

## **BEEF & NOODLE CASSEROLE**

5 pounds extra lean ground beef  
1 large onion (chopped fine)  
1 green pepper (chopped fine)  
5 cups celery (chopped fine)  
1 tablespoon garlic powder  
1 tablespoon parsley flakes  
1 tablespoon salt  
1 tablespoon pepper  
3 (14 ½ oz.) cans petite cut diced tomatoes  
4 (10 ½ oz.) cans 98% fat free cream of celery soup  
1 (16 oz.) package all natural whole grain wide egg noodles (cooked and drained)

Cook meat, onion, green pepper, and celery until the meat is brown and the vegetables are tender. Stir in garlic powder, parsley flakes, salt, and pepper. Add the diced tomatoes, soup, and cooked noodles. Pour into full size steam pan.

Do not bake; we will bake at Hesed House.

## CHICKEN TETRAZZINI

4 (10 ¾ oz.) cans Campbell's Healthy Request Cream of Mushroom soup  
2 (14 ½ oz.) cans College Inn Light & Fat Free (50% less sodium) chicken broth  
4 cups low-fat milk  
¼ cup lemon juice  
2 (9 oz. dry wt.) jars sliced mushrooms (drained)  
8 cups bite-size pieces cooked chicken  
3 tablespoons garlic powder  
2 teaspoons pepper  
½ teaspoon nutmeg  
2 pounds spaghetti, cooked al dente, and drained  
2 (5 oz.) packages shredded Parmesan cheese

Blend soup, chicken broth, milk, and lemon juice in large pan over medium heat until smooth. Add the mushrooms, chicken, garlic powder, pepper, and nutmeg. Stir in the spaghetti. Pour into a full size foil pan. Sprinkle with parmesan cheese.

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## **CHEESY CALIFORNIA BLEND**

- 2 (4 lb.) -or- 8 (16oz.) packages California blend vegetables (Birds Eye 4 lb. packages at WalMart and Sam's Club are premium cut)
- 2 (10 ¾ oz.) cans Campbell's Healthy Request Cream of Chicken soup
- 1 (14 ½ oz.) can College Inn Light & Fat Free (50% less sodium) chicken broth
- 4 (5 oz.) packages shredded Parmesan cheese

Cook and drain vegetables according to directions on package. Pour into full size steam pan. Combine soup, chicken broth and cheese and spread over vegetables.

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## **CARROT SALAD**

6 cups grated carrots  
1 ½ cups raisins  
3 (8 ¾ oz.) cans water packed pineapple tidbits (drained)  
1 cup low fat mayonnaise

Combine ingredients.  
Please put in a baggie instead of a foil pan.

## **HONEY CUCUMBER SALAD**

1 cup white vinegar  
¼ cup honey  
2 green peppers (diced)  
8 cups cucumbers (peeled and sliced thin)

Combine vinegar and honey; pour over cucumbers and peppers.  
Please put in a baggie instead of foil pan.

## **COLD VEGETABLE DISH**

2 baskets cherry tomatoes  
2 bunches broccoli (fresh and cut up)  
2 heads cauliflower (fresh and cut up)  
1 (16 oz.) bottle fat free Italian salad dressing

Combine ingredients.  
Please put in a baggie instead of a foil pan.

## **BROCCOLI CASSEROLE**

Nonstick cooking spray

6 (16 oz.) packages frozen chopped broccoli (defrosted)

8 eggs

4 (10 ½ oz.) cans 98% fat free cream of celery soup

3 medium onions (chopped fine)

1 teaspoon garlic powder

1 teaspoon pepper

1 stick reduced fat margarine

6 cups stuffing mix

Spray a full size steam pan with nonstick cooking spray and place the broccoli in the pan. Mix the eggs, soup, onion, garlic, and pepper together and pour over the broccoli. Melt the margarine and stir it into the stuffing mix. Pour the stuffing over the broccoli and spread evenly.

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## **TACO NIGHT RECIPES**

### **TACOS**

5 lbs extra lean ground beef browned and seasoned with 5 packets of mild taco seasoning; place in a gallon baggie. Also chop 5 tomatoes and put in a separate baggie. Please both in refrigerator at Knox. Thank you!

### **CORN SALAD**

6-11 oz cans Mexicorn (drained)  
2 green peppers (chopped)  
2 onions (chopped)  
1-16 oz bottle fat free Italian salad dressing

Combine ingredients.  
Please put in a baggie instead of a foil pan

### **FIESTA SALAD**

5-11 oz cans Mexicorn (drained)  
1-15 oz can kidney beans (rinsed and drained)  
1 ¼ cup prepared salsa

Combine ingredients.  
Please put in a baggie instead of a foil pan.

### **GREEN BEAN SALAD**

4 (16 oz) cans French style green beans (drained)  
32 cherry tomatoes (halved)  
16 fresh green onions (sliced)  
1 (16 oz) bottle French dressing

Combine ingredients.  
Please put in a baggie instead of a foil pan.