

At the Grocery Store

When choosing one dish meal ingredients, consider these money saving tips:

- Shop Sales? Buy big pieces of meat and whole chickens. Cook, cut up and freeze in separate small packages. Plan meals to use the meat.
- Buy plain pasta shapes like macaroni. They are cheaper than fancy shapes.
- Select fresh vegetables in season.
- Purchase brown rice or regular white rice. They cost less than instant rice.
- Choose store brands of frozen or canned vegetables instead of national brands.
- Use white sauce instead of costly purchased cans of cream soups.



Keeping One Dish Meals Safe

- At the store, purchase frozen foods and meats last. Check expiration dates on meats.
- Freeze meat if you will not use it within 2 days.
- Refrigerate meats until you are ready to prepare them. Never thaw or leave meat on the counter at room temperature.
- Keep one dish meals hot until serving.
- If you have leftovers, promptly cover and store in the refrigerator no longer than 1-2 days. For longer storage, freeze up to two months. Thaw frozen casseroles in the refrigerator.
- Thoroughly reheat leftovers before serving.



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One Dish Meals



One dish meals or casseroles are tasty, quick, and easy to make. Use a variety of ingredients from your pantry and create one today!



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FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program – EFNEP.

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These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>
& <https://spendsmart.extension.iastate.edu/recipes/>

White Sauce



White sauce can be used instead of canned cream of mushroom, cream of celery, or cream of chicken soup in many recipes.

In place of one can of creamed soup, use one of the following:

White Sauce

1 Tablespoon margarine
4 teaspoons flour
1¼ cups lowfat milk

Melt margarine over low heat. Blend in flour and cook until the mixture is bubbly. Remove from heat. While stirring, slowly add milk. Cook mixture over low heat, stirring constantly until it thickens.

- Make 1½ cups of white sauce using the above recipe.
- Make 1½ cups of white sauce using a mix:

Stir together 1/3 cup Dry White Sauce Mix (below) and 1¼ cups water in a sauce pan. Cook and stir over medium heat until thick.

Dry White Sauce Mix

2 cups dry milk powder
¾ cup cornstarch
¼ teaspoon pepper
½ teaspoon thyme (optional)

Combine all ingredients. Stir well. Store in airtight container. May store up to six months.

Optional: For extra flavor add 1 to 2 Tablespoons chicken bouillon granules (regular or reduced sodium) to the mix. Stir well.

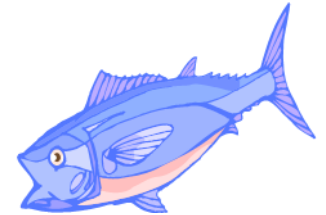
Menu Idea

Tuna Casserole
Grapes
Low fat Milk

Tasty Tuna Casserole (5 servings)

*Per serving: 402 calories,
11 grams of fat*

8 ounces macaroni or noodles
2 Tablespoons margarine or butter
¼ cup chopped onion
¼ cup flour
½ teaspoon salt
¼ teaspoon pepper
2 cups milk
1 can (16 ounces) peas, drained
1 can (6.5 ounces) tuna, drained
½ cup cheddar cheese, grated
Optional: seasoned bread crumbs



1. Cook noodles in boiling water following direction on package. Drain.
2. While noodles are cooking, melt margarine in a skillet. Cook onions in the margarine until tender.
3. Stir flour and seasoning into margarine and onion mixture.
4. Gradually add milk and cook until mixture thickens, stirring often.
5. Add drained peas and tuna, noodles and cheese. Mix together.
6. Heat thoroughly in skilled and serve, or put in a casserole dish, top with seasoned bread crumbs and bake at 350° for 30 minutes.

Menu Idea

Meat and Veggie Mac
Fruit Salad
Low fat Milk

Meat and Veggie Mac
(4 servings)
Per serving:
370 calories, 5 grams of fat

- 1 package (7.25 ounces) macaroni and cheese mix
- 1 package (16 ounces) mixed vegetables, frozen
- 1½ cups cooked meat (beef, pork, or chicken) chopped
- ¼ cup nonfat milk
- ⅛ teaspoon garlic or onion powder

1. Cook macaroni in large saucepan as directed on package. Add the frozen vegetables after about 5 minutes. Cook until macaroni is tender and vegetables are cooked. Drain.
2. Return macaroni and vegetables to the pan. Add the meat.
3. Stir the cheese sauce mix, milk, and garlic or onion powder together. Stir into macaroni mixture.
4. Cook over low heat for 1-2 minutes or until heated through. Stir off and on.

Tips: Omit the butter or margarine recommended on the package to save calories and fat.



Menu Idea

Six-Layer Dinner
Whole Wheat Toast
Apple Slices
Low fat Milk

Sensational Six-Layer Dinner
(6 servings)
Per serving: 333 calories,
15 grams of fat

- 2-3 medium raw potatoes, sliced
- 2 cups sliced carrots
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup sliced onion
- 1 pound hamburger, browned and drained
- 1½ cups green beans
- 1 can tomato soup



Variations:

- Use peas, corn, or any leftover vegetable instead of green beans.
- Use 1½ cups white sauce or 1 can cream soup instead of tomato soup.

1. Grease baking pan or casserole dish.
2. Layer ingredients in order given. Cover
3. Bake at 350° for 45 minutes or until tender.
4. Uncover and bake 15 more minutes.



Create-A-Casserole

Serves 4

STEP 1: Choose rice, noodles or macaroni and cook...

Rice

2 cups water
½ teaspoon salt
1 cup rice



Noodles or Macaroni

3 cups water
½ teaspoon salt
1 teaspoon margarine
1 cup noodles or macaroni

Heat water, rice, and salt until boiling. Cover and simmer 15 minutes.

Heat water with salt and margarine until boiling. Stir in noodles or macaroni. Cook 2 minutes and stir. Remove from heat and cover. Let

STEP 2: Add seasoning to meat or fish...

Choose one meat or fish:

1 can tuna (7.25 ounces)
1 cup cooked or canned meat
1 pound ground beef or turkey, browned and crumbled

Season with:

1 teaspoon salt,
½ teaspoon pepper, and one
or more of the following:
¼ cup chopped onion
¼ cup chopped celery
¼ cup chopped green pepper



STEP 3: Choose a vegetable...

Use a 16-ounce can, 1 cup fresh, or 2 10.5-ounce boxes of frozen vegetables, cooked and drained. Choose one of the following: green beans, lima beans, peas, corn, carrots, broccoli, spinach, tomatoes, cauliflower, or leftover vegetables.

STEP 4: Prepare sauce; add to meat or fish...

Use one of the following for your sauce:

- ♦ 1½ cups white sauce
- ♦ 1 can of soup (tomato, cream of mushroom, celery or chicken) mixed with ¼ cup milk
- ♦ 2 cups canned tomatoes
- ♦ 2 cups tomato sauce
- ♦ 2 cups tomato juice
- ♦ 6-ounce can tomato paste mixed with 1¼ cups water
- ♦ 1 cup of either chili sauce, taco sauce, or barbecue sauce mixed with 1 cup of water

Mix the sauce with meat or fish.

STEP 5: Choose 'crunch' for a topping...

Pick one of these:

- ♦ ¼ to ½ cup cracker crumbs
- ♦ ¼ to ½ cup bread crumbs
- ♦ ¼ to ½ cup dry cereal

STEP 6: Assemble casserole and bake...

1. Grease a baking dish
2. Make layers, starting with rice, noodles or macaroni, then vegetables, and then meat and sauce mixture. Top with 'crunch' and bake at 350° until bubbly (about 20 minutes).
3. Let stand for 10 minutes before cutting if you want to serve it in rectangular portions.

