

Create your own designer cuisine

Feel like a complete kitchen klutz because without a specific recipe you haven't a clue what to do with that odd assortment of items hanging around your pantry, refrigerator and freezer? Well, grab your whisk and shout for joy! Thanks to this fool-proof plan you can create fabulous, original, homemade, delicious and nutritious entrees designed by you using the items you already have.

Step 1: Combine 1 8-ounce carton sour cream, 1 cup milk (omit sour cream and milk when using tomatoes), 1 cup water, 1 teaspoon salt and 1 teaspoon pepper with one item from Group A.

Step 2: Stir in one item from each of Groups B, C, D, and E.

Step 3: Spoon mixture into a lightly greased 13- x 9- x 2-inch baking dish.

Step 4: Sprinkle with one or two choices from Group F.

Step 5: Cover and bake casserole at 350 degrees F, for 1 hour and 10 minutes. Uncover and bake 10 additional minutes. Yield: 6 servings.

Group A Select One

- 1 - 10 3/4-ounce can cream of mushroom soup, undiluted
- 1 - 10 3/4-ounce can cream of celery soup, undiluted
- 1 - 10 3/4-ounce can Cheddar cheese soup, undiluted
- 2 - 14 1/2-ounce cans Italian-style diced tomatoes, undrained
- 1 - 10 3/4-ounce can cream of chicken soup, undiluted



Group B Select One

- 2 - 6-ounce cans solid white tuna, drained and flaked
- 2 cups chopped cooked chicken
- 2 cups chopped cooked ham
- 2 cups chopped cooked turkey
- 1 pound ground beef, browned and drained

Group C Select One

- 2 cups uncooked elbow macaroni
- 1 cup uncooked rice
- 4 cups uncooked wide egg noodles
- 3 cups uncooked medium shells

Group D Select One

- 1 - 10-ounce package frozen chopped spinach, thawed
- 1 - 10-ounce package frozen cut broccoli
- 1 - 10-ounce package frozen Italian green beans
- 1 - 10-ounce package frozen English peas
- 1 - 16-ounce package frozen sliced yellow squash
- 1 - 10-ounce package frozen whole kernel corn

Group E Select One or more

- 1 - 3-ounce can sliced mushrooms, drained
- 1/4 cup sliced ripe olives
- 1/4 cup chopped bell pepper
- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 2 cloves garlic, minced
- 1 - 4 1/2-ounce can chopped green chiles
- 1 - 1 1/4-ounce envelope taco seasoning mix

Group F Select One or Two

- 1/2 cup (2 ounces) shredded mozzarella cheese
- 1/2 cup (2 ounces) shredded Swiss cheese
- 1/2 cup grated Parmesan cheese
- 1/2 cup fine, dry breadcrumbs

Sample

Chicken Casserole. Cream of chicken soup, broccoli, rice, chicken, Parmesan cheese and bread crumbs

Ham Casserole. Cream of celery soup, Italian green beans, wide egg noodles, ham, garlic and two portions Swiss cheese.

Turkey Casserole. Italian-style diced tomatoes, spinach, medium pasta shells, turkey, onion, garlic, mozzarella cheese and bread crumbs.

Vegetarian Casserole. Italian-style diced tomatoes, yellow squash, rice, olives, four portions celery, four portions bell pepper, garlic, Parmesan cheese and bread crumbs.

That's all there is to it. As you come up with terrific combinations or alternatives not found here, share them with all of us.

And please, if you can possibly come up with a better word than *casserole*, let us know that, too.

Bon appetit! CM