

Use-What-You-Have Casserole Cheatsheet

CREATE YOUR OWN CASSEROLES & SKILLET MEALS COMBINING A MEAT, VEGETABLE OR LEGUME, PASTA OR RICE, SAUCE, HERBS & SPICES, AND A TOPPING. TRY THESE IDEAS OR CREATE YOUR OWN!

Cooked Meat	Vegetables/Beans	Pasta or Rice	Sauce	Herbs & Spices	Topping
Ground Beef or Shredded Chicken	Sautéed Onions Black Beans Diced Tomatoes Green Chilies	Ravioli or Macaroni	Enchilada Sauce	Garlic Salt Ground Cumin Fresh Cilantro	Shredded Cheese
Chopped Chicken	Peas & Carrots or Mixed Vegetables	Shells, Rotini, Bow Ties, Egg Noodles, etc.	Chicken Gravy	Adobo Seasoning	Crushed Crackers & Melted Butter
Chopped Chicken	Sautéed Mushrooms	White Rice	Cream of Chicken Soup, Milk & Sour Cream	Salt & Pepper	Crushed Crackers & Melted Butter
Shredded Chicken	Sautéed Onions	Egg Noodles	Cream of Chicken Soup	Garlic Salt	Shredded Cheese

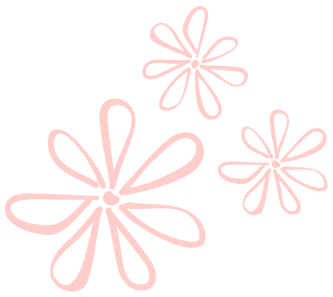
For special diets, use the same formula but substitute ingredients meeting your individual dietary needs





Cooked Meat	Vegetables/Beans	Pasta or Rice	Sauce	Herbs & Spices	Topping
Shredded Chicken	Sautéed Onions Black Olives Roasted Red Peppers	Linguini or Fettuccine	Olive Oil & Balsamic Vinegar	Salt & Pepper	Feta Cheese
Sliced Hot Dogs	Pinto Beans or Baked Beans	None	Barbecue Sauce or Ketchup, Mustard, and Molasses	None	None
Ground Beef	Mixed Vegetables	None	Brown Gravy & Tomato Paste	Salt & Pepper	Mashed Potatoes
Chopped Chicken	Broccoli	Spirals or Fusili	Chicken Gravy & Little Bit of Lemon Juice	Garlic Salt	Shredded Cheese
Chopped Chicken	Sliced Onion, Red Bell Pepper, and Carrot	Jasmine Rice	Peanut Sauce	Ground Ginger	Chopped Peanuts & Cilantro

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IDEAS FOR EACH CATEGORY

Cooked Meats	Vegetables/Beans	Pastas & Rices	Sauces	Herbs & Spices	Toppings
Shredded Chicken Chopped Chicken Ground Beef Shredded Beef Chopped Turkey Sliced Hot Dogs Sliced Sausage	Peas & Carrots Mixed Vegetables Broccoli Carrots Spinach Green Beans Peas Mushrooms Sautéed Onions Bell Peppers Pinto Beans Red Beans Black Beans Diced Tomatoes Green Chilies Black Olives Pimentos	White Rice Brown Rice Wild Rice Spaghetti Angel Hair Linguini Fettuccine Macaroni Rigatoni Ziti Shells Bow Tie Rotini Orzo Ravioli Penne Farfalle Egg Noodles	Marinara Sauce Alfredo Sauce Enchilada Sauce Chicken Gravy Beef Gravy Brown Gravy Mushroom Gravy "Cream of ..." Soup Cheddar Cheese Soup Olive Oil & Balsamic Vinegar Barbecue Sauce Thai Peanut Sauce Pesto	Italian Seasoning Garlic Salt Adobo Seasoning Ground Cumin Fresh Cilantro Chili Seasoning Taco Seasoning Curry Seasoning Lemon Pepper Salt & Pepper	Bread Crumbs Crushed Crackers French Fried Onions Crushed Potato Chips Shredded Cheese

CHOOSE ONE PREPARED INGREDIENT OF EACH TYPE. BAKE AT 350°F UNTIL HOT (ADD TOPPING BEFORE BAKING) OR HEAT IN A SKILLET (USE CHEESE AS A TOPPING AND ADD BEFORE SERVING). FOR SPECIAL DIETS, USE THE SAME FORMULA BUT SUBSTITUTE INGREDIENTS MEETING YOUR INDIVIDUAL DIETARY NEEDS

