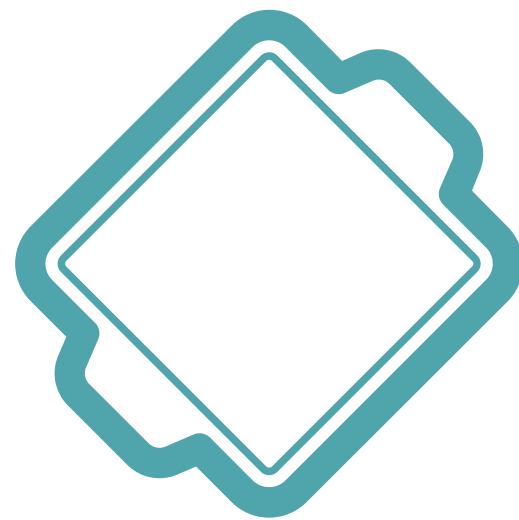


# COOKING METHODS FOR CASSEROLES



## Cooking Instructions

To bake in the oven:

- Preheat oven to 375°F.
- Spray a 9x13 inch baking pan or 3-quart dish with non-stick cooking spray.
- Using the chart, choose one ingredient from each column.
- Prepare each ingredient, as noted in the chart.
- Mix protein, vegetable, sauce, and flavor/seasoning in a large bowl.
- Spoon mixture into the dish. Cover with aluminum foil or lid.
- Bake for 30 minutes or until bubbling.
- Heat casserole until 165°F throughout.
- Add a topping, if desired, and bake an additional 5 to 15 minutes.

To cook on the stovetop:

- Stir ingredients into a large pot.
- Heat over medium heat until 165°F with a food thermometer.
- Add more liquid to pot if food starts to dry out during cooking.
- Pour into a large serving dish and add a topping ingredient before serving.

To cook in the microwave:

- Stir ingredients into microwave safe dish.
- Microwave for 10 to 20 minutes, rotating or stirring as necessary.
- Heat casserole until 165°F throughout.

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