

Create your own Casserole

SERVES FOUR

RICE, NOODLES, OR MACARONI

Cook one of these:

RICE:

- 2 cups water
- 1/2 teaspoon salt
- 1 cup rice

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

NOODLES or MACARONI:

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

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

MEAT OR FISH?

Choose one of these:

- 1 can tuna (7 1/2 oz.)
- 1 cup cooked or canned meat
- 1 pound ground beef, cooked



To Cook on Top of Stove

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



SEASONING

Use 1 teaspoon salt and one more of these:

- 1/4 cup chopped onion, celery, or green pepper cooked in fat.
- Pepper to taste.

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

SAUCE

Mix 1/4 cup milk with one of these:

- 1 can - Tomato, mushroom, celery, or cream of chicken soup

CRUNCH

Sprinkle one of these on top:
Cracker or toast crumbs
dry cereal

To Bake in Oven

Add seasoning and sauce to meat. Grease a baking dish. Make layers. Start with rice, noodles, or macaroni. Then vegetables, then meat. Top with crumbs or cereal. Bake at 350 degrees (moderate) until bubbly (about 20 minutes).