

Delicious Casseroles Recipes

Chicken Tetrazzini

Serves: 8 - Prep. time: 30 minutes - Cooking time: 30 minutes

Ingredients

- 10 ounces dry linguine, cooked
- 2 tablespoons butter
- ¼ cup all-purpose flour
- 2 ½ cups chicken stock
- 1 ½ cups milk
- ½ cup grated Parmesan cheese, divided
- 1 ounce reduced-fat cream cheese
- Salt and pepper to taste
- 4 teaspoons olive oil, divided
- 1 pound mushrooms, sliced
- 1 medium onion, chopped
- 5 cloves garlic, minced
- 1 teaspoon thyme
- 1 teaspoon marjoram
- ½ teaspoon tarragon
- ½ cup white wine
- 3 cups rotisserie chicken, shredded
- 1 cup frozen mixed vegetables
- Cooking spray
- 2 cups bread crumbs
- ¼ cup fresh parsley, chopped

Directions

1. Preheat the oven to 375°F and prepare a 9x13" baking dish with cooking spray.
2. Melt the butter in a medium saucepan over medium heat. Stir in the flour and cook for 2 minutes, whisking constantly.
3. Gradually add the stock and milk and bring it to a boil. Reduce the heat, and simmer 5 minutes
4. Stir in half the Parmesan cheese, the cream cheese, salt, and pepper. Remove the pan from the heat and set it aside.
5. Heat a large skillet over medium-high heat. Add 1 tablespoon of olive oil to pan; swirl to coat. Add mushrooms and sauté 3 minutes, stirring occasionally. Add the onion, garlic, thyme, marjoram, and tarragon, and combine well.
6. Add the wine, stir, and cook for 1 minute.
7. Combine the cheese sauce, mushroom mixture, pasta, chicken, and vegetables. Spoon it into the prepared pan.
8. Combine the bread crumbs with the remaining Parmesan, and sprinkle it over the casserole.
9. Bake at 375°F for 30 minutes, or until browned and bubbly. Top with parsley.

Nutrition (per serving)

Calories 435, Fat 12 g, Carbs 45 g, Protein 33 g, Sodium 573 mg

Beef Goulash

Serves: 6 - Prep. time: 15 minutes - Cooking time: 2 hours

Ingredients

- 3 tablespoons butter, divided
- 2 pounds beef chuck, cut into chunks
- 2 tablespoons all-purpose flour
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- ½ green pepper, deseeded and thinly sliced
- ½ red pepper, deseeded and thinly sliced
- 2 tablespoons tomato paste
- 2 tablespoons paprika (good quality is essential)
- 1 ½ cups canned tomatoes, drained
- ⅓ cup dry white wine
- 1 ½ cups beef stock
- Salt and pepper to taste
- ⅔ cup sour cream
- 2 tablespoons parsley, chopped
- Mashed potatoes, for serving

Directions

1. Preheat the oven to 350°F.
2. Heat 2 tablespoons of butter in a Dutch oven. Sprinkle the beef with the flour and brown it well, working in batches. Set the browned meat aside.
3. Add the remaining butter to the pot, and cook the onion, garlic, green pepper and red pepper until they are softened, about 5 minutes.
4. Return the beef to the pot and stir in the tomato paste and paprika. Cook, stirring, for 2 minutes.
5. Add the tomatoes, white wine and beef stock. Cover and bake for 1 ½–2 hours, until the meat is tender.
6. Season with salt and freshly ground pepper.
7. Stir in the sour cream and garnish with parsley. Serve with potatoes, if desired.

Nutrition (per serving)

Calories 386, Fat 15 g, Carbs 34 g, Protein 28 g, Sodium 1466 mg

Quick Shepherd's Pie

Serves: 6 - Prep. time: 10 minutes - Cooking time: 25 minutes

Ingredients

- 1 (24 ounce) bag frozen mashed potatoes
- ½ cup milk
- 3 tablespoons butter, divided
- ¾ teaspoon salt, divided
- 12 ounces pork loin, cut into ½-inch pieces
- ½ teaspoon freshly ground black pepper
- 1 medium onion, diced
- 1 (6 ounce) microwavable bag peeled baby carrots
- 1 tablespoon tomato paste
- ⅓ cup dry red wine
- 2 tablespoons all-purpose flour
- 2 cups beef broth
- 1 cup frozen green peas
- 1 tablespoon summer savory
- ½ teaspoon marjoram
- ½ teaspoon rosemary

Directions

1. Preheat the broiler to high.
2. Microwave the potatoes according to the package directions. Stir in the milk, 2 tablespoons of butter, and ¼ teaspoon salt.
3. While the potatoes cook, heat a Dutch oven over medium-high heat. Add the remaining butter to the pan; swirl to coat. Sprinkle the pork evenly with the remaining salt, and season with pepper.
4. Sauté the pork for 6 minutes, turning to brown on all sides, and remove it from the pot.
5. Add the onion and sauté for 4 minutes, stirring occasionally.
6. While the onion cooks, microwave the carrots on HIGH for 1 ½ minutes.
7. Remove the carrots from the bag and slice them into ½-inch pieces.
8. Stir the tomato paste into the onions and cook for 1 minute, stirring frequently. Deglaze the pot with the wine.
9. Add the flour and whisk for 1 minute, stirring constantly. Gradually add the broth, stirring constantly.
10. Stir in the sliced carrots, peas, and herbs. Bring it to a boil and cook 4 minutes or until slightly thick, stirring occasionally. Remove from the heat and stir in the browned pork.
11. Spoon the mixture into a 2-quart broiler-safe ceramic casserole dish, and top with the mashed potato mixture. Broil 4 minutes or until lightly browned on top.

Nutrition (per serving)

Calories 377, Fat 14 g, Carbs 40 g, Protein 20 g, Sodium 536 mg

Eggplant Parmesan

Serves: 10 - Prep. time: 30 min - Cooking time: 1 h, 15 min

Ingredients

- 2 large eggs, lightly beaten
- 1 tablespoon water
- 2 cups panko breadcrumbs
- ¼ cup Parmigiano-Reggiano cheese, grated
- 2 (1 pound) eggplants, peeled and cut crosswise into ½-inch slices

Filling:

- ½ cup fresh basil, chopped
- ¼ cup Parmigiano-Reggiano cheese, grated
- ½ teaspoon crushed red pepper
- 3 cloves garlic, minced
- 1 teaspoon onion powder
- Salt and pepper to taste
- 2 (8 ounce) containers 2% cottage cheese
- 1 large egg, lightly beaten

Remaining ingredients:

- 4 cups pasta sauce
- 1 ½ cups mozzarella cheese, shredded

Directions

1. Preheat the oven to 375°F and prepare a 9x13" baking dish and 2 cookie sheets with cooking spray.
2. Prepare the eggplant. Combine the eggs and 1 tablespoon of water in a shallow dish. Combine the panko and ¼ cup Parmigiano-Reggiano in a second shallow dish.
3. Dip each slice of eggplant in the egg mixture, and then dredge it in the panko mixture, pressing gently so the breadcrumbs stick, and shaking off any excess.
4. Place the coated eggplant slices 1 inch apart on the baking sheets. Bake them for 30 minutes or until they are golden, turning them once and rotating the baking sheets after 15 minutes.
5. To make the filling, combine the basil, ¼ cup Parmigiano-Reggiano cheese, garlic, onion powder, salt, pepper, cottage cheese, and egg.
6. To assemble, spoon ½ cup of pasta sauce into the baking dish. Layer half the eggplant slices over the pasta sauce.
7. Top with about ¾ cup pasta sauce and spread half of the cottage cheese mixture over sauce. Follow with a third of the mozzarella. Repeat the layers once, ending with about 1 cup of pasta sauce.
8. Cover tightly with aluminum foil coated with cooking spray. Bake at 375° for 35 minutes. Remove the foil and top with the remaining third of the mozzarella. Bake for 10 more minutes, or until the sauce is bubbly and cheese melts; cool 10 minutes before serving.

Nutrition (per serving)

Calories 318, Fat 15 g, Carbs 27 g, Protein 19 g, Sodium 655 mg

Apricot Apple Crisp

Serves: 10 - Prep. time: 15 minutes - Cooking time: 30 minutes

Ingredients

- 1 teaspoon butter, for greasing
- 5 Granny Smith apples, sliced
- 1 cup dried apricots, finely chopped
- 1 tablespoon lemon juice
- ⅓ cup brown sugar
- ½ cup all-purpose flour

Topping:

- ¾ cup rolled oats
- ¾ cup brown sugar
- ½ teaspoon salt
- ½ teaspoon nutmeg
- 1 teaspoon cinnamon
- Tiny pinch cloves
- ½ cup cold butter, cubed

Directions

1. Preheat the oven to 375°F and grease an 8x8" baking dish with butter.
2. In a bowl, mix the apple slices, cranberries, lemon juice, and sugar. Pour the mixture into the baking dish.
3. In a separate bowl, make the topping by mixing the oats, flour, sugar, salt, nutmeg, cinnamon, and cloves. Blend in the butter using a pastry cutter.
4. Sprinkle the topping over the apples.
5. Bake for 30 minutes, until the topping is brown and crisp.
6. Serve warm with ice cream or whipped cream.

Nutrition (per serving)

Calories 368, Fat 12 g, Carbs 66 g, Protein 3 g, Sodium 269 mg

***These recipes and more can be found in Louise Davidson's *Casseroles: From Oven to Table - Easy Everyday Casserole Recipes*. To get your copy, click on the cover below or click [here](#).

