

St. Mary's Casserole Program at Blessed Sacrament Catholic Church

Please use only these recipes per request by St. Mary's. These are the recipes that they have selected so that certain dietary needs are met. Once you have made and frozen your casserole, please bring it to the freezer at Blessed Sacrament.

Chicken & Rice Bake

Ingredients:

- 6 large boneless chicken breasts
- 2 – 10½ oz. cans cream of chicken soup
- 1 pint sour cream
- 6 cups cooked white rice
- 2 cups dry stuffing mix
- 1½ sticks butter, melted

Directions:

1. Barely boil chicken and cut into small pieces. Place chicken in a buttered casserole dish.
2. Mix soup, sour cream, and rice in a large bowl. Pour mixture over chicken.
3. Sprinkle stuffing mix on top. Drizzle melted butter over the stuffing.
4. Bake uncovered at 350° for 25-30 minutes.
5. Cool and Freeze.

Macaroni & Beef Casserole

Ingredients:

- 3 lb. ground beef
- 1 cup chopped onion
- 2 – 28 oz. can tomato sauce
- 2 tsp salt
- ½ tsp pepper
- 1 tsp oregano
- 16 oz. box elbow macaroni
- 1 cup shredded cheddar cheese

Directions:

1. In a large pot, cook the meat and onions until the meat is browned. Drain.
2. Stir in tomato sauce and spices. Simmer for 15 minutes.
3. Prepare elbow macaroni and add to the meat and tomato mixture.
4. Turn into casserole pan and top with shredded cheese.
5. Cool and Freeze.

Tuna Noodle Casserole

Ingredients:

- 4 – 6½ oz. cans of tuna
- 12 oz. medium noodles
- 1 cup mayonnaise
- 2 cups sliced celery
- ⅓ cup chopped onion
- ½ cup chopped green pepper
- 1 tsp salt
- 2 cans cream of celery soup
- 1 cup milk
- 1 cup American cheese, shredded

Directions:

1. Cook and drain noodles.
2. Combine noodles, tuna, mayonnaise, celery, onion, green pepper, and salt in a large bowl.
3. Blend soup and milk together and heat through.
4. Add cheese to the soup and milk mixture, stir until cheese melts.
5. Add soup mixture to the noodle mixture. Mix and turn into casserole pan.
6. Bake uncovered at 425° for 20 minutes.
7. Cool and Freeze.