



the

First Lutheran—Project Echo House

cook
book

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Sausage and Potatoes Au Gratin

prep time

15 min

cook time

50 min

serves

12-15

things you need

2 lbs

Pork sausage, cooked and drained

2 lbs

Frozen, thawed hashbrowns

2 cans

Cream of chicken soup

2 cups

Cheddar cheese, shredded

1/2 cup

Sour cream

1/2 tsp

salt

1/2 cup

Chopped onion (frozen work fine)

1/3 cup

Butter or margarine, melted

1-1/2 cup

Corn flakes, crushed

here's how

Spray casserole pan. Mix all ingredients (except butter and corn flakes) and put in casserole pan. Combine butter and corn flakes and sprinkle over top. Bake uncovered at 350° for 50 minutes.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

If you prepared the casserole early and had to freeze it, please be sure it is mostly thawed before you deliver it.

Ham and Rice Casserole

prep time

20 min

cook time

45 min

serves

12 to 15

things you need

1-1/4 cup

Regular rice (4 cups when cooked)

16 oz

Frozen peas and carrots, thawed

2 cans

Cream of celery soup

3/4 cup

Milk

3 TBSP

Dried onion

Or one medium onion chopped

4 cups

Ham, cut into bite sized pieces
(about 1-3/4 lbs.)

here's how

Grease or spray aluminum pan. Cook rice according to bag directions. Mix all together and cover tightly with foil lid. Bake 45 minutes at 350°.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

If you prepared the casserole early and had to freeze it, please be sure it is mostly thawed before you deliver it.

Three Bean Chili

prep time

20 min

cook time

45 min—1
hour

serves

12 to 15

things you need

2 lbs

Hamburger

1 medium

Onion, frozen or fresh

28 oz can

Diced tomatoes, including liquid

15 oz can

Chili Hot Beans, including liquid

15 oz can

Dark red kidney beans, including liquid

15 oz can

Black beans, including liquid

10 oz can

Tomato soup

15 oz can

Fiesta corn (has red & green peppers) DRAINED

1 tsp

Garlic Salt

2 tsp

Chili powder

here's how

Brown hamburger and onion together in 5 qt. soup pot . Drain off grease.

Stir ingredients together and bring to a boil, reduce heat and simmer, covered but vented, for 45 min. on top stove, stirring occasionally. - **OR** - Pour into the sprayed casserole pan and bake, with lid lightly covering, at 350° for 1 hr.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

If you prepared early and had to freeze it, please be sure it is mostly thawed before you deliver it.

Hamburger Rice Casserole

prep time

30 min

cook time

30 min

serves

12 to 15

things you need

2-1/2 lbs

Hamburger

1/2 cup

Onion, chopped, frozen or fresh

1 cup

Green pepper, chopped, frozen or fresh

29 oz can

Tomatoes, cut into chunks

2/3 cup

Dark Karo syrup

3/4 tsp

Salt

3/4 tsp

Chili powder

1/4 tsp

Pepper

1

Bay leaf (to be removed later)

3 Tbs

Corn starch

4 cups

Cooked rice

1-1/2 cups

Cheddar cheese, shredded

here's how

Brown onion and green pepper with beef, stirring often. Pour off fat.

Save 2/3 cup liquid from tomatoes, drain the remaining tomatoes and add remainder of can to beef mixture. Add Karo syrup, salt, chili powder, pepper and bay leaf. Bring to boil. Simmer 15 minutes.

Blend the 3 Tbl. cornstarch with the 2/3 cup liquid from tomatoes. Stir into meat mixture. Bring to a boil. Mixture will thicken some. Remove bay leaf now.

Add 4 cups cooked rice. Pour into aluminum casserole dish. Bake at 350 for 30 minutes and sprinkle the cheese on top the last 10 minutes of baking.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

If you prepared early and had to freeze it, please be sure it is mostly thawed before you deliver it.

Sloppy Joes

prep time

10 min

cook time

45 min

serves

12

things you need

3 lbs

Hamburger

2-1/4 cups

Ketchup

2 medium

Onions, chopped, frozen or fresh

1-1/2 tsp

Salt

1 medium

Green pepper, chopped, frozen or fresh

4-1/2 Tbs

Vinegar

2 ribs

Celery

1/4 cup

Sugar

1/3 cup

Dry mustard

here's how

Brown onion, green pepper, and celery with beef, stirring often. Pour off fat.

In aluminum pan, mix ketchup, salt, vinegar, sugar, and dry mustard. Mix in hamburger mixture.

Cover loosely and bake at 350° for 45 minutes.

Deliver with 12 hamburger buns.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

If you prepared early and had to freeze it, please be sure it is mostly thawed before you deliver it.

Hamburger Noodle Casserole

prep time

20 min

cook time

30 min

serves

12-15

things you need

2 lbs

Hamburger

4 Tbs

Onions, chopped, frozen or fresh

8 oz

Egg noodles, cooked

2-15 oz cans

Tomato sauce

1 cup

Water

1 tsp

Salt

1/2 tsp

Pepper

4 oz can

Sliced mushrooms, drained

1/2 cup

Parmesan cheese

here's how

Brown onion with beef, stirring often. Pour off fat.

In aluminum pan, mix tomato sauce, water, salt, pepper, and mushrooms. Mix in hamburger mixture. Stir together with noodles.

Cover loosely and bake at 350° for 30 minutes.

Remove from oven and sprinkle with parmesan cheese.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

If you prepared early and had to freeze it, please be sure it is mostly thawed before you deliver it.

Great served with green beans!

No Boil Lasagna

prep time

20 min

cook time

1 hr

serves

12-15

things you need

1 lb

Hamburger

1 tsp

Dried basil

2 tsp

Dried oregano

32 oz

Cottage cheese, low fat

2 Tbs

Dried parsley

12 oz

Lasagna noodles, uncooked

1 tsp

Salt

1/2 tsp

Pepper

3 cups (12 oz)

Mozzarella cheese, shredded

1/2 cup

Parmesan cheese

2

Eggs, slightly beaten

42 oz

Spaghetti sauce (not chunky style)

here's how

Brown meat. Pour off fat. Mix in basil and oregano.

In large bowl, mix cottage cheese with parsley, salt & pepper, 1 cup mozzarella cheese, parmesan cheese, and eggs.

Spray aluminum pan with Pam.

Pour 1 cup of spaghetti sauce to cover bottom of pan.

Top with noodles.

Spread with 1/2 of meat and 1/3 of cottage cheese mixture.

Top with 1 cup of mozzarella cheese.

Add another layer of noodles. Cover with 1 cup of spaghetti sauce.

Spread 1/3 of the cottage cheese and 1/2 cup mozzarella cheese.

Add third layer of noodles.

Add remaining meat, remaining cottage cheese, and mozzarella. Cover with remaining spaghetti sauce.

Cover tightly with foil. Bake at 350° for 1 hour. Uncover and bake an additional 10 min.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

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Mexican Casserole

prep time

20 min

cook time

30 min

serves

12-15

things you need

2 lbs

Hamburger

2-14 oz cans

Tomatoes, chipped

2-15 oz cans

Whole kernel corn, drained

2-15 oz cans

Black beans, rinsed and drained

2 envelopes

Taco seasoning

8 oz

Shredded cheddar cheese or Mexican mix

8 oz

Corn chips, any kind, somewhat crushed

here's how

Brown meat. Pour off fat.

In aluminum pan, mix meat, tomatoes, taco seasoning, drained corn and black beans, and shredded cheese.

Cover loosely and bake at 350° for 30 minutes.

Spread corn chips on top and return to oven, uncovered for another 15 to 20 minutes.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

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Chicken and Stuffing Casserole

prep time

20 min

cook time

30 min

serves

12-15

things you need

6 cups

Cooked chicken or turkey, cut in bite-size pieces

2 cans

Cream of chicken soup

3 cups

Celery, chopped

2 cans

Cream of mushroom soup

2-6 oz boxes

Stove Top Stuffing Mix

here's how

Mix chicken (or turkey), celery, and soups together. Pour in bottom of sprayed aluminum pan.

Make Stove Tops according to directions on the box and spread on top of chicken mixture.

Bake at 350° for 30 minutes.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

If you prepared early and had to freeze it, please be sure it is mostly thawed before you deliver it.

Chili Mac

prep time

20 min

cook time

1 hr

serves

12-15

things you need

2 lbs

Hamburger

1 cup

Onion, chopped, fresh or frozen

28 oz can

Tomatoes, chopped, including juice

1/2 cup

A-1 steak sauce or Worcestershire sauce

2 tsp

Salt

4 TBSP

Chili powder

2 cans

Kidney beans, undrained

2 cups

Uncooked macaroni

1-1/2 cups

Cheddar cheese, shredded

here's how

Brown meat with onion in 4-qt pot. Pour off fat.

Add tomatoes, steak sauce, salt, chili powder, and kidney beans. Bring to boil; reduce heat; cover and simmer 20 minutes.

Meanwhile, cook macaroni according to directions on box. Drain and pour into sprayed aluminum pan.

Mix in chili mixture. Stir in 1/2 cup shredded cheese. Cover and bake 45 min at 350°

Top casserole with remaining shredded cheese.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

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Corn Bread Taco Bake

prep time

20 min

cook time

30 min

serves

12-15

things you need

2 lbs

Hamburger

1 cup

Water

2 envelopes

Taco seasoning

1-15 oz can

Whole kernel corn, drained

3/4 cup

Green pepper, chopped, fresh or frozen

1-16 oz can

Tomato sauce

2-8 oz boxes

Corn muffin mix plus ingredients to prepare the mix

2-2.8 oz cans

French fried onions

1 cup

Cheddar cheese, shredded

here's how

Brown meat. Pour off fat.

Stir in taco seasoning, water, corn, green pepper, and tomato sauce.

Pour into aluminum baking pan.

In medium bowl, prepare corn muffin mixtures according to package directions. Stir in one can of onions.

Spoon corn muffin batter around the edge of beef mixture, covering most of the beef mixture.

Bake uncovered, at 400° for 25 - 30 minutes or until corn bread is done.

Top corn bread with cheese and remaining onions and bake, uncovered, 3 minutes longer.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

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Easy Chicken Bake

prep time

20 min

cook time

1 hr

serves

12-15

things you need

2-1/2 lbs

Boneless, skinless, uncooked chicken breasts, cut into bite-size pieces

1 box

Stove ;Top Stuffing Mix, chicken flavor

1 can

Cream of chicken soup

2/3 cup

Sour cream

2-10 oz bags

Mixed vegetables, frozen

here's how

Prepare stuffing according to box. Set aside.

Place cut up, uncooked chicken in sprayed aluminum pan. Mix together soup, sour cream, and vegetables. Pour over chicken.

Top with prepared stuffing.

In medium bowl, prepare corn muffin mixtures according to package directions. Stir in one can of onions.

Bake loosely covered, at 400° for *about* one hour, till edges bubble and chicken reaches 170°. Uncover the last 15 minutes to brown stuffing.

helpful notes

Spray the underside of the lid so it doesn't stick to the topping.

If you prepared early and had to freeze it, please be sure it is mostly thawed before you deliver it.