



Cornell University
Cooperative Extension
Broome County



CREATE YOUR OWN CASSEROLE



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840 Upper Front Street
Binghamton, NY 13905
www.cce.cornell.edu/broome

Cook one of these Starches:

- 2 cups uncooked pasta (macaroni, penne, spiral, bow tie)
- 1 cup uncooked long-grain white or brown rice
- 4 cups uncooked noodles

Pick one of these Vegetables:

- 1 (10-oz.) pkg. Thawed & drained frozen spinach, broccoli, green beans, green peas
- 1 (16-oz.) can green beans, peas, carrots, corn, drained
- 2 cups sliced fresh zucchini

& Pick one of these Proteins:

- 2 cups cooked ground beef
- 2 cups cooked & diced chicken, turkey, ham, beef, or pork
- 2 cups chopped hard-cooked egg
- 2 (6 – 8-oz.) cans fish or seafood, flaked
- 2 cups cooked or canned dry beans (kidney, etc.)

Add one of these Seasonings:

- ½ cup chopped celery, ¼ cup chopped onion, ¼ cup sliced black olives
- 1 – 2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, tarragon)
- salt and pepper to taste

Mix with one of these Sauces:

- 2 cups white sauce or 1 can sauce-type soup (mushroom, celery, cheese, tomato, etc.) mixed with milk to make 2 cups
- 1 (16-oz.) can diced tomatoes with juice
- 1 cup salsa

Top with one of these Toppings:

- 2 tablespoons grated Parmesan cheese
- ¼ cup shredded Swiss, Cheddar, or Monterey Jack cheese
- ¼ cup buttered bread crumbs
- ¼ to ½ cup canned fried onion rings

Putting it all together:

Mix together: one starch, one vegetable, one protein, one seasoning, and one sauce. Pour into baking dish and sprinkle with topping.

Bake at 350°F: 30 – 40 minutes or until bubbly

Or mix (except topping) and heat in large skillet until bubbly, stirring once or twice. Sprinkle with topping before serving.