

Create a Casserole

Here is a simple recipe for a skillet meal. Use leftovers or canned food to make this recipe.
Makes 4 to 6 servings.

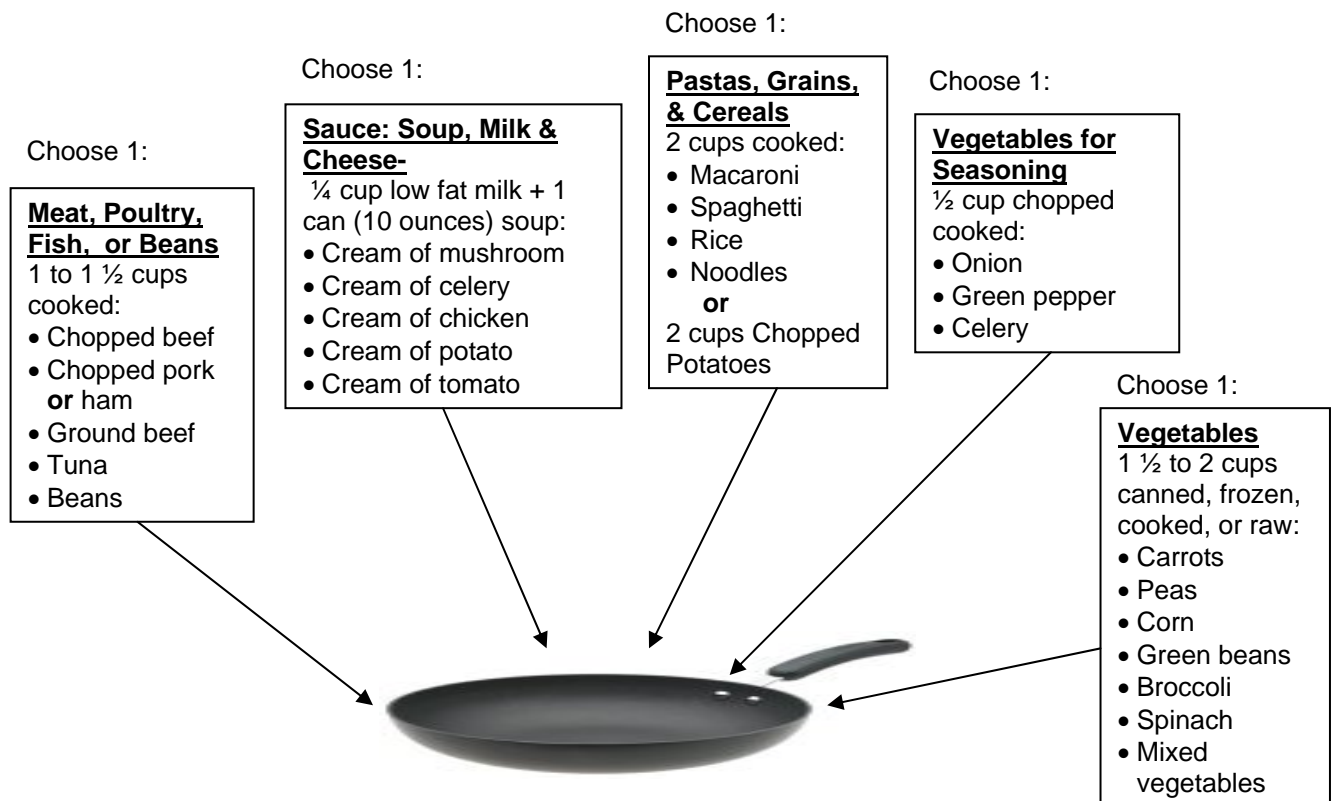
Step 1: Choose **one food** from **each box**. Stir together in a large skillet or greased baking dish. If using a baking dish, then preheat oven to 350 degrees.

Step 2: Add salt and pepper to taste.

Step 3: Heat and stir for about 10 minutes in skillet or bake in oven for 20 minutes or until bubbly.

Step 4: Add more milk if casserole gets dry.

Step 5: Pour into a serving dish and top with 2 Tablespoons of dry bread, cereal or cracker crumbs.



Adapted from Expanded Food and Nutrition Program, Purdue University

This material was funded by USDA's Supplemental Nutrition Assistance Program

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Creando una Cazuela

Aquí esta una receta simple para una comida preparada en la sartén. Use comidas que sobro o comida enlatada para preparar esta receta.
Le rinde 4-6 porciones

Paso 1: Escoja **una** comida de **cada uno** de los cuatros. Revuélvalos juntos en la sartén o molde para hornear. Si usadando una cacerola para el horno, precaliente el horno a 350° F.

Paso 2: Sazone al gusto con sal y pimienta.

Paso 3: Caliente y muévelo por 10 minutos o hornee in oven por 20 minutos o hasta que haga burbujas.

Paso 4: Si se seca, agregue mas leche.

Paso 5: Póngalo en un plato para servir con 2 cucharadas de las migajas galletas, pan tostado o cereal seco.



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