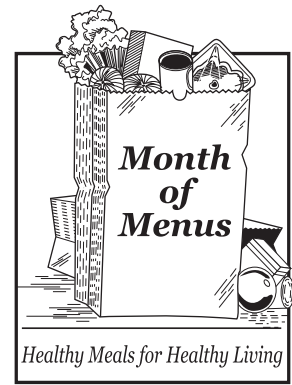


Creative Casseroles

Making a Meal from What's on Hand

Casserole Sauce Mix Recipe

A substitute for canned cream soups.



Casserole Sauce Mix

- 2 cups nonfat milk
- 3/4 cup cornstarch
- 1/2 teaspoon pepper
- 1/4 cup instant chicken bouillon*
- 2 tablespoons dried minced onion
- 1 tablespoon garlic powder (optional)
- 2 tablespoons parsley flakes (optional)

1. Combine all ingredients and store in an airtight container.
2. To use as substitute for one can condensed soup, mix 1/3 cup dry sauce mix with 1-1/4 cups water in a saucepan.
3. Cook and stir until thickened.

| | 10 1/2 ounces can Cream of Mushroom Soup | Casserole Sauce Mix |
|--------------|--|---------------------|
| calories | 330 | 95 |
| grams of fat | 23.8 | 0.2 |
| mg of sodium | 2370 | 710 |



Low sodium bouillon is available.



Casseroles to Taste

| Grains/Potatoes - Uncooked | Vegetables - Canned, Frozen, Cooked or Raw | Meat, Poultry Fish or Beans - Cooked | Sauce | Cheese | Toppings |
|---|--|--|--|--|--|
| <p>1 cup:</p> <ul style="list-style-type: none"> Macaroni Spaghetti Rice Noodles Diced, Cubed or Shredded Potatoes Mixed | <p>2 cups:</p> <ul style="list-style-type: none"> Carrots Peas Corn Green Beans Broccoli Spinach Vegetables Any combination | <p>1 1/2 cups:</p> <ul style="list-style-type: none"> Chopped Beef, Chicken or Turkey Chopped Pork or Ham Ground Beef Tuna Salmon Beans | <p>2/3 cup:</p> <ul style="list-style-type: none"> Casserole Sauce Mix <p>2 1/2 cups:</p> <ul style="list-style-type: none"> Water or Milk | <p>1/2 - 1 cup:</p> <ul style="list-style-type: none"> Shredded - any type | <p>1/2 - 1 cup</p> <ul style="list-style-type: none"> Bread Crumbs Cracker Crumbs Crushed Cereal |

Stove-top Method

1. Choose one food from each of the first three groups above. Stir together with sauce mix and liquid in a large skillet.
2. Bring to a boil. Reduce heat to a simmer and cook for 30 minutes until uncooked ingredients are tender. Stir occasionally to prevent sticking.
3. Stir in cheese and top with desired topping. Cook to 165 degrees F.

Baking in the Oven

1. Mix first five desired ingredients from each section together in a casserole dish, top with topping and cover.
2. Bake at 350 degree oven for one hour or until internal temperature reaches 165 degrees F.



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