



Dumbarton United Methodist Church

Seasonings of the Spirit

CASSEROLES and ONE-DISH MEALS

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Black Bean & Rice Lasagne



"CARNOUSTIE" CAKE

Carolyn McIntyre

--A Scottish recipe in honor of the Alexanders and Brunkows and all others with Scots heritage

3 strips of bacon
1 c. grated Cheddar cheese
6 to 8 slices white bread (old)
2 c. chopped leftover ham or pork
4 eggs
2 c. milk

Fry bacon, drain and crumble. Use some of bacon grease to grease an 11-3/4 x 7½ x 1-3/4 inch baking dish. Arrange bread slices on bottom and up the sides of dish, press down firmly, sealing edges of slices to form a shell. Beat eggs in large bowl. Add bacon and remaining ingredients. Pour into bread shell. Bake in 350° F. oven for about 40 minutes, until filling is firmly set. Cool slightly before cutting into squares to serve. Makes 6 to 8 servings.

SAUSAGE-EGG CASSEROLE

Barb Gilbert

--I think we had this for the spring retreat '82 It's very easy and can be made ahead if you are expecting company for breakfast or brunch-

8 slices bread, cubed
6 eggs
2 c. sharp cheese, grated
3/4 tsp. dry mustard
1½ lb. bulk sausage, cooked
2½ c. milk
½ c. milk
1 c. condensed cream of mushroom soup

Layer bread, cheese and sausage in a 9x13-inch casserole. Beat eggs, mustard and 2½ c. milk together and pour over the ingredients in the casserole. Refrigerate overnight. When ready to bake, combine remaining ingredients and pour over casserole. Bake at 350° F. for 50 to 60 minutes or until set. Serves 8.

OVEN OMELETTE

Sookie Alvis

--Serves 4 to 6--

8 eggs

1 c. cheese, shredded

1 c. milk (Cheddar or mozzarella)

½ tsp. seasoned salt

1 T. onion, minced

1 3-oz. pkg. thin sliced corned beef (or ham or chipped beef)

OPTIONAL: chopped mushrooms, green pepper, parsley, garlic, salt and pepper to taste.

Grease an 8x8-inch pan. Mix all ingredients together; may use a mixer. Bake in preheated 325° F. oven for 40 to 45 minutes.

Note: You may make this the night before, refrigerate and then bake in a preheated oven; or bake ahead and reheat in foil.

BREAKFAST SOUFFLE

Debbie Woodcock

1½ lb. mild sausage

9 eggs, slightly beaten

3 slices bread, cubed (1/4-inch)

3 c. milk

1½ c. Cheddar cheese, grated

1½ tsp. dry mustard

1 tsp. salt

Brown sausage in skillet. Drain on paper towels. Mix eggs, milk, mustard and salt. Stir in bread, sausage and cheese. POUR mixture into greased 9x13x2 inch pan (glass) and refrigerate overnight. Bake uncovered at 350° F. for 1 hour. (Could throw in mushrooms, too) Serves 9 to 10.

COTTAGE CHEESE LOAF

Diane Amussen

16 oz. cottage cheese

1 c. cornflakes

4 eggs

1/4 c. margarine (melted)

1 pkg. onion or onion-mushroom soup mix

1 c. chopped walnuts

Beat eggs and soup mix; add rest of ingredients. Bake in loaf pan for 45 minutes in 350° F. oven. This is good for potlucks and picnics. If you are not into cornflakes,

it is easier to buy a package of individual serving boxes to keep on hand for future use. Two boxes make 1 cup.

CURRY FONDUE

Mittie Quinn

1 can (10½ oz.) condensed cream of chicken soup
2 to 3 tsp. curry powder
1/4 tsp. ginger
1 small clove garlic, crushed
3 c. (12 oz.) Swiss cheese, shredded
1 T. all purpose flour
3/4 c. sour cream

Heat soup, curry, ginger and garlic in saucepan. Toss together cheese and flour. Over medium heat, add cheese slowly, stirring until melted. Stir in sour cream. Transfer to a fondue pot. Serve with "dippers"- celery or carrot sticks, apple slices, cubes of pear, ham or chicken, chunks of bread or whole shrimp.

EASY QUICHE

Susan Owens

1 pkg. onion soup mix
3 T. flour
2 c. or ½ lb. Swiss cheese
2 eggs
2/3 c. milk bacon, ham, spinach or other filling
unbaked pie crust

Preheat oven to 375° F. Mix onion soup mix and flour. Add cheese. Beat in eggs and milk. Place chosen filling into bottom of slightly baked pie shell. Pour mixture over filling. Bake for 30 to 35 minutes.

QUICHE

Susan Gilpin

1 onion
6 oz. cheese (Cheddar, Swiss, Monterey Jack, or anything!)
2 eggs
1 c. milk
salt and pepper
sliced tomatoes to lay on top (optional)

Chop onion and saute in a little cooking oil. Grate cheese. Stir in eggs and milk. Add onions, salt and pepper to taste. Pour into pie shell and bake at 350° F. for 45 minutes or until puffy and brown. Serve hot, warm, or cold.

Piecrust:

3/4 c. flour 1 tsp. salt

1/4 c. shortening water, little by little

Mix flour and salt in a little bowl. Cut in shortening with a fork. Add just enough water to make a ball. Roll into a circle using lots of flour on the board and rolling pin. Place in pie plate.

QUICK QUICHE

Betty Lou Winslow

1 unbaked 10-inch pie shell

6 strips bacon, cooked crisp and crumbled

6 egg yolks

1 10-3/4 oz. can Cheddar cheese soup

dash of tabasco

6 egg whites, stiffly beaten

Crumble bacon into shell. Beat egg whites stiff; set aside. Combine soup, egg yolks, tabasco. Fold in egg whites. Pour into pie shell. Bake in preheated 325° F. oven for 40 minutes.

QUICHE LORRAINE

Pam Thielmann

1 unbaked pie crust

4 eggs

6 slices bacon

2 c. half & half

1 c. grated Swiss cheese

3/4 tsp. salt

1/3 c. onion, chopped

1/4 tsp. sugar

1/8 tsp. pepper

Fry bacon and crumble into pie crust. Spread cheese and onion over bacon. Mix remaining ingredients and adjust seasonings to taste. Pour into pie crust. Bake at 425° F. for 15 minutes. Reduce heat to 300° F. and bake for 30 minutes more. Let stand for 10 minutes before serving.

Pie Crust:

1-1/3 c. flour 1/2 c. shortening

1/2 tsp. salt 3 to 4 T. cold water

Mix flour and salt together. Cut shortening into the dry ingredients using two knives or a pastry blender. Add enough cold water to make the dough stick together. Roll out dough and place into pie tin.

SPINACH RICOTTA CHEESE PIE

Beth Taylor

Pie crust:

2 c. flour (whole wheat works well)
2/3 c. shortening
5 to 7 T. water
1 tsp. salt

Spread crust in deep dish pan or casserole. Brown in hot oven. (425° F.)
Cook two 10-oz. pkg. spinach until tender. Drain (squeeze) to remove excess water and put aside. In saucepan, saute 1 small onion, ½ green pepper, and 1 clove garlic (minced) in T. butter. In a large bowl place 1 15-oz. container ricotta cheese, 1 c. light cream or half & half, 3 slightly beaten eggs, and ½ c. Parmesan cheese. Stir in onion/pepper/garlic mixture and add 1/4 tsp. nutmeg, ½ tsp. salt and pepper to taste. Stir spinach into egg and cream mixture. Pour into pie shell and bake 50 minutes at 350° F. Serves 6.

SPINACH-ZUCCHINI QUICHE

Diane Amussen

1 10-inch pie shell (or 9-inch frozen pie shell)
3/4 c. chopped spinach
½ c. diced zucchini
½ c. chopped scallions
1/4 c. minced parsley
½ c. chopped celery
1 tsp. thyme
2 T. margarine
1 tsp. marjoram
4 eggs
salt and pepper
2 c. ricotta or drained cottage cheese

Saute scallions and celery in margarine and let them cool. Beat eggs and ricotta or cottage cheese; add sauteed vegetables. Stir in spinach, zucchini, parsley, thyme, marjoram, salt and pepper. Pour into pie shell and bake in 350° F. oven for 1 hour. Serve hot or cold. This is very rich and elegant if you use ricotta; more homespun with cottage cheese. When I use a frozen pie shell, I have more ingredients than will fit, so I bake the remainder in a small oven dish.

NEW HAVEN LASAGNE D'ITALIA

Judy Birch

½ lb. lasagne noodles
1 T. minced parsley
2 T. oil
2 6-oz.cans tomato paste
2 minced garlic cloves
2 beaten eggs
1 chopped medium onion
1 pint cottage cheese
1 lb. ground beef ½ lb. mozzarella cheese
2½ tsp. salt
¼ c. Parmesan cheese
½ tsp. each basil and oregano
¼ tsp. pepper

Cook noodles in salted water about 15 minutes. Drain. Heat oil in skillet; cook garlic and onion until soft. Add beef and seasonings and cook until crumbly. Add tomato paste and hot water. Simmer 5 minutes. Set aside. Blend beaten eggs with cottage cheese in a bowl. In 9x12-inch pan, put thin layer of meat sauce, half the noodles, all the cottage cheese-egg mixture and half the mozzarella cheese. Repeat with half remaining meat sauce, rest of noodles, remainder of sauce and mozzarella cheese. Sprinkle with Parmesan cheese. Bake at 350° F. for 30 minutes. Let cool 10 minutes. Makes 8 servings.

VEGETARIAN LASAGNE

Diane Amussen

("Simple Meal" recipe)

¼ c. olive oil
juice of ½ lemon
2 medium onions
1 tsp. dried basil
3 cloves garlic, chopped
1,/. tsp. marjoram
1 carrot, trimmed and chopped
f/~2 tsp. oregano
1 stalk celery with leaves
1½ tsp. allspice
(chopped fine)
1 tsp. salt
½ tsp. freshly ground pepper
1 lb. mushrooms, chopped
1 lb. mozzarella cheese grated
¼ c. chopped parsley
1 10-oz. pkg. frozen spinach
9 to 12 lasagne noodles

6 oz. tomato paste
1 lb. ricotta cheese
28-oz. can whole tomatoes
½ c. Parmesan cheese, grated

Heat olive oil in large dutch oven. Add onions and garlic and cook over medium heat until soft. Add carrot, celery and mushrooms and cook until mushrooms gives-up their liquid and are quite dark. Add parsley, frozen spinach (no need to cook it first), tomato paste, tomatoes, lemon juice and seasonings. Simmer, uncovered, about 45 minutes. The sauce should be thick. Grate mozzarella and set aside. Boil 4 quarts water in a large pot and add the noodles. Cook until they are fairly limp but still not cooked through, about 5 . minutes. Drain and set aside. In a 9x13-inch baking dish, spread about ¾ c. of tomato sauce. Cover with noodles. Spread 1/3 of the ricotta over the noodles, sprinkle with 1/4 of the mozzarella and cover with 1/3 of remaining sauce. Repeat until the last sauce tops the last ricotta cheese and sprinkle the remaining mozzarella over the top. Then sprinkle with Parmesan.

If possible cover and refrigerate overnight. If the lasagne has been refrigerated, allow it to sit out for 30 minutes before baking. Bake lasagne at 350° F. for 30 minutes, or until cheese is browned and bubbling. Allow it to rest 10 minutes before slicing. Note: The sauce may be made a day ahead and refrigerated. (That's what I did for the "Simple Meal.")

AMERICAN CHOP SUEY

Susan Gilpin

--from Bangor, Maine--

Chop 2 to 3 onions and saute until slightly browned.
Add: 1 lb. hamburger ½ tsp. mustard salt a little sugar 2 c. macaroni, cooked 1 can tomato soup
Cook slowly for ½ hour. Serves 4.

RUTH'S LASAGNE

Susan Shands

1 onion, chopped
1 tsp. basil
cooking oil
1 garlic clove, chopped
1½ lb. ground beef
2 tsp. salt
1 large can tomato paste

1 pint cottage cheese
1 c. water
1 egg
12 oz. peeled Italian tomatoes
1 pkg. lasagne noodles
3 T. chopped parsley
1 6-oz. pkg. sliced
1 tsp. oregano mozzarella cheese
2 T. olive oil
1 8-oz. pkg. American cheese grated

Saute onion in cooking oil. Add ground beef. When brown, add tomato paste, tomatoes, water and spices. Simmer 3-0 minutes or until thick. Add cottage cheese to slightly beaten egg. Set aside. Boil noodles in water with salt and olive oil (not longer than 12 minutes). Drain. In a 3quart greased rectangular casserole, layer the noodles, cottage cheese mixture, sauce and sliced cheeses into two or three layers. Top layer should be sliced cheese. Sprinkle Parmesan cheese on top. Bake 30 minutes at 350° F. May be frozen. Serves 8.

JOHNNY MARZETTI

Jeff Hoover

1 lb. ground beef
½ c. celery, chopped
16 oz. seashell macaroni
1 10-oz. can each of tomato and mushroom soup
½ green pepper, chopped
1 large onion, chopped
Worcestershire sauce
about 2½ soup cans of water
Brown beef, onions, celery, and peppers. Cook macaroni, drain well and combine all in casserole. Bake 350° F. for 1 hour. Add grated cheese if desired during last 10 minutes.

MACARONI and CHEESE

Carolyn McIntyre

Small (2 qt. casserole)
2 c. macaroni (uncooked)
½ lb. sharp cheese
2 eggs
2-2/3 c. milk
paprika, salt, pepper

Large (3 qt. casserole) -
3 c. macaroni (uncooked)
¾ lb. sharp cheese
3 eggs
4 c. milk
paprika, salt, pepper

Cook macaroni according to instructions on box. Drain. Shred cheese. Beat eggs in large pan. Add milk and cheese, mixing well. Stir in the macaroni. Season with

salt, pepper and paprika. Pour into a greased casserole dish. Bake at 350° F. for one hour.

MACARONI BAKE

Suzanne Gell

1 8-oz. box elbow macaroni
1 10½-oz. can consomme
2 T. butter or oleo
1 6-oz. can tomato paste
1 large onion
1 tsp. salt
1 large green pepper
1 T. sugar
1 T. flour
1/4 c. Parmesan cheese

Cook macaroni in boiling, salted water until tender. Drain thoroughly. Preheat oven to 375° F. and get out a medium sized casserole. Melt 1 T. butter in saucepan. Toss in finely chopped onion and green pepper and cook until limp. Stir in flour as smoothly as possible, then add consomme, tomato paste, ½ c. water, salt and sugar. Cook, stirring constantly until sauce begins to bubble. Pour over macaroni, add half the cheese and mix gently. Transfer to casserole, sprinkle top with remaining cheese, dot with remaining butter and bake 30 minutes. Serves 6.

LENTIL CASSEROLE

Carolyn McIntyre

1½ lbs. lentils
1 qt. tomatoes (with juice)
2 lbs. ground beef (or lamb)
8 medium onions, sliced
½ lb. mushrooms
½ tsp. marjoram (optional)
8 slices bacon Parmesan cheese

Boil lentils one hour in salted water to cover. (May need to add more water.) Stir occasionally. Fry bacon. Remove, drain and crumble. Fry onions in bacon fat until soft. Remove, drain. Saute mushrooms and drain. Fry meat and remove from fat. Mix all ingredients except tomatoes and cheese. Season with salt, pepper and marjoram. Pour into casserole. Pour tomatoes on top. Sprinkle with Parmesan cheese. Bake at 350° F. for 45 minutes. Serves 10.

MOUSSAKA

Lorette Picciano

1 lb. spinach, cooked and drained
2 large eggplants, sliced

3 T. olive oil
1 large onion, peeled and chopped
4 cloves garlic, crushed
1 lb. ground beef, cooked (ground lamb if you prefer)
1 tsp. cinnamon
½ tsp. nutmeg
black pepper
6-oz. can tomato paste
1 lb. potatoes, sliced and parboiled
1 egg yolk
allspice and nutmeg
1 pint hot bechamel sauce (see recipe below)

Steam eggplant slices in a covered wok or large frying pan, carefully arranging them to hold shape. Use as little water as possible and remove from heat when just soft. Leave covered. Heat olive oil. Add onion and garlic; fry until soft. Add ground beef, cinnamon, nutmeg and pepper (salt if you wish). Stir in tomato paste, cook 5 minutes, remove from heat. In 13x9-inch casserole, make alternating layers of drained eggplant, meat mixture, and spinach. Make final layer eggplant. Cover with potato slices and bechamel sauce, to which egg yolk and spices have been added. Bake for 30 minutes at 375° F.

Bechamel Sauce:

2½ c. milk	6 peppercorns
1 bay leaf	½ tsp. mace

Scald these four ingredients and let sit for 10 minutes; strain. Melt 4 T. butter, stir in ½ c. flour; cook for 1 minute. Remove from heat, add milk mixture. Simmer 1 to 2 minutes, until thick. Season with pepper.

CHINESE PORK AND RICE

Nancy Milton

2/3 c. rice	1 onion, chopped
2 T. oil celery, several stalks,	1 tsp. salt chopped
1 ½ c. boiling water	1 green pepper, chopped
1 bouillon cube	1 c. cooked pork, diced
2 tsp. soy sauce	

Cook rice in hot oil until golden brown. Add salt, water, bouillon cube, soy sauce. Cover and cook 20 minutes. Add vegetables and meat, and 1/4 c. more water if needed. Cover and cook 10 minutes more. Serves 2 to 3.

SAUSAGE CASSEROLE

Sally Shortt

1 lb. ground pork sausage (spicy hot)

1 6-oz. box "Long Grain and Wild Rice," prepared
1 can sliced water chestnuts
1 pkg. slivered almonds
1 can cream of mushroom soup
chopped onion and mushrooms (optional)

Brown sausage (with onion and mushrooms if using them). Drain grease. Mix all ingredients and bake in casserole dish at 350° F. for about 30 minutes.

PASTEL DE CHOCCO (Corn Pudding)

Joe Eldridge

-- A recipe from Chile--A kind of national dish--

"Pino"

2 onions
1½ lb. ground beef
cumin, basil, bay leaf, salt and pepper

"Pastel"

1 large bag frozen corn (thaw first)
1 c. milk
1 tsp. powdered sugar
1 T. butter
8 black olives
1 tsp. flour
1 handful of raisins
4 egg yolks
2 boiled eggs
4 egg whites

For the "Pino," saute onions and brown ground beef. Season to taste. For the "Pastel," grind thawed corn in blender. Cook corn, milk, flour and butter in pan. Beat yolks and whites separately (like meringue) and add to corn mixture. Place in buttered casserole in this order, bottom up: 1) meat 2) raisins, olives, sliced hard boiled eggs 3) corn mixture 4) sprinkle with powdered sugar. Bake at 350° F. until top is golden brown.

TURKEY ENCHILADAS

Nettie Ruth Bratton

--A very good way to use your left-over turkey!--

1 medium onion, chopped
1 small can green chilies
2 to 3 T. oleo
2 to 3 c. turkey or chicken, boned and diced
1 can cream of chicken soup
1 c. chicken broth
1 pkg. corn tortillas

1 can cream of mushroom soup
1 lb. cheddar cheese

Brown onions in oleo. Add soup, broth, seasonings, and turkey. Tear tortillas in quarters. Alternate layers of tortillas, chicken (turkey), sauce and cheese. Bake 30 minutes at 350° F.

MACCA DELLA DOGLIA'S TUNA GOOMPAH

Rob MacDougall

--This is basically a broccoli timbale--

6 T. butter or margarine
dill to taste
1 to 2 medium onions, chopped
1 tsp. powdered mustard
3/4 c. grated parmesan or romano
2 T. curry powder
9-oz. can of tuna
1 tad Old Bay seasoning
8 eggs
1 tsp. salt
1-1/4 c. milk
2 lb. chopped broccoli

Butter one 2 qt. casserole and line bottom with buttered wax paper. Boil chopped broccoli 5 minutes; plunge into cold water (not you, the broccoli); drain. Reserve 3 to 6 flowerettes.

Heat remaining butter, saute onions until tender, add broccoli, stir constantly, adding dill, mustard, curry, salt, and enough Old Bay for bizarr-o effect.

Beat eggs in large bowl; add milk. Add "goompah" mixture; TASTE and adjust to desired flavor (depending on whether you want your guests to accept your next invitation). Transfer to casserole. Pray.

Bake at 375° F. for 40 minutes, or until set and firm. Remove dish, invert onto serving dish. Garnish with reserved broccoli flowerettes, and sliced cherry tomatoes if you like. Serves 4 to 6 famished Dumbartonians or one large dog. (I made this for the Marshall Dunlap send-off potluck luncheon")

CRAB/CASHEW CASSEROLE

Jessma Blockwick

1 large can Chinese noodles
1 c. mushroom soup
1/4 c. water

1 lb. canned crabmeat
1/4 lb. cashew nuts
1 c. finely diced celery
1/4 c. minced onion dash pepper (no salt needed if nuts are salted)

Set aside 1/2 c. noodles. Combine other ingredients and put in casserole. Sprinkle the 1/2 cup noodles on top. Bake at 350° F. for 45 minutes. (You can substitute a can of tuna or chicken for the crab.)

SHRIMP CASSEROLE

Susan Owens

2 1/2 lb. raw shrimp or 1 1/2 lb. frozen shrimp (uncooked)
3/4 c. Uncle Ben's rice
1 T. lemon juice
1/4 c. green pepper, minced
3 T. salad oil
1/2 c. sliced mushrooms
2 T. butter
1 tsp. salt
1/4 c. onion, minced
1/8 tsp. mace
1/2 c. sherry wine
1 can tomato soup
1/8 tsp. pepper
3/4 c. almonds (slivered)
dash red pepper
1 c. heavy cream

Preheat oven to 350° F. Cook shrimp in boiling salt water for 5 minutes, drain. Place in 2-quart casserole, sprinkle with lemon juice and oil. Refrigerate. Cook rice, drain and refrigerate.

Saute onion and pepper in butter for 5 minutes. Add rice, salt, pepper, mace, red pepper, soup, cream, sherry and 1/2 c. almonds to shrimp in casserole. Reserve 6 shrimp. Mix lightly but thoroughly. Bake for 35 minutes. Remove from oven. Top with reserved shrimp and remaining almonds. Bake 20 minutes longer. Mace is necessary for success of recipe.

EASY EGGPLANT PARMESAN

Diane Amussen

1 medium eggplant, peeled and sliced
1 jar spaghetti sauce
1 egg, slightly beaten, with a little milk added

whole wheat flour
4 T. margarine or margarine/oil mixture
½ lb. mozzarella, sliced
grated Parmesan cheese

Dip eggplant slices in egg-milk mixture, then roll in flour and brown in margarine/oil. Arrange some slices at the bottom of a baking dish, cover with half the spaghetti sauce, then add a layer of mozzarella. Repeat procedure and top with Parmesan. Bake in 350° F. oven for ½ hour.

Vary quantities according to size of eggplant: you may need to go to 2 eggs, a larger jar of spaghetti sauce, and 1 lb. of mozzarella. This does very well at potlucks!

L.A. CITY SCHOOLS' ENCHILADAS

Nancy Eddy

2 c. tomato puree
2-1/3 c. water
2 T. chili powder
1 tsp. salt
2 T. sugar

1 lb. Cheddar cheese, grated
½ c. chopped onions
1 bunch green onions, sliced
1 dozen corn tortillas
½ c. oil

Combine first 5 ingredients in saucepan. Boil, then simmer 30 minutes. Put 2 c. of this sauce into a baking dish. Combine about 3½ c. of cheese, onions and ¾ of the sliced green onions. Dip tortillas in hot oil to make limp, then dip into remaining enchilada sauce. Fill each tortilla with ¼ c. cheese mixture, roll tightly and place seam down in dish with sauce in it. Sprinkle rest of cheese on top. Bake 5 minutes at 350° F. to melt cheese. Use rest of sauce to pour over enchiladas at the table.

JALAPENO HOOTENANNY

Louella Wells

1 c. raw brown rice
1 large onion
1/3 c. lentils
1 large green pepper
1 tsp. salt
1 carrot, cut in
pepper small pieces

Cook rice, lentils, salt and pepper together for one hour. Saute onion, pepper, and carrots and add to above. Layer in greased casserole: one-half of the rice-vegetable mixture 1 c. low-fat cottage cheese 4 oz. Monterey Jack cheese with jalapeno peppers, grated other half of rice mixture

Top with extra sharp Cheddar cheese and paprika. Bake in 350° F. oven for 30 minutes. Serves 4.

VEGETARIAN SPANISH RICE

Louella Wells

Cook for one hour:

1 c. brown rice

1/3 c. lentils

2 c. water

1 tsp. salt

Chop, saute and add to above:

3 T. margarine

1 c. onion

1 c. celery

2/3 c. green pepper

Also add:

2 c. freshly cooked tomatoes, garden fresh if possible

1 tsp. salt

1½ tsp. chili powder

½ tsp. Worcestershire sauce

Mix all and put into a casserole. Top with grated sharp Cheddar cheese. Bake in a 350° F. oven for 25 to 30 minutes.

BLACK BEAN and RICE LASAGNE

Shirley Miekka

3/4 c. dry black beans, soaked overnight and cooked 2 hours

1½ c. brown rice, cooked 20 to 25 minutes, drained

1 c. chopped onion

2 to 3 cloves garlic, minced

½ lb. mushrooms, sliced

1 tsp. each basil, thyme, oregano

4 T. butter salt, pepper

2 T. tamari or soy sauce
2 c. ricotta or cottage cheese
1 c. mozzarella or jack cheese, grated
3 eggs
tomatoes, thinly sliced
½ c. Cheddar cheese

Saute onions, garlic and mushrooms in butter with spices until onion is soft. Mix rice, beans, onion mixture, salt, pepper and tamari. Mix together ricotta, mozzarella and eggs. In casserole or oblong pan, layer rice and bean mixture alternately with cheese mixture. Top with thin tomato slices. Bake 45 minutes at 350° F. Sprinkle ½ c. grated cheddar over the top (last 10 minutes). Serves 6 to 8.