

PROTEIN RECIPES

TORTILLA CASSEROLE

1/2 lb. ground beef or turkey
1/2 pkg. taco seasoning
1 c. frozen corn
1 c. grated Cheddar cheese
1 - 8oz. can tomato sauce
1 small can sliced black olives
3-4 corn tortillas

Brown meat and drain fat. Add taco seasoning, tomato sauce, corn, olives and 3/4 c. grated cheese. Layer ingredients - put 1 tortilla in small casserole dish. Layer with part of meat sauce and more tortillas. Top with sauce and then the remaining cheese. Cover and bake at 350°F for 30 minutes or use microwave if time is a factor.

CHILI

1 large can (1 lb.) chili beans	
1 lb. hamburger	1 tbsp. chili powder
1/2 tsp. salt	1/2 chopped onion
1 1/2 tbsp. Worcestershire sauce	1/2 tsp. cumin
8 oz tomato sauce	1/2 tsp. oregano

Brown hamburger with onion. Drain fat. Add remaining ingredients including drained beans. Cook until well blended and heated through.

MEAT LOAF

(This can be a one or two day event.)

1 lb. hamburger	ketchup
2 eggs	1/2 cup tomato or mushroom soup
1/2 cup oatmeal	
1 pkg. dried onion soup mix	

Mix together. Put in loaf pan. Top with ketchup or tomato or mushroom soup. Bake at 350°F for 45 minutes to 1 hour.

CHICKEN NOODLE SOUP

Makes enough for 2 servings.

1/2 tsp. or 2 cubes chicken bouillon	1 Tbsp. minced onion
dash pepper	1/4 bay leaf
1/4 tsp. salt	1/4 cup frozen vegetables, thawed
1 chicken leg pre-cooked	
1/4 cup uncooked noodles	

Cut pre-cooked meat into cubes, discard bones and skin. Skim fat from broth obtained from boiling the chicken. Heat chicken meat and broth for 15 minutes. Add remaining ingredients and cook for 10 minutes or until noodles are done.

HAMBURGER NOODLE STROGANOFF

1 lb. ground beef	1/2 cup water
1/2 cup chopped onion	1/2 tsp. paprika
1 can (10 3/4 oz.) cream of mushroom soup	1/2 tsp. salt
1/2 cup sour cream	1/8 tsp. pepper
	2 cups cooked noodles
	tomato slices
	buttered bread crumbs

Cook noodles according to package directions.

In skillet, brown beef and onion and cook until tender. Stir to separate meat; pour off fat. Add remaining ingredients except tomatoes and bread crumbs. Pour into 1 1/2 quart shallow glass baking dish (10x6x2 inches). Bake at 400°F for 25 minutes or microwave on HIGH for 10 minutes, stir and cook an additional 8 minutes or until hot; stir. Garnish with tomato slices and buttered bread crumbs to last 5 minutes of baking if desired. Makes about 4 1/2 cups.

TUNA PINWHEEL

1 cup Bisquick or other quick mix	1/4 cup tuna
1/4 cup water	1 tbsp. butter
1 tbsp. chopped pickles	

Mix together water and quick mix. Turn dough on wax paper. Knead gently 6 times. Roll into a circle. Spread butter on dough. Sprinkle on tuna and pickle. Roll up and cut crosswise in slices. Bake at 450°F for 15-20 minutes.

Heat and serve over pinwheels:
1/3 cup cream of chicken soup
1/4 cup milk

LASAGNA CASSEROLE

1/2 lb. ground beef	1/4 tsp. seasoned pepper
1/2 tsp. seasoned salt	1 8 oz. can tomato sauce
1/4 lb. lasagna noodles	1/2 cup spaghetti sauce
1/4 lb. Mozzarella cheese	1/4 cup Parmesan cheese
1/4 lb. Ricotta cheese	1/2 clove garlic, crushed

Brown meat, add salt, garlic and pepper. Add tomato sauce and spaghetti sauce. Stir thoroughly and simmer for five minutes. Boil lasagna. Pour 1/4 of meat mixture into a 2" baking dish. Cover with cooked noodles. Arrange 1/2 of the cheeses on top. Add remaining meat and top with remaining cheese. Bake at 350°F for 15-20 minutes. Makes 3-4 servings.