**October 2022**

**It’s Casserole Season!**

#### American Goulash

#### Ingredients:

#### 1 ½ cup macaroni

#### 1 ½ lb. ground meat

#### 1 can tomatoes w/celery and green peppers

#### ½ tsp black pepper

#### 2 tsp salt

#### 1 can tomato soup undiluted

#### 1 onion chopped

####  1-2 cups sharp cheddar cheese - shredded

#### Directions:

#### Preheat oven 350 degrees

#### Brown meat, onions.

#### Add rest of the ingredients

#### Pour into a casserole dish

#### Add cheese on top

#### Bake at 350 degrees for 30 mins.

#### Apple Dump Cake

#### Filling:

* 8 cups/3 pounds apples, peeled, sliced (1/2”)
* 1/2 cup packed light brown sugar
* 4 tablespoons butter, melted
* 2 tablespoons flour
* 1 tablespoon [lemon juice](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.amazon.com%2Fgp%2Fproduct%2FB07JBKXN5B%2Fref%3Das_li_tl%3Fie%3DUTF8%26tag%3Dcarlscravi0a-20%26camp%3D1789%26creative%3D9325%26linkCode%3Das2%26creativeASIN%3DB07JBKXN5B%26linkId%3D4ac53c10fff5e1fe94440ebe989e5d05&data=05%7C01%7Ckrisplis%40einetwork.net%7Cf5ebf3a84ad54aa932c608dab8847f83%7C37ded2a5c343481abc297a4ff68f56a2%7C0%7C0%7C638025176502676464%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=geTkXlIzK0i%2FhnZCmS%2BLrH8P%2Bcp5R9m72Knt6LW4d0I%3D&reserved=0)
* 1 teaspoon vanilla extract
* 1 1/2 teaspoons [ground cinnamon](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.amazon.com%2Fgp%2Fproduct%2FB0126UHZJ0%2Fref%3Das_li_tl%3Fie%3DUTF8%26tag%3Dcarlscravi0a-20%26camp%3D1789%26creative%3D9325%26linkCode%3Das2%26creativeASIN%3DB0126UHZJ0%26linkId%3D16b2119b0d8d9b3ee71ca2e05fa47a27&data=05%7C01%7Ckrisplis%40einetwork.net%7Cf5ebf3a84ad54aa932c608dab8847f83%7C37ded2a5c343481abc297a4ff68f56a2%7C0%7C0%7C638025176502676464%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=sIeHYna%2BxLDc8T68BIEy1x12LFi9w27cyUOPbegrGXM%3D&reserved=0)
* 1/4 tsp EACH ground ginger, ground nutmeg, allspice

#### Topping:

* 1 15.25-oz. yellow or white cake mix (do not prepare)
* 3/4 cup chopped pecans or walnuts
* 12 tablespoons (1 1 /2 sticks) butter, sliced into thin pads (about 18 slices)

Directions:

* Preheat oven to 350°F.
* Lightly butter a [9×13 baking dish](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.amazon.com%2Fdp%2FB076345NHC%2Fref%3Das_sl_pc_tf_til%3Ftag%3Dcarlscravi0a-20%26linkCode%3Dw00%26linkId%3D62163df5eea82481af92f18267ecf0db%26creativeASIN%3DB076345NHC%26th%3D1&data=05%7C01%7Ckrisplis%40einetwork.net%7Cf5ebf3a84ad54aa932c608dab8847f83%7C37ded2a5c343481abc297a4ff68f56a2%7C0%7C0%7C638025176502676464%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=1%2B5VLxPKifUOvYiTneMU43PtNbTePBlow%2BhHlB9nvyU%3D&reserved=0)or spray with cooking spray.
* Add all of the Filling ingredients except the apples to the 9x13 pan and whisk to combine.
* Add the apples and gently stir until apples are evenly coated. The mixture will be thick but will loosen as it mixes with the apples. Spread the apples into an even layer.
* Evenly spread the dry cake mix over the apples followed by the pads of butter. Top with pecans/walnuts.
* Bake uncovered at 350 degrees F for 50-60 minutes or until golden brown and bubbly around the edges. Let stand for 15 minutes before serving. Serve warm with vanilla ice cream.  Enjoy!

**Baked Mushrooms**

Ingredients:

* 1lb mushrooms whole
* 2 beef bouillon cubes
* ½ cup hot water
* ½ stick margarine/butter, additional for sautéing
* 2 Tbsp flour
* ½ cup of milk
* ½ tsp sal
* Dash of pepper
* ½ c bread crumbs
* ½ -1 cup parmesan cheese

Directions:

* Preheat oven 350 degrees
* Sauté mushrooms in butter.
* Dissolve bouillon in water.
* To make the sauce (thickener) melt ½ stick of butter, blend with flour, add milk, salt, pepper and bouillon broth.
* Pour over mushrooms in buttered casserole dish. Top with cheese and bread crumbs.
* Bake 30 minutes at 350.

**Cashew Chicken Casserole**

Ingredients:

* 3 cups cooked chicken cubes
* 2 cups uncooked macaroni
* ½ cup Velveeta cheese
* 1 small onion, chopped
* ½ cup celery, chopped
* ½ cup green pepper all chopped
* 1 cup water chestnuts, sliced
* 1 can cream of mushroom soup- undiluted
* 1 can cream of chicken soup- undiluted
* 1 1/3 cup milk
* 14/16 oz chicken broth
* ¼ cup melted butter
* 2/3 cup crushed saltines (aprox. 20 crackers)
* ¾ cup cashew nuts

Directions:

* Preheat oven 350 degrees
* Grease 13\*9 pan
* Layer first 7 ingredients
* In a separate bowl, mix undiluted soups and milk together
* Pour over casserole
* Bake uncovered 35 minutes
* Mix butter and crushed saltines together
* Stir up the casserole, add more liquid if needed (milk or chicken broth)
* Top with saltine mixture and cashews
* Bake additional 10 minutes.

**Cheesy Casserole Potatoes (aka Funeral Potatoes)**

Ingredients:

* 1 can cream of chicken or mushroom soup
* 2 cup sour cream
* 1 tsp salt
* ¼ tsp pepper
* 1 red pepper- chopped
* 2 cups cheddar cheese – shredded
* 1/3 cup sliced green onion
* 1- 30 oz bag frozen hash browns – thawed
* 2 cups crushed cornflakes
* ¼ cup melted butter

Directions:

* Preheat over 350 degrees
* Spray/grease a 13\*9 casserole dish
* Whisk together soup, sour cream, salt and pepper
* Stir in red pepper, cheddar cheese, green onion and potatoes
* Mix well
* Pour into casserole dish
* Mix corn flakes with butter
* Sprinkle evenly over the potatoes
* Bake uncovered – 45 -50 minutes
* Let rest 5 minutes before serving

**Cinnamon Roll Breakfast Casserole – The Pioneer Woman**

Ingredients:

* **1** **tbsp.** salted butter, for the baking dish
* **3** 12.4-ounce tubes refrigerated cinnamon roll dough (with frosting)
* **4** large eggs
* **1/2** **c.** half-and-half
* **1/2** **tsp.** ground cinnamon
* **1/4** **tsp.** kosher salt
* **1/3** **c.** packed dark brown sugar
* **1/3** **c.** pecans. chopped
* **1/3** **c.** sour cream

 Directions:

* Preheat the oven to 350˚. Generously butter a 9-by-13-inch baking dish. Cut each round of cinnamon roll dough into 4 pieces. Reserve the frosting packets.
* Whisk together the eggs, half-and-half, cinnamon and salt in a large bowl. Add the cinnamon roll dough and toss lightly to coat. Pour into the baking dish.
* Mix the brown sugar and pecans in a small bowl. Sprinkle on top of the casserole and bake until puffed, golden brown and cooked through, about 35 minutes.
* Meanwhile, whisk together the contents of the frosting packets and the sour cream in a medium bowl until smooth. Let the casserole cool for 10 minutes, then drizzle with the frosting.

**Creamy Vegan Pumpkin Mac and Cheese**

### Ingredients

* 1 small sugar pumpkin (aka “pie pumpkin”), or 1 small butternut squash (about 2 1/2 pounds or 1 kg)\*
* Olive oil or avocado oil, for roasting
* 1/2 cup (~60g) raw cashews, soaked in cool water overnight or for 1 hour in boiling water\*\*
* 1/2 cup (40g) nutritional yeast
* 1 teaspoon dry mustard powder (optional but adds a nice sharp tangy flavor)
* 1 teaspoon garlic powder
* 1/2 teaspoon onion powder
* 1/4 teaspoon smoked paprika
* 1/4 teaspoon freshly grated nutmeg (can substitute ground, but the flavor is much better with fresh)
* 1 ½ teaspoons kosher salt + more to taste
* Freshly cracked black pepper to taste
* 1 tablespoon mellow white or yellow miso paste
* 1 tablespoon tapioca flour or cornstarch
* 2 tablespoons fresh lemon juice
* 1 cup (240mL) canned “lite” coconut milk\*\*\*
* 10 ounces (280g) of rigatoni pasta, medium-sized macaroni shells, or pasta of your choice

### Directions:

* To cook the pumpkin or butternut squash in the oven, use a very sharp knife to slice the pumpkin or butternut squash in half, then scoop out the seeds and stringy bits using a spoon. If the vegetable is too thick or hard to cut, pop it in the microwave for 60-90 seconds to soften. For roasting, follow step 2; for steaming, follow step 3.
* To roast the pumpkin or butternut squash in the oven, preheat the oven to 425°F (or 218°C). Drizzle the pumpkin or squash halves with a bit of olive oil or avocado and season with salt and pepper. Place the halves, flesh side down, on a parchment paper-lined or aluminum foil-lined baking sheet. Roast in the preheated oven for 30-40 minutes until completely tender and lightly browned (pumpkin should take about 30 minutes; butternut squash closer to 40 minutes). Once the pumpkin or squash is cool enough to handle, scoop out the flesh and discard the skin.
* To steam the pumpkin or butternut squash in an Instant Pot or pressure cooker, pour 1 cup of water into the inner cooking pot and lower a compatible steamer rack or the trivet that comes with the Instant Pot into the inner pot. Place the pumpkin or squash halves in the basket or on top of the trivet, close the lid, and pressure cook at high pressure for 12-14 minutes. Once the timer is up, perform a quick pressure release by manually releasing the steam valve. Once the pumpkin or squash is cool enough to handle, scoop out the flesh and discard the skin.
* While the squash is cooking, bring a large saucepan of water to a boil and salt generously. Cook the pasta according to the box directions until al dente and drain in a colander.
* Measure out 1 1/2 cups of the roasted or steamed pumpkin or butternut squash flesh. Reserve the rest for another use, such as a curry, soup, or side dish.
* In a high-powered blender, add the 1 1/2 cups of the pumpkin or squash flesh. Add in the soaked and drained cashews, nutritional yeast, mustard powder, garlic powder, onion powder, paprika, nutmeg, 1 1/2 teaspoons kosher salt, black pepper to taste, miso paste, tapioca flour or cornstarch, lemon juice, and lite coconut milk. Blend until the sauce is completely smooth and creamy, about 1-2 minutes. Taste for seasonings and adjust accordingly, adding more salt as needed, more miso paste for more umami, or more lemon juice for more acidity.
* Return the cooked and drained pasta back to the saucepan and add the cheese sauce. Heat over medium heat until the sauce is well combined with the pasta and warmed through. Season the mac and cheese to taste.

Notes from Carrie:

* I used a roasted butternut squash instead of the pumpkin
* Instead of dry mustard powder - i just squeezed a dollop of Dijon in
* I added a can of cannellini beans (drained and rinsed) and blended it into the sauce (lol gotta get that extra fiber in!)

**Crockpot Cinnamon Roll Casserole Recipe**

Ingredients:

* 2 Cans Pillsbury Cinnamon Rolls (You can use another tube of cinnamon rolls, but I think these are the best)
* 4 Eggs
* 1/2 cup of Milk
* 1/4 cup of Maple Syrup
* 2 teaspoons Vanilla Extract
* 1 teaspoon Cinnamon

Directions:

* Open your cans of cinnamon rolls. Make sure to save the icing as you'll need it!
* Cut up each of your cinnamon rolls into 4 pieces.
* In a large bowl, use a whisk to mix together your eggs, milk, maple syrup, vanilla and cinnamon.
* Spray your crock pot with non-stick cooking spray. If you're using a traditional slow cooker instead of a multicooker like an Instant Pot, you may want to use a [crock pot liner](https://amzn.to/3is7uep). You'll still want to spray the crock pot liner with cooking spray to keep your cinnamon roll pieces from sticking.
* Place all of your cinnamon rolls in the bottom of your crock pot.
* Pour the egg mixture over the cinnamon rolls in the crock pot.
* Use a mixing spoon to make sure the cinnamon rolls are evenly coated with the egg mixture.
* Drizzle one of your containers of icing over the cinnamon rolls.
* Put the lid on the crock pot and cook on low for 2-3 hours.
* When your cinnamon rolls are cooked through, drizzle the top of the casserole with the remaining container of icing.

**French Onion Soup Casserole**

Ingredients:

* 2 large white onions – thinly sliced
* ½ lb mushrooms sliced
* 1 lb swiss cheese – grated
* 1 can cream of mushroom soup
* 1 cup milk
* 2 tsp soy sauce
* Salt and pepper to taste
* 1 French baguette – sliced
* Butter

Directions:

* Sauté onions and mushrooms in butter until soft and onions are golden
* Place mixture in 9\*13 dish
* Top with grated swiss cheese
* Butter bread on both sides
* Place bread on top of cheese
* Mix soup, milk, soy sauce, salt and pepper
* Pour over bread
* Refrigerate over night
* Bake uncovered in 350 degree oven for 45 minutes

**French Toast Souffle**

Ingredients:

* 10 cups cubed (1inch) sturdy white bread
* 1 pkg (8oz) cream cheese at room temp.
* 8 large eggs
* 1 ½ cups milk
* 2/3 cup of half & half
* ½ cup maple syrup
* 1 Tbs cinnamon
* ½ tsp vanilla extract
* 2 Tbs confectioners’ sugar (use as topping after baking)

Directions:

* Place bread cubes in a greased 13\*9 casserole dish.
* Beat cream cheese with an electric mixer at medium speed until completely smooth.
* Beat in eggs at low speed until blended.
* Add milk, half & half, maple syrup, cinnamon and vanilla – whisk until smooth.
* Pour mixture over top of bread and press bread down gently into the egg mixture, making sure the bread is completely coated
* Cover and refrigerate one hour or overnight
* Preheat oven to 350 degrees
* Remove bread mixture from refrigerator and press down gently to resoak bread.
* Let stand on counter for 30 minutes.
* Bake until set – about 45 minutes
* Let stand 10 minutes before serving
* Sprinkle top with confectioners’ sugar and serve with additional maple syrup
* Makes 12 servings

**Impossible Cheeseburger Pie**

Ingredients:

* 1lb ground beef
* 1 ½ cups onion- chopped
* ½ tsp salt
* ¼ tsp pepper
* 1 ½ milk
* 3 eggs
* ¾ cup Bisquick baking mix
* 1 cup Cheddar cheese – shredded

Directions:

* Preheat oven to 400 degrees
* Grease pie plate 10 \* 1 ½ in
* Cook and stir ground beef and onion in 10inch skillet over med. heat until beef is brown; drain. Stir in salt and pepper. Spread into pie plate.
* Beat milk. Eggs and baking mix until smooth, 15 seconds in blender on high or 1 minute with hand beater.
* Pour on top of mixture in pie plate.
* Bake 25 minutes
* Top with cheese.
* Bake additional 5-8 minutes or until knife comes out clean.
* Cool 5 minutes and serve.

**Maggie’s Dinner**

Ingredients:

* 3 Tbls oil
* 1 lb ground beef
* 1- 2 lbs hot sausage
* 2 cups chopped green peppers
* 2 cups chopped celery
* 1 Tbs. salt
* ½ cup pitted ripe olives, sliced
* ½ lbs mozzarella cheese, shredded
* 2-3 onions, chopped
* 4 oz can sliced mushrooms with liquid
* 10 oz can tomatoe soup
* 1 cup hot water
* 32 oz (quart) of spaghetti sauce
* 12 oz package of 1inch wide noodles

Directions:

* Preheat oven to 350 degrees.
* Heat oil
* Cook ground meat, sausage, green peppers, onion, celery and salt. Sauté until meat in brown.
* Stir in olives, mushrooms with liquid, soup, water, spaghetti sauce, bring to a boil for about 5 minutes.
* Mix in noodles
* Bake in large covered roaster/casserole dish at 350 for 25 minutes
* Put cheese on top and bake until melted and bubbly

**Sausage Breakfast Casserole – Pioneer Woman**

Ingredients

* Butter or nonstick spray 1 lb. breakfast sausage, such as Jimmy Dean
* 4 scallions, chopped, white and green parts divided
* 1 red bell pepper, chopped
* 10 eggs
* 1 1/4 c. heavy cream
* 1 tbsp. Dijon mustard
* 2 tsp. hot sauce,
* 1 1/2 tsp. salt
* 1 tsp. black pepper
* 2 c. shredded sharp cheddar cheese, divided (8oz package)
* 1 30 oz package of frozen, shredded hash browns, thawed

Directions

* Grease a 9-by-13-inch (or other 3- quart) baking dish with butter or nonstick spray.
* Preheat the oven to 350 degrees.
* Heat a large skillet over medium-high heat. Add the sausage and break up into small pieces with a wooden spoon. Cook the meat until no pink pieces remain, 6-8 minutes. Add the red bell pepper and white and light green parts of the scallions and cook 3 more minutes. Transfer to a plate to let cool slightly.
* Meanwhile, in a large bowl whisk together the eggs, heavy cream, mustard, hot sauce, salt, black pepper and about one-half of the remaining green parts of the scallions (save rest to sprinkle on top of the casserole once baked.)
* Gently fold 1 ½ cups of cheese, the hash-browns and the sausage mixture into the egg mixture.
* Transfer all to the baking dish and smooth into an even layer.
* Cover with aluminum foil and bake for 50 min.
* Remove the foil and top with the remaining ½ cup of cheese.
* Increase the oven temperature to 400 degrees and finish baking until the center of the casserole is set (not jiggly) and the top is slightly golden, 10-15 more minutes.
* Let rest 10 minutes, top with the remaining green parts of the scallions, then serve.