

Mix and Match Casseroles

Choose 1 Protein

- 1/2 cup cooked meat (shredded, ground or cubed)
- 1 can tuna, salmon, or ham
- 3 sliced wieners
- 1 cup cubed tofu
- 1/2 cup cooked beans or can beans (chickpeas, lentils etc)
- 3 sliced hard boiled eggs

Choose 1 Liquid

- 1 can soup (tomato, cream of mushroom etc) plus 1 can water
- 1 cup stock or broth
- 2 cups milk
- 2 1/2 cups canned tomatoes

Choose 1 Grain

- 2/3 cup uncooked rice
- 1 1/2 cups cooked rice
- 1 cup uncooked pasta
- 2 cups cooked pasta

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, squash tomatoes, zucchini

Add Seasoning

- 1/2 to 1 tsp basil, oregano, garlic, thyme, curry etc

Topping (optional)

- bread or cracker crumbs
- grated cheese
- tomato slices
- crushed chips

Directions

- Mix Grain, Vegetable, Protein, Liquid, Seasoning.
- bake covered in oven safe dish at 350 F for 1 hour (until hot and bubbly) add topping for last 10 min
- Or combine in skillet, bring to boil and simmer for 30 min



Peanut Butter Soup

Ingredients

1/2 cup
chopped onion
4 cups veg
broth
1/2 cup cubed
potatoes
2 cups fresh, frozen or canned veggies
e.g. peas, carrots
1/4 cup peanut butter
Salt, pepper
curry or cayenne to taste
Oil

Options

Variations

you can use smooth or crunchy peanut butter
you can add curry paste change the
vegetables to your favorites (broccoli, sweet
potato, cauliflower) try adding a
can of tomatoes
you can add cooked chicken or beans for more
protein

Directions

- 1) In pot, sauté onions until soft
- 2) Add broth and potatoes
- 3) Cover, cook until soft
- 4) Add rest of veg cook until soft
- 5) Add seasoning
- 6) In small pot add peanut butter over low heat then when peanut butter becomes liquid, add some hot broth a little at a time
- 7) Pour contents of small pot unto larger pot
- 9) Simmer for 5 min
- 10) Season and enjoy