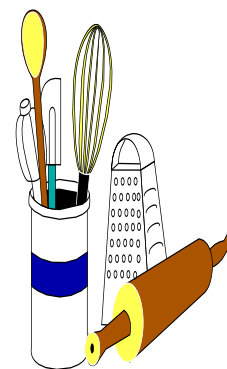


# CREATE A CASSEROLE

**CHOOSE** one ingredient from each of the five groups to make a pleasing combination:



1. 1 1/2 to 2 cups protein food, cooked
2. 2 cups cooked or canned vegetables drained
3. 2 cups cooked pasta, diced potatoes or rice
4. 1 can condensed soup plus 1/2 cup liquid
5. 1/2 cup topping



**PREPARE** casserole container for baking

<p><b>PROTEIN FOOD</b> (1 1/2 to 2 cups)</p>	<ul style="list-style-type: none"> <li>▶ mackerel or salmon (1 pound)</li> <li>▶ tuna (two 7-ounce cans)</li> <li>▶ chicken, cooked or canned</li> <li>▶ ham, cooked or canned</li> <li>▶ luncheon meat or frankfurters</li> <li>▶ eggs - hard cooked</li> <li>▶ beef, veal, lamb - cooked</li> <li>▶ cheese</li> </ul> <p><b>PLACE</b> 1 1/2 to 2 cups cubed protein food in casserole or baking pan.</p>
<p><b>VEGETABLES</b> (2 cups cooked or canned)</p>	<ul style="list-style-type: none"> <li>▶ mixed vegetables</li> <li>▶ green beans, peas, corn</li> <li>▶ carrots, broccoli</li> <li>▶ green pepper, celery, onion</li> </ul> <p><b>ADD</b> 2 cups cooked or canned vegetables, drained.</p>
<p><b>PASTA, ETC.</b> (2 cups, cooked)</p>	<ul style="list-style-type: none"> <li>▶ macaroni, noodles, spaghetti</li> <li>▶ rice</li> <li>▶ potatoes, sweet potatoes</li> </ul> <p><b>ADD</b> 2 cups cooked pasta, cubed potatoes, or rice.</p>
<p><b>SAUCE</b> (1 can soup + 1/2 cup liquid)</p>	<p><b>Soup:</b></p> <ul style="list-style-type: none"> <li>▶ condensed cheddar cheese</li> <li>▶ cream of celery</li> <li>▶ mushroom</li> <li>▶ potato</li> <li>▶ tomato</li> <li>▶ vegetable</li> <li>▶ chicken</li> </ul> <p><b>Liquid:</b></p> <ul style="list-style-type: none"> <li>▶ milk</li> <li>▶ tomato juice</li> <li>▶ vegetable liquid</li> <li>▶ water</li> </ul> <p><b>ADD</b> 1 can condensed soup mixed with 1/2 cup liquid. Mix into casserole. Season to taste.</p>
<p><b>TOPPING</b> (about 1/2 cup)</p>	<ul style="list-style-type: none"> <li>▶ bread or cracker crumbs</li> <li>▶ crushed cereal flakes</li> <li>▶ crushed potato chips</li> <li>▶ grated cheese</li> <li>▶ fried onion rings</li> </ul> <p><b>SPRINKLE</b> with 1/2 cup topping. <b>BAKE</b> at 350° F. for about 1/2 hour or until hot and bubbly. <b>MAKES</b> 6-8 servings. Serve with salad, enriched bread and margarine, milk, coffee or tea.</p>