

# SUPER CASSEROLES

## CHICKEN AND CHEESE CASSEROLE

### Ingredients:

2 cups uncooked elbow  
macaroni  
2 5-oz. cans of chicken chunks  
2 cups shredded cheddar  
cheese  
2 cups milk  
2 cans cream of chicken soup  
4 oz. sliced mushrooms  
1/4 cup chopped onion

### METHOD

Preheat oven to 350 degrees.  
In a large bowl, mix all seven  
ingredients together. Pour into a  
9x13 baking pan. Bake at 350 for  
45 minutes or until bubbly and  
golden brown.

**Jeanette Kleinsasser,**  
Iroquois

## ONE DISH CHICKEN AND RICE

### Ingredients:

1/2 to 1 cup onion, chopped  
1/4 to 1/2 cup green and/or red bell  
pepper  
1 can cream of chicken soup (or  
cream soup of your choice)  
1/2 cup milk  
1/2 tsp. salt  
1/4 tsp. pepper  
1/3 cup mayonnaise  
2 cups chicken, cooked and chopped  
1 cup peas (frozen)  
2 cups cooked white rice  
1 cup shredded cheddar, divided

### METHOD

Preheat oven to 350 degrees. Lightly  
grease a 9-inch x 13-inch baking dish  
and set aside. Sauté onion and bell  
pepper in olive oil or butter. Blend  
soup, milk, salt, pepper, and mayo in  
a bowl. Add chicken, peas, sauteed  
onions and peppers, and rice to the  
prepared baking dish. Mix gently.  
Pour soup over chicken mixture. Mix  
gently. Fold in half of the cheddar.  
Top with remaining cheese. Bake  
until top is golden brown, about 25  
minutes.

**Becky Walker,** Sioux Falls

## TUNA PASTA CASSEROLE

### Ingredients:

4 oz. dried whole-wheat rotini  
pasta (about 1-1/2 cups)  
Nonstick cooking spray  
16 oz. frozen mixed vegetables,  
thawed  
1 pouch (11 ounces) low-sodium  
chunk light tuna  
1 can (10-3/4 oz.) low-fat, low  
sodium condensed cream of  
chicken soup  
1/2 cup chopped roasted red bell  
peppers  
1/2 cup fat-free half-and-half  
1 tsp. all-purpose, salt-free sea-  
soning blend  
3/4 cup crushed low-sodium,  
whole-grain crackers  
1/4 cup shredded or grated  
Parmesan cheese

### METHOD

Prepare pasta according to  
package directions, omitting  
salt. Using colander, drain well.  
Transfer to large bowl. Preheat  
oven to 350 F. Lightly spray  
2-quart glass baking dish with  
nonstick cooking spray. Stir  
mixed vegetables, tuna, soup,  
roasted peppers, half-and-half  
and seasoning blend into pasta  
until combined. Transfer to  
baking dish. Top with crackers  
and Parmesan cheese. Bake,  
uncovered, 25-30 minutes, or  
until casserole is warmed through  
and topping is golden brown.

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