

The 101 ways to make one casserole

Today's photo is from Dave and Gerry's trip to the Ontario Food Terminal many weeks ago.

We've had many people comment on the Food Terminal visit and thought you might like to see a photo. What you see here are simply the displays so that as a buyer, you know what you are getting, but this does not even begin to touch on the quantities that are purchased—skids stacked twice your height with cases and cases of every kind of fruit and vegetable from every corner of the world. Now that is fascinating!

The recipe today is for a simple, inexpensive weeknight supper. Everyone loves a casserole and the cook in the family loves quick meals. You can change up this recipe a hundred ways to make it different:

- try cream of mushroom soup instead
- add some cooked macaroni noodles or egg noodles to the dish
- add some grated cheese on top of any type
- add chopped red peppers. Sauté them first in a bit of oil and salt, pepper
- add a layer of sautéed mushrooms
- add a can of corn—drain it first

**Lori Gysel
&
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- try cream of broccoli soup and add some small flowerettes of broccoli
- try chopping the potatoes instead of slicing them for more of a hash-type consistency
- use ground pork, lamb or turkey for a different flavour
- add chunks of leftover roast beef, lamb or pork as well to make it more substantial
- add a can of diced tomatoes, drained

Forgive the short story this week, but we wanted to fit in the photo. Have fun and keep cooking!

(Lori and Gerry can be reached at whatscookin@independentfreepress.com)



Seven Layer Dinner

Ingredients

- 2-3 medium potatoes, peeled and sliced
- 2 carrots, sliced
- 1/2 Spanish onion, sliced
- 1 cup frozen peas
- 1/2 cup water
- 1/3 cup rice
- 1 pound ground beef, broken up into pieces
- 1/2(10 oz) can tomato soup mixed with 1/2 can water
- salt and pepper

Method

Spray a casserole dish with cooking spray. Layer ingredients beginning with potatoes and ending with rice. When adding the ground beef, make sure it is broken up and not in a big clump. Mix the tomato soup and water together and pour over top. Sprinkle entire casserole with salt and pepper. Bake in a preheated 350 F degree oven for 1 hour, then uncover and bake for 45 mins to 1 hour more.



Red Reflections at Williams Mill

This is the last weekend to view Red Reflections, the colour-themed art show, which opened last month at The Williams Mill gallery in Glen Williams. It will hang until until Nov. 12. The show features works in various media by Candace Slack and Peter Perko including *De Flower* (left, by Perko) and *Unity* (right, by Candace). *Unity* is inspired by The Weekend To End Breast Cancer walks.

Photo by Patti Post

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