

**Please use one of these two recipes. Happy baking!**

**Chicken and Rice:** Serves 8 - 10

***Ingredients:***

- 1 cup rice
- 1 cup water
- 2 cans cream of mushroom soup
- 1 small can of sliced mushrooms
- 10-12 pieces of chicken
- 1 package dry onion soup mix
- 1 tsp. paprika

Mix together rice, water, cream of mushroom soup and sliced mushrooms. Pour into casserole pan. Place chicken on top and sprinkle with paprika and onion soup mix. Cover tightly with aluminum foil and bake for 45 minutes at 350 degrees. Remove foil and bake for another 45 minutes. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.

**Creamy Bean and Potato Casserole with Carrots (vegetarian):** Serves 8-10

***Ingredients:***

- 8 cups prepared vegetarian refried beans\*
- 4 cups canned, drained sliced potatoes
- 3 cups canned, drained sliced carrots
- 2 cups canned tomatoes with juice
- 1 Tablespoon black or white pepper

Preheat oven to 375 degrees. In a large baking dish, place a thin, even layer of refried beans. Top with a thin layer of potatoes, then carrots, then tomatoes. Repeat until all ingredients are used. Sprinkle pepper on top. Cover and bake in oven for 15-20 minutes or until thoroughly heated. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.

\*Note: many brands of canned refried beans are vegetarian, having no lard or animal fat; just read the label and ensure vegetable oil is used rather than lard. If preparing your own refried beans, mash cooked, red or white beans with a small amount of oil (hot water may be used rather than oil).