

Chicken & Veggie Casserole

Serves 8-12

- 3 $\frac{1}{2}$ to 4 cups cooked & cubed chicken or turkey
- 2 (10 $\frac{3}{4}$ oz.) cans condensed cream of celery soup
- $\frac{2}{3}$ cup water
- 2 Tablespoons soy sauce
- 4 medium green onion, sliced (or 1 med. onion thinly sliced)
- 30 oz. canned or frozen mixed vegetables
- 3 cups cooked rice
- 1 can French fried onion rings

- 1: Prepare rice so that your end result is 3 cups of cooked rice.
- 2: In a large bowl combine all ingredients except the fried onion rings.
- 3: Pour mixture into aluminum pan.
- 4: Top with French fried onion rings.
- 5: Double cover the casserole pan with aluminum foil.
- 6: Tape bottom portion of this page to casserole cover & freeze.

Within approximately two (2) weeks, please return the frozen casserole to the freezer located in the storage room next to the PA office in Yarnall Hall. Thank you.

Sandy Spring Friends School

Chicken & Veggie Casserole

Serves 8-12

- 1: Completely thaw double covered casserole before baking.
 - 2: Preheat oven to 350 degrees.
 - 3: Remove top cover and bake with bottom cover on for 30 minutes.
 - 4: Remove bottom cover and bake uncovered for 5 - 10 more minutes.
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Vegetarian Chili

Serves 8-12

- 3 (14 $\frac{1}{2}$ oz.) cans pinto or red kidney beans drained & rinsed
- 1 (16 oz.) package frozen corn, partially thawed
- $\frac{3}{4}$ cup dry barley cooked using pkg. directions & cooled slightly
- 3 (15 $\frac{1}{2}$ oz.) cans diced tomatoes
- 1 (16 oz.) jar medium salsa
- 1 Tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt

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Beef Noodle Casserole

Serves 8-12

- 12 oz. elbow macaroni
- 2 lbs. ground beef
- 2 cans (10 $\frac{3}{4}$ oz.) condensed cream of mushroom soup
- 30 oz. canned whole tomatoes, cut up
- 1 $\frac{1}{2}$ cups shredded cheddar cheese
- $\frac{1}{2}$ cup chopped green pepper
- 1 $\frac{1}{2}$ teaspoons salt
- 2 cans French fried onion rings

- 1: Cook macaroni according to package directions, drain.
- 2: Brown meat & drain fat.
- 3: In a lg. saucepan or Dutch oven, combine all ingred. Except fried onion rings
- 4: In alum. pan, put approx. $\frac{1}{2}$ @ meat & macaroni & top w/onion rings.
- 5: Repeat step 4, so there are 2 layers @ meat, macaroni & onion rings.
- 6: Double cover the casserole pan with aluminum foil.
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