

Mix and Match Casserole

Makes 2 - 3 Servings

The word casserole describes a dish that is cooked in one pot.

This recipe uses foods that you probably already have on hand to make a quick, nutritious, delicious and economical meal. Mix and match the ingredients to get a different meal each time!

Think about what ingredients you would like to add and how they will taste together.

1. In a large skillet or fry pan combine 1 grain, 1 vegetable, 1 meat and alternative, 1 liquid/soup and seasonings from the list below.

2. Bring the mixture to a boil. Reduce to low heat, then cover and simmer for 25–30 minutes. If the liquid dries up before the cooking time is complete, just add some water. Or, you can add extra liquid and turn your casserole into a soup or stew.

3. Add a topping before serving.
** You can also bake the casserole in a glass dish in the oven at 350oF (180oC) for about 1 hour or until it is hot and bubbly.
* Recipe pilot tested by the Peel Community Food Advisors

(Choose 1) Grain

- 2/3 cup uncooked rice
 - 1 cup uncooked or 2 cups cooked macaroni or other noodles
 - 1 1/2 cups cooked rice or pasta
- * choose brown rice and whole wheat pasta more often

(Choose 1) Vegetables

- 1 cup of fresh, frozen/ canned or leftover vegetables such as:
- broccoli, cabbage, carrots, cauliflower,
 - celery, corn,
 - green beans,
 - mixed veggies,
 - mushrooms,
 - peas, peppers,
 - potatoes,
 - spinach,
 - tomatoes,
 - turnips,
 - yellow beans,
 - zucchini

(Choose 1) Meat and Alternatives

- 1/2 cup cooked leftover meat
- 1/2 pound ground meat
- 7 1/2 oz. can of tuna or salmon
- 3/4 cup tofu (cubed)
- 1/2 cup canned beans (e.g. chick peas, lentils)
- 3 hard cooked eggs (sliced)

(Choose 1) Liquid/Soup

- 10 oz. can of soup plus 1 can of water: tomato, cream of mushroom, cream of chicken or cream of celery soup, or your favourite soup plus 1 can of water
- 1 1/4 cups soup stock
- 2 cups milk (canned or powdered)
- 2 1/2 cups stewed tomatoes

(Choose 1) Seasonings (to taste)

- 1/2 to 1 tsp of:
- basil,
 - celery powder,
 - chives, dill,
 - garlic powder,
 - marjoram,
 - minced garlic,
 - onion powder,
 - oregano,
 - parsley,
 - pepper,
 - salt,
 - thyme

Toppings (optional)

- bran,
- breadcrumbs,
- cracker crumbs,
- croutons,
- crushed cereal,
- grated cheese,
- sesame seeds,
- tomato slices,
- wheat germ

