



Potluck Casserole

Makes about 6 servings | **Vegetables** • **Protein** • **Grains**

Ingredients

- 1½ - 2 cups raw beef, chicken, game, lamb, pork, turkey, or veal, ground or cubed
- 1 can cream of mushroom soup
- ⅓ cup low-fat milk
- 1 - 3 teaspoons dried herbs (oregano, basil, Italian seasoning, thyme, etc)
- Salt and pepper to taste
- 1 cup cooked broccoli, fresh or frozen
- 1 cup cooked carrots, fresh, frozen, or canned
- 1½ - 2 cups cooked egg noodles or rice
- 2 - 4 Tablespoons low-fat cheese, shredded
- Nonstick spray
- Aluminum foil

Directions

1. Wash hands with soap and warm water for 20 seconds.
1. Preheat oven to 375°F.
2. If baking the casserole right away, spray a 9x13-inch baking pan with nonstick spray.
3. In a saucepan over medium heat, brown meat of choice.
4. Add browned meat, cream of mushroom soup, milk, spices, vegetables, and noodles or rice into the baking pan and stir to combine.
5. Sprinkle shredded cheese evenly over casserole.
6. Cover with aluminum foil and bake at 375°F for 30 minutes or until bubbly.

Freezing

To freeze, first line the casserole dish with freezer paper. Put together the casserole following the steps above. Wrap the freezer paper around the casserole, covering the top. Freeze solid. Remove the casserole from the baking dish to use for other meals and place the frozen casserole in a resealable plastic bag. Place in the freezer. When ready to heat, remove from the bag and the freezer paper and place the frozen casserole in a 9x13-inch baking dish coated with nonstick spray. Bake at 375°F for 1 hour or until internal temperature reaches 165°F on a food thermometer.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

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