

# One-Dish Meal



<b>Vegetables</b>	<b>Chicken, fish, meat, eggs, dried beans or peas</b>	<b>Liquid ingredients</b>	<b>Bread, rice or noodles</b>
<b>About 1½ cups</b>	<b>1½ to 2 cups</b>	<b>1 to 1½ cups</b>	<b>1 to 1½ cups</b>
mixed vegetables tomatoes corn green beans broccoli peas Cabbage <u>Cooked and Cubed:</u> acorn squash zucchini potatoes	tuna fish hard cooked eggs cooked lentils cooked split peas cooked navy or pinto beans canned meat <u>Cooked Meat:</u> chicken hamburger venison lean sausage pork turkey	cheese sauce white sauce cheese soup tomato soup tomato sauce shredded cheese evaporated milk <u>Cream Soups:</u> broccoli celery chicken mushroom	cubed bread cooked rice cooked macaroni cooked spaghetti cooked noodles cooked barley cooked bulgar

**Choose one or more ingredient(s) from each list above.  
 Add other optional ingredients you like for flavor: onion, spices, herbs.  
 Mix ingredients together.**

**Cook using one of these methods:**

**Oven:** Place ingredients in a covered casserole dish. Add optional toppings: bread crumbs, cracker crumbs, Parmesan cheese. Bake at 350° for 45 minutes. Uncover last 15 minutes to brown topping. Serve hot.

**Stove-top:** Place ingredients in a large skillet. Simmer on top of stove until bubbly. Serve hot. Optional topping to each serving: Parmesan cheese, croutons.

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