

Shepherd's Table: Suggested Casserole Recipes

Chicken and Broccoli

Ingredients needed:

- 8 oz. wide egg noodles, cooked and drained
- 2 packages frozen broccoli, cooked and drained
- 6 slices yellow cheese
- 2 cans cream of chicken soup, undiluted
- 4 chicken breasts, cooked

Cover aluminum pan bottom with cooked noodles. Arrange broccoli on top of noodles. Cut chicken into pieces and place over broccoli. Pour cream of chicken soup over chicken and top with cheese slices. Cook at 350-degrees for 45 minutes. Cool completely, cover with wax paper then with aluminum foil, label with casserole name and date and place in freezer.

Chicken and Noodles

Ingredients needed:

- 1 lb. Cooked noodles
- 1 10 oz. Box of frozen mixed vegetables
- 2 cans cream of mushroom soup
- 8-10 pieces of chicken
- 1 beaten egg
- 1 8oz. Can evaporated milk
- 2 tbsp. Parsley flakes
- 1 ½ cups grated cheddar cheese
- Salt and pepper to taste
- Bread crumbs

Cook frozen mixed vegetables partially. Stir in soup, milk, salt and pepper and parsley. Add cooked noodles to creamed vegetables. Pour into casserole pan. Sprinkle with cheese. Dip chicken pieces into egg and then cover with bread crumbs. Place chicken on top of casserole mixture and bake at 375-degrees for 1 hour. Cool, cover with wax paper then cover with aluminum foil and record date and casserole name. Freeze.

Zippy Beef

Ingredients needed:

- 1 lb. Ground beef
- 8 oz. elbow macaroni, cooked
- 1 can cream of mushroom soup (10 ½ oz.)
- ¾ cups milk
- 2 tbsp. Instant minced onion
- 2/3 cup ketchup
- ½ cup shredded cheddar cheese
- ¼ cup green pepper, chopped
- 1 tsp. Salt

Cook and stir meat until browned. Drain off fat. Mix together all remaining ingredients, except cheese, into casserole pan. Stir in meat. Top with cheddar cheese. Cover with aluminum foil and bake for 40 minutes at 350-degrees. Cool, cover with wax paper then cover with aluminum foil and record date and casserole name. Freeze.

Macaroni and Cheese (VEGETARIAN)

Ingredients needed:

2 cups elbow macaroni, uncooked

1/2 cup margarine

1 medium onion, chopped

1 tsp. Salt

1 tsp. Pepper

1/2 cup flour

2 cups milk

10 oz. shredded cheddar cheese

1 cup bread crumbs

Cook macaroni according to directions on box. Drain and set aside. Sauté onions in margarine, and add salt and pepper. Slowly stir in flour. Cook over low heat until mixture is smooth and bubbly. Stir in milk. Add in cheese and continue stirring until melted. Remove from heat. Stir in cooked macaroni and pour into casserole pan. Top with bread crumbs. Bake at 375-degrees for 30 minutes. Cool, cover with wax paper then cover with aluminum foil and record date and casserole name. Freeze.