Cover with aluminum foil and freeze.

Chili Mac

2 cups dry elbow macaroni
1 pound lean ground beef
1/2 cup chopped onion (1 medium onion)
1-15oz can kidney beans, drained and rinsed (optional)
1-14.5oz can diced tomatoes with green chilies, **do not drain**
1-1.25oz package chili mix
1 1/2 tsp sugar

Cook macaroni. Brown ground beef, and onions while cooking macaroni. Add beans, tomatoes with liquid, seasoning mix and sugar. Stir until well blended. Bring to a boil, reduce to a simmer, and cover. Simmer 10 minutes, stirring occasionally. Add cooked macaroni. Top with shredded cheddar to serve. Let cool. Cover with aluminum foil and freeze.

Ham and Three Bean Bake

2 cups diced, fully cooked ham
1 cup barbecue sauce
1 med. onion, chopped=1/2 cup
1 can 15-16ozs great northern beans, rinsed and drained
1 can 15-16ozs kidney beans, rinsed and drained
1 can 15ozs black beans, rinsed and drained
2 pouches, 6.5ozs each Betty Crocker golden corn muffin and bread mix
2/3 cup milk
1/4 cup butter or margarine, melted
2 eggs

Heat oven to 400. Spray casserole pan with cooking spray. Heat ham, barbecue sauce, onion and beans in 3 quart saucepan over med/high heat, stirring occasionally, until thoroughly heated. Pour into baking dish. In large bowl, stir 2 pouches muffin mix, milk, butter, and eggs just until moistened; batter will be lumpy. Spread over ham and bean mixture to edges of dish. Bake uncovered about 20 mins. or until toothpick inserted in center comes out clean and corn bread is golden brown. Let cool. Cover with aluminum foil and freeze.

Tuna Noodle Casserole

1 lb egg noodles
3 cans of cream of mushroom soup
4 cans of tuna
1 pkg of frozen peas

Cook egg noodles. Place in the disposable pan along with the cream of mushroom soup (without water), the tuna, and the frozen peas. Sprinkle bread crumbs on top. Bake at 350° for 1/2 hour. Let cool. Cover with aluminum foil and freeze.

Chicken or Tuna Noodle Casserole

1 can condensed low sodium cream of chicken, or mushroom soup
1/2 cup milk
1/4 tsp. ground black pepper
1 cup frozen mixed vegetables
2 cups cooked chicken or 2-6oz cans of tuna
2 cups medium egg noodles, cooked and drained

- 1/4 cup grated Parmesan cheese
- 1/2 cup shredded Cheddar cheese (about 2 ounces)

Combine all ingredients, except cheddar cheese. Place in casserole and bake at 400°F. for 20 minutes or until the vegetables are tender. Top with cheddar cheese and return to oven long enough to melt cheese. Also great topped with bread crumbs, ritz crackers, or French's fried onions. Let cool. Cover with aluminum foil and freeze.

Chicken Roni-Casserole

- 3 cups cooked chicken
- 1 – 8 oz. package chicken Rice-a-Roni
- 1 can cream of chicken soup
- 2 cups chicken broth
- ½ cup sour cream
- 2 cups shredded cheese
- breadcrumbs

Prepare Rice-a-Roni according to package directions. Combine with chicken, soup, broth and sour cream. Place in casserole pan. Cover with cheese. Top with breadcrumbs. Bake at 350F for 20 minutes. Let cool. Cover with aluminum foil and freeze.

Chicken Divan

Total time: 30 minutes - 10 minutes prep, 20 minutes cook

- 4 cups broccoli florets, cooked if using fresh
- 1 pound cooked chicken
- 1 can condensed, low sodium cream of chicken, broccoli or mushroom soup
- 1/2 cup milk
- 1/2 cup shredded cheddar
- 2 Tbsp bread crumbs or crumbled Ritz crackers
- 1 Tbsp melted butter or margarine

Combine milk and cream soup, toss with broccoli, chicken, and shredded cheddar. Place in casserole pan, top with bread crumbs, and drizzle with melted butter. Bake at 450 for 20 minutes or until hot and bubbly. Let cool. Cover with aluminum foil and freeze.

Red Chicken Chili

- 2 Tbsp butter or margarine, or olive oil

1 cup chopped onion (1 large onion)
2 cloves garlic
3 cups cooked chicken
1/2 tsp ground cumin
2 cans diced tomatoes with green chilies, **do not drain**
1 can great northern beans, drained and rinsed

In a 5-quart Dutch oven, heat olive oil. Cook onion and garlic until onion is tender. Stir in remaining ingredients. Bring to a boil, reduce to simmer. Simmer 5 minutes, stirring occasionally. Top with shredded cheddar and sour cream to serve. Let cool. Cover with aluminum foil and freeze.