

kitchen kapers

COOKING UP A TREAT WITH GLENDA BENTON

Have you ever heard the expression "That has everything in it but the kitchen sink?" Bert often says that about my casseroles of leftovers. Can you imagine his comment when I told him I was serving Kitchen Sink Casserole? Believe it or not I actually came across this recipe in a book and yes it is similar to some I have made up. This, however, had no leftovers. It makes a large casserole. I used a roaster and then I froze portions in smaller dishes, that way Bert gets his leftovers another day. It is always great to have one of these dishes in the freezer for a busy day when you just don't want to take the time to come up with something for supper.

- 1lb. lean ground beef or turkey
- 1 cup chopped onion
- 6 cups cubed potatoes
- 4 med. carrots, sliced
- 1 cup celery, diced
- 1 can green beans (drained)
- 1 cup tomato sauce
- 1 cup kidney beans (rinsed & drained)
- 1 cup uncooked rice
- 2 tsp. salt (I used less)
- 1-1/2 tbsp Worcestershire sauce
- 2 tsp. chili powder
- 1 tsp pepper
- 2 cups of water

Brown meat and onion together, drain, grease. Combine all ingredients in a large casserole dish and cover with a tight fitting lid. Bake at 350°F for 1 hour or until all vegetables are cooked through and tender.

Here is a quick and tasty dessert if you like pineapple.

Fluffy Pineapple Whip

- 1 can pineapple chunks, drain and reserve juice
- 1 (13-1/2 oz.) pkg. fat free Cool Whip
- 1 small box instant vanilla pudding powder
- 1/2 cup pineapple juice

Combine pudding mix with pineapple juice and mix well. Add pineapple chunks and fold in Cool Whip. Refrigerate until ready to serve. Note: I used about half a liter tub of the frozen Cool Whip.

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