

## March 26, 2021 – Meatless Casseroles

### Asian Peanut Noodles – Nancy Meehan

359 Cals 22 Protein 53 Carbs 6 Fats

**PREP TIME:** 20 mins  
**COOK TIME:** 20 mins  
**TOTAL TIME:** 40 mins

**YIELD: 6 SERVINGS**

#### INGREDIENTS

##### For the Peanut Sauce:

- 1 cup reduced sodium chicken broth
- 5 tbsp Peanut Butter
- 1 tbsp sriracha chili sauce
- 2 tbsp honey
- 2 tbsp soy sauce, use Tamari for gluten free
- 1 tbsp freshly grated ginger
- 2 cloves garlic, minced
- 1/2 tbsp sesame oil
- 8 oz rice noodles
- 3/4 cup green onion, chopped
- 1 - 1/4 cups shredded carrots
- 1 - 1/4 cups shredded broccoli slaw
- 1 cup bean sprouts
- 2 tbsp chopped peanuts
- 1 lime, sliced
- cilantro for garnish, optional

#### INSTRUCTIONS

For the peanut sauce: Combine 1 cup chicken broth, peanut butter, sriracha, honey, 2 tbsp soy sauce, ginger, and 3 cloves crushed garlic in a small saucepan and simmer over medium-low heat stirring occasionally until sauce becomes smooth and well blended, about 5-10 minutes. Set aside.

Boil water for the noodles cook pasta according to package instructions.

Heat sesame oil in skillet, add 2 cloves crushed garlic, scallions, carrots, broccoli slaw and/or bean sprouts and salt, sauté until tender crisp, about 1-2 minutes.

Drain noodles and toss with peanut sauce and additional chicken broth if needed to loosen the sauce. Divide noodles between 6 bowls, top with sauteed vegetables, bean sprouts, chopped peanuts and garnish with cilantro and lime wedges.

## **Green Bean Casserole – Laurel Cerruti**

2 (10.5 oz.) cans Campbell's Cream of Mushroom Soup

1 cup milk

2 tsp. soy sauce

¼ tsp. ground black pepper

2 (28 Oz.) cans cut green beans, drained

2 1/3 cups French's Crispy Fried Onions

Stir soup, milk, soy sauce, black pepper, beans and 1 1/3 cup onions in 3 quart baking dish. Bake at 350°F for 25 minutes or until hot and bubbling. Stir bean mixture. Sprinkle with remaining onions.

Bake for 5 minutes or until onions are golden brown. Serve.

## **Zucchini Bake – Laurel Cerruti**

2 T. olive oil

1 green pepper, chopped

¼ tsp. minced garlic

2 med. To lg. zucchini, sliced

¼ tsp. crushed red pepper

1 ½ c. Hunts Four Cheese Pasta Sauce

1 lg. onion, chopped

2 c. shredded mozzarella cheese

Heat olive oil over medium heat in a large saute pan. Add garlic, crushed red pepper, onions and peppers. Cook until onions are translucent. Add zucchini slices and saute until tender but firm. In a bowl, mix pasta sauce and 1 cup of the cheese. Stir into vegetables. Pour into a 9 X 13 inch baking dish and top with remaining cup of cheese. Broil until the cheese browns.

## **Broccoli & Cheddar Noodle Casserole – Gertrude Creed**

1 package (12 ounces) dry wide egg noodles

3 tablespoons margarine or butter, divided

2 cups chopped onions

4 cups broccoli flowerets

1 can (14.5 ounces) Contadina Stewed Tomatoes, undrained

1 can (6 ounces) Contadina Tomato Paste

1 package (1 ½ ounces) spaghetti sauce seasoning mix

2 cups of water

1 teaspoon garlic salt

1 ½ cups (6 ounces) shredded cheddar cheese

½ cup Contadina Seasoned Italian Bread Crumbs

1. Cook noodles according to package directions; drain.
2. Meanwhile, melt 2 tablespoons margarine or butter in 5-quart saucepan; saute onions until tender.
3. Stir in broccoli, undrained tomatoes, tomato paste, seasoning mix, water, and garlic salt. Bring to a boil. Reduce heat, simmer uncovered for 10 minutes, stirring occasionally. Stir in cooked noodles.
4. Layer half of the noodle mixture in 13 x 9 x2 – inch baking dish. Sprinkle with cheese. Layer with remaining noodle mixture.
5. Melt remaining 1 tablespoon of margarine or butter; stir in crumbs. Sprinkle over casserole; cover and bake in preheated 350-degree oven for 20 minutes. Uncover and bake an additional 5 minutes.

## **Roasted Vegetables with Fettuccine – Gertrude Creed**

2 pounds of assorted vegetables (any combination of the following cut into 1” chunks: zucchini, yellow squash, bell peppers, carrots, celery, onions, and mushrooms)

1 envelope of Lipton Recipe Secrets Savory Herb with Garlic Soup Mix or Lipton Recipe Secrets Golden Onion Soup Mix

3 tablespoons Bertolli olive oil

½ cup light cream, whipping or heavy cream, or half-and-half

¼ cup grated parmesan cheese

8 ounces of fettuccine or linguine, cooked and drained.

Preheat oven to 450 degrees. In 13 x 9 inch baking or roasting pan, combine vegetables, soup mix, and oil until evenly coated.

Bake uncovered, stirring once, 20 minutes or until vegetables are tender. Stir in cream and cheese until evenly coated.

Toss with hot fettuccine. Serve, if desired, with additional grated parmesan cheese and freshly ground black pepper.