



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter

Get Creative with Casseroles

When it comes to eating healthy on a budget, casseroles can be a game changer. Casseroles are adaptable, work well with a variety of ingredients, and are full of flavor. Create your own casserole with protein, grains, vegetables, sauce, and seasonings. Using a variety of ingredients can help you eat around MyPlate and add more variation to your plate.

Try some of these tips for creating your own casseroles:

- Check your refrigerator, freezer, and pantry first. See what you have on hand that could be combined into a delicious meal.
- Choose whole grains when you can. Brown rice, whole-wheat pasta, farro, quinoa, and wild rice are all tasty whole-grain options.
- Meat, fish, beans, and lentils all work well in casseroles. We recommend cooking your protein first, or try using leftover protein from another meal.
- Fresh, frozen, and canned vegetables add color, texture, and flavor to casseroles. Some fresh vegetables, like carrots, potatoes, and winter squash, may need to be cooked ahead of time.
- If you're following a recipe and don't have an ingredient, swap it with something you have on hand. In casseroles, most vegetables can be switched with another vegetable. Same with grains and proteins.
- Explore the wide world of flavors with sauces. Tomato sauce, creamed soups, canned pumpkin, and salsa are great starting places for making your own sauce.

Potluck Casserole

Ingredients

- 1½ - 2 cups cooked ground or cubed meat (beef, game, etc.)
- 1 10.5-ounce can cream of mushroom soup
- ⅓ cup low-fat milk, water, or low-sodium broth
- 1 - 2 teaspoons dried herbs
- 1 cup cooked broccoli, fresh or frozen
- 1 cup canned carrots
- 1½ - 2 cups cooked rice
- 2 - 4 Tablespoons low-fat cheese, shredded (optional)
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 375°F.
3. Spray a 9x13-inch baking pan with nonstick spray.
4. If meat is not cooked, cook in a skillet.
5. If rice is not cooked, cook according to package directions.
6. Combine all ingredients except cheese in a 9x13-inch baking pan.
7. Bake at 375°F for 30 minutes or until bubbly.

Makes 6 servings





Beef & Bean Burritos

Ingredients

- 1 pound ground meat (beef, game, etc.)
- ¼ cup onion, diced
- 1 teaspoon black pepper
- 2 teaspoons taco seasoning
- 2 cups refried beans or 1 15-ounce can
- 1 15-ounce can tomato sauce, divided
- 1 15-ounce can diced tomatoes
- 6 tortillas
- ½ cup salsa
- ⅓ cup low-fat cheddar cheese, shredded
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F.
3. Spray a 9x13-inch baking pan with nonstick spray.
4. In a skillet, cook ground meat and onion. Drain off fat.
5. Add in spices, refried beans, 1 cup of the tomato sauce, and half the tomatoes. Heat through. Add 1 - 2 Tablespoons of water, if needed. Cover and simmer 5 minutes.
6. Divide the mixture between 6 tortillas. Roll up tortillas and place seam side down in the 9x13-inch pan.
7. Combine salsa, remaining tomatoes, and remaining tomato sauce. Pour over burritos.
8. Bake at 350°F for 10 minutes. Top with cheese and bake for a few more minutes until cheese is melted.

Makes 6 servings

About CNP

The Cent\$ible Nutrition Program (CNP) is a free* resource that can help you eat better for less. Learn how to save money and time at the grocery store, cook quick and healthy meals, and be more active.

Class highlights include:

- A free cookbook with 200+ easy, delicious recipes
- 8 kitchen tools
- Cooking a new recipe each lesson
- Hands-on activities

* CNP is free for those who income qualify. Visit uwyocnp.org/ for more information.

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