

## Pantry Panic Casserole

*(comes to the rescue!)*

### Ingredients:

<b>Protein Foods</b> 1 ½ to 2 cups	<b>Sauce</b> 1 ⅔ cups	<b>Vegetables</b> 1 ½ to 2 cups
Cooked or canned beans Cooked or canned meat Eggs	1 can condensed soup + ⅓ cup liquid 1 cup Basic White Sauce (recipe below) + ⅔ cup shredded low-fat cheese	Canned vegetables, drained Fresh vegetables, cooked Frozen vegetables, thawed
<b>Cooked Pasta, Grain, or Other Starch</b> 1 ½ to 2 cups	<b>Seasoning</b> To taste	<b>Topping</b> 2 to 4 Tablespoons
Bread Noodles Potatoes Rice Spaghetti	Ground black pepper Herbs and spices Seasoned salt	Breadcrumbs Capers Crushed corn flakes

### Directions:

1. Preheat oven to 375°F.
2. Lightly grease a 13" X 9" pan or glass dish.
3. Choose ingredients to fit each of the six categories above.
4. Layer all ingredients in the casserole dish.
5. Cover with aluminum foil.
6. Bake at 375°F for approximately 30 minutes, until bubbly. Serves 8.

Recipe from "Pantry Panic" 4-H Project Book, Publication 4-H 376, Copyright @ 2014, The Ohio State University

*Featured on "Kids in the Kitchen" April 16, 2020*

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## Basic White Sauce

### Ingredients:

2 Tablespoons butter or margarine  
2 Tablespoons flour  
1 cup milk  
Salt pepper

### Directions:

1. In a small saucepan over medium heat, melt butter or margarine.
2. Add flour and stir until well combined.
3. Slowly stir in milk and bring to a simmer, stirring constantly until thick, approximately 2 minutes.
4. Add salt and pepper to taste.

