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EC 73-956 Casseroles

Ethel Diedrichsen

University of Nebraska-Lincoln

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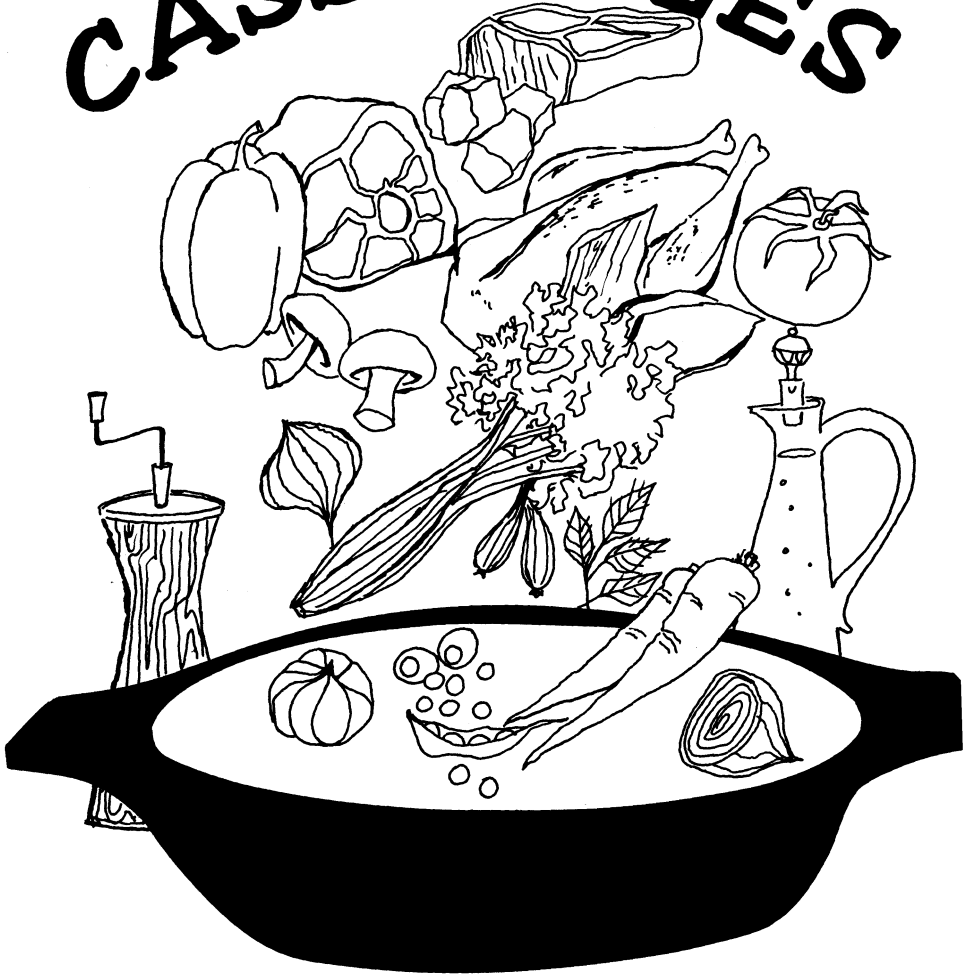
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CASSEROLES



Extension Service, University of Nebraska-Lincoln College of Agriculture Cooperating with the
U. S. Department of Agriculture and the College of Home Economics
E. F. Frolik, Dean J. L. Adams, Director

Casseroles

Ethel Diedrichsen
Extension Specialist

Casserole dishes can add interest to everyday meals. They can be easy to make and serve. Usually they provide part of the protein in the form of meat, poultry, eggs, fish or cheese that is needed every day.

Some casserole dishes are more economical than others. Those extended with bread or cereal foods are among the thriftiest choices. Money saving ideas for casserole dishes include:

1. Use of less tender cuts of meat made tender by cooking slowly with moisture, or by grinding, cubing, pounding and scoring.
2. Use of leftovers.
3. Grocery shopping on bargain days.
4. Use of foods in season.

You can save time with casserole dishes by preparing more than is needed for one meal. Use some, cool the rest quickly and freeze for later use. Casserole dishes hold well for latecomers, and can be baked and served in the same dish. For successful casseroles:

1. Keep food in pieces which you can identify.
2. Layer ingredients occasionally instead of combining them.
3. Provide contrast in flavor, color and texture.
4. Use canned soups, dry soup and sauce mixes for quick sauces.
5. Use herbs and spices imaginatively.

Serve in handsome copper, porcelain, stainless steel, glass, enameled iron or other oven-proof materials.

Possible toppings for casserole dishes include:

Crushed dry cereal	Bacon bits
Cracker or bread crumbs	Shredded cheese
Crushed potato chips	Snipped parsley
Sliced hard cooked eggs	Chopped pimento
Sliced mushrooms	Slivered almonds
Green pepper rings	Sliced olives
French fried onion rings	Pastry
Mashed potatoes	Biscuits

No-Recipe Casserole

Be creative. Make your own casserole. Example:

1 part protein food (Meat, egg, cheese)	1 cup chunk tuna
2 parts cooked starch food (noodles, rice, macaroni)	2 cups noodles
2 parts cooked vegetables (beans, broccoli, tomatoes)	1½ cups peas
Sauce to moisten (gravy, white sauce, soup)	½ cup carrots
Crunchy topping	1 can condensed cream of celery soup
Seasoning as desired	Crushed potato chips
	1 teaspoon curry powder

Mix and bake in a greased casserole at 350 degrees until bubbly and brown.

Chicken Bake

Can be made with left-over Thanksgiving turkey instead of chicken.

3 oz. can sliced mushrooms	¼ teaspoon salt
1½ cups chicken broth	Dash pepper
½ cup milk	2 cups diced cooked chicken
1/3 cup margarine	1 cup frozen peas
¼ cup chopped onion	¼ cup chopped pimento
1/3 cup flour	

Drain the mushrooms; add the liquid to the chicken broth and milk. In large skillet melt margarine and cook onion till tender but not brown. Blend in flour, salt and pepper. Add broth mixture and cook till thick and bubbly. Stir in mushrooms, chicken, peas and pimento. Pour into 1½ quart casserole. Bake at 350 degrees for 45 minutes. Makes 8 servings.

Scalloped Potatoes and Ham

Cooking time is reduced by partially cooking potatoes first.

¼ cup chopped onion	1½ cups milk
2 tablespoons margarine	1 cup shredded American cheese
2 tablespoons flour	4 cups sliced potatoes, parboiled
1 teaspoon salt	2 cups diced, cooked ham
Dash pepper	

Cook onion in margarine till tender. Stir in flour, salt and pepper. Add milk slowly; stir over low heat until thickened. Remove from heat, add cheese and stir until it melts. Combine potatoes and ham in lightly greased 2-quart baking dish. Pour sauce mixture over potatoes and bake in 350 degree oven for about 30 minutes. Makes 8 servings.

Sweet-Sour Pork

Here are a couple of favorite foreign dishes.

1½ lb lean pork cut in 2 x ½ inch strips	¼ cup vinegar
1 tablespoon oil	2 tablespoons soy sauce
½ cup water	¼ teaspoon salt
No. 2 can pineapple chunks	1 green pepper, cut in strips
¼ cup brown sugar	¼ cup sliced onion
2 tablespoons corn starch	

Brown pork in oil. Add water, cover and simmer for about one hour. Skim off excess fat. Drain pineapple. Mix sugar and cornstarch, add pineapple sirup, vinegar, soy sauce and salt. Combine with pork and cook until thickened. Add pineapple, green pepper and onion. Heat for 2 or 3 minutes. Serve over hot fluffy rice. Makes 6 to 8 servings.

Ground Beef in Cabbage Rolls

8 large cabbage leaves	¼ teaspoon pepper
1 lb ground beef	1 cup cooked tomatoes
1 egg	¼ cup chopped onion
3 tablespoons chopped onion	½ teaspoon thyme
1 cup cooked rice	2 tablespoons minced parsley
1 teaspoon salt	

Cook cabbage leaves in boiling salted water for 5 minutes and drain. Combine ground beef, egg, 3 tablespoons onion, rice, salt and pepper and brown slowly in skillet. Divide meat mixture into 8 parts. Place one part on each cabbage leaf. Fold edges in and roll up. Fasten with tooth pick. Combine tomatoes, remaining onion, thyme and parsley in casserole. Place cabbage rolls in tomato sauce. Cover and bake at 350 degrees for 1 hour. Makes 8 servings.

Broccoli Casserole

Cheese and mushrooms glorify broccoli.

2 pkg. (10 oz.) frozen chopped broccoli	1 tablespoon chopped pimento
1 can condensed cream of mushroom soup	1 ½ teaspoons lemon juice
¼ cup shredded sharp American cheese	1/3 cup cheese cracker crumbs.

Cook broccoli according to directions on package. Drain and place in 1½ quart casserole. Combine soup, cheese, pimento and lemon juice. Pour over broccoli. Top with cracker crumbs. Bake in 350 degree oven for 35 minutes. Makes 6 servings.

Master Barbecue Mix

A Home Agent contributed this Master Mix with the recipes that follow.

1 cup celery tops, chopped	¼ teaspoon black pepper
2 medium onions, chopped	1½ teaspoons salt
2 tablespoons oil	1½ tablespoons
2 lb ground beef	Worchestershire sauce
¼ teaspoon garlic salt	12 oz. Bottle catsup

Cook celery tops and onions in oil until tender. Add ground beef and brown. Stir in seasonings and simmer for 20 minutes. Skim off excess fat. Cool and package by cupfuls in freezer containers. Store in freezer. Makes 5 cups. Use in the following recipes.

Hamburger Noodle Skillet

Cook ¾ cup noodles in skillet and drain. Add one cup Barbecue Mix and ½ to 1 cup canned or frozen vegetables. Stir to combine. Sprinkle with ¼ cup grated cheese and chopped parsley. Cover and cook for 10 minutes. Makes 3 to 4 servings.

Six-Layer Dinner

1 cup sliced potatoes	½ cup chopped green
1 cup chopped celery	pepper
1 cup Barbecue Mix, thawed	½ cup cooked tomatoes
	Salt and pepper

Arrange potatoes, celery and Mix in layers in greased 2-quart casserole. Season each layer with salt and pepper. Top with green peppers and tomatoes. Bake at 350 degrees for 2 hours. Makes 3 to 4 servings.

Spaghetti and Meat Sauce

1/3 cup chopped green pepper	¼ teaspoon dry mustard
1 teaspoon margarine	1 bay leaf, crumbled
1 cup Barbecue Mix, thawed	½ teaspoon horseradish
½ can tomato sauce (4 oz.)	8 oz. spaghetti, cooked
½ teaspoon celery seed	

Cook green pepper in margarine until tender. Add Mix, tomato sauce, celery seed, mustard and bay leaf. Simmer for 10 minutes. Just before serving, add horseradish. Serve over spaghetti. Makes 3 to 4 servings.

Hamburger Stroganoff

1 cup Barbecue Mix, thawed	½ cup dairy sour cream
1 cup sliced mushrooms	2 tablespoons chopped
½ cup cream of mushroom soup	parsley

Heat Mix with mushrooms and mushroom soup in skillet and simmer for 5 minutes. Carefully spoon sour cream over the top, sprinkle with parsley and heat through. Serve over fluffy rice. Makes 3 to 4 servings.