

630.4  
C212  
P 1454  
1971

c.3



**easy-to-serve**

# **FROZEN CASSEROLES**

*Make one — freeze one — it pays to double the recipe!*

**PREPARING MAIN DISHES FOR FREEZING** Use freshly cooked food. Sauces thickened with ordinary wheat flour tend to separate but canned cream soups are satisfactory sauces for freezing. Omit topping until reheating food to serve. Under-cook food to allow for the longer heating time it receives after thawing.

**COOLING** Rapid cooling stops cooking, helps retain the original quality and helps prevent bacterial growth that may cause spoilage. To cool, place uncovered pans of food in very cold water or in a cold place.

**PACKAGING** Choose container size suitable for one meal. Use freezer wraps or wide-mouthed containers of moisture vapor-resistant material. These include plastic, glass, aluminum or heavily waxed cardboard. Bags and sheets of heavy aluminum foil, plastic or special freezer papers are suitable. Freeze casseroles in containers in which they were baked or line dish before adding food, cover and freeze, then unmold, rewrap and return to freezer. Leave headspace in containers to allow for expansion, and exclude as much air as possible from wrapped packages. Freeze foods immediately.

**REHEATING** Do not thaw frozen casseroles before baking. Unwrap, place in greased baking dish, cover and bake 1 to 2 hours at 350°F, depending on depth and type of dish. Uncover and add topping during last 10 minutes of cooking.

**STORING** Store foods at 0°F or lower. These casseroles will retain their flavor and appearance for at least 3 months when kept at this temperature. After this period, the quality of the food may decline but it will still be safe to eat if it has been kept frozen.

## **BEEF MACARONI CASSEROLE**

½ cup chopped onion  
½ cup chopped celery  
1 tablespoon butter  
1½ pounds minced beef  
2 tablespoons flour  
1 28-ounce can tomatoes  
½ teaspoon ground oregano

1 teaspoon salt  
⅛ teaspoon pepper  
2 teaspoons Worcestershire sauce  
4 cups cooked macaroni  
(2 cups or 8 ounces uncooked)  
¼ cup crushed potato chips

Food Advisory Services

CANADA DEPARTMENT OF AGRICULTURE Publication 1454 1971

630.4  
C212

Sauté onion and celery in butter until onion is transparent. Add meat and brown. Stir in flour, then tomatoes, seasonings and Worcestershire sauce; bring to boil. Combine with macaroni and turn into greased baking dish.

**Serving now** Sprinkle with chips. Bake about 40 minutes at 350°F. Serve with kernel corn. 6 servings.

**Freezing** Omit chips and freeze unbaked. Follow general instructions, page 1. Bake about 1½ hours at 350°F.

## CHICKEN AND RICE CASSEROLE

1 cut-up chicken broiler  
(about 3 pounds)  
Salt and pepper  
3 tablespoons oil  
1 cup chopped onion  
½ cup chopped celery  
½ cup chopped green pepper

1 clove garlic, crushed  
1 28-ounce can tomatoes  
1 teaspoon turmeric  
1 teaspoon salt  
¼ teaspoon pepper  
1 cup uncooked rice

Season chicken with salt and pepper. Brown in oil about 15 minutes and drain. Sauté onion, celery, green pepper and garlic until onion is transparent. Add remaining ingredients except chicken. Turn into greased baking dish and arrange chicken on top. Cover and bake at 350°F until chicken is tender (about 1¼ hours). Serve with green beans. 6 servings.

**Freezing** Cool, package and freeze cooked casserole. Follow general instructions, page 1. Reheat, covered, 2 hours at 350°F.

## BEEF STEW

2 pounds stewing beef  
¼ cup seasoned flour\*  
¼ cup fat  
1 cup chopped onion  
1 clove garlic, crushed  
2 teaspoons salt  
¼ teaspoon pepper  
2 tablespoons chopped fresh parsley

½ teaspoon savory  
½ teaspoon thyme  
5 cups water  
1½ cups sliced carrots  
(4 medium)  
6 small onions, peeled  
1 small turnip, diced

Cut meat in 2-inch pieces, dip in seasoned flour and brown in fat. Add onion and garlic. Sauté until onion is transparent. Add seasonings and liquid, cover and simmer 1¼ hours. Add vegetables and continue cooking until meat and vegetables are tender (about 30 minutes). If desired thicken with 2 tablespoons flour mixed with ¼ cup cold water. Serve with mashed potatoes. 6 servings.

**Freezing** Freeze cooked stew prepared without flour. Brown meat well. Cook carrots, onions and turnips 10 minutes instead of 30. Follow general freezing and reheating instructions, page 1. Reheat 2 hours at 350°F, then thicken gravy with seasoned flour mixed with ¼ cup cold water.

*\*Seasoned flour — ¼ cup flour, ½ teaspoon salt, ½ teaspoon paprika and a dash pepper.*







3 9073 00157449 2

## MEAT LOAF

2 pounds minced beef	¼ teaspoon pepper
1 cup rolled oats	½ teaspoon savory
½ cup chopped onion	2 beaten eggs
⅓ cup shredded carrot	1 cup tomato juice
¼ cup chopped fresh parsley	2 teaspoons Worcestershire sauce
2 teaspoons salt	2 tablespoons catsup

Mix meat, oats and vegetables. Add remaining ingredients. Pack into three 6 x 4-inch loaf pans and bake 45 minutes at 350°F, OR pack into one 9 x 5-inch loaf pan and bake 1½ hours at 350°F. Serve with mixed vegetables and baked potatoes 8 to 9 servings.

**Freezing** Freeze unbaked ; leave in pans or remove and rewrap. To serve, bake frozen loaves uncovered — small, 1½ hours at 350°F OR large, 2 hours at 350°F.

## BAKED BEANS

2 cups white navy beans	¼ cup brown sugar
6 cups cold water	½ cup molasses
1 teaspoon salt	1 teaspoon dry mustard
1 cup chopped onion	¼ teaspoon pepper
½ pound salt pork	1 teaspoon salt

Wash beans, add cold water and soak overnight. Next day add 1 teaspoon salt, bring to boil and simmer until the skins start to split (about 30 minutes). Drain beans; save liquid. Pour half the beans in a 2-quart bean pot and sprinkle with onion. After scoring rind, place pork skin side up on beans. Add remaining beans. Combine other ingredients with 2 cups of the bean liquid and pour over beans (liquid should cover beans). Cover and bake 6 to 7 hours at 250°F, adding more liquid as needed. Uncover for last 20 minutes. Serve with coleslaw or tossed salad. 6 servings.

**Freezing** Cool, package and freeze cooked beans. Follow general instructions, page 1. Reheat about 2 hours at 250°F, stirring occasionally.

## TOURTIÈRE

1 pound lean minced pork	Dash pepper
¼ cup chopped onion	1 small bay leaf
½ teaspoon salt	¼ cup boiling water
¼ teaspoon savory	2 tablespoons bread crumbs
Dash cloves	Pastry for 2-crust, 9-inch pie

Mix pork, onion and seasonings. Add bay leaf and water. Simmer uncovered about 20 minutes, stirring occasionally. Remove bay leaf, cool meat and skim off fat. Stir in crumbs. Line pie plate with half the pastry and fill with meat mixture. Cover with pastry and seal edges.

**Serving now** Cut steam vents in top crust. Bake at 425°F until brown (about 30 minutes). Serve with buttered peas. 6 servings.

**Freezing** Do not cut steam vents. Freeze unbaked ; leave in pan or remove and rewrap. To serve, cut vents using sharp knife. Bake frozen pie, uncovered, at 425°F until brown (about 45 minutes).

## CHICKEN NOODLE CASSEROLE

½ cup chopped onion  
2 tablespoons butter  
1 10-ounce can condensed cream of  
celery soup  
½ cup chicken bouillon  
¼ teaspoon dry mustard  
⅛ teaspoon pepper

1 cup grated cheddar cheese  
2 cups cooked broad noodles  
(4 ounces uncooked)  
2 cups diced cooked chicken  
2 cups frozen peas  
2 tablespoons chopped pimiento  
¼ cup buttered dry bread crumbs

Sauté onion in butter until transparent. Add soup, bouillon, mustard and pepper; bring to boil, stirring until smooth. Stir in cheese until melted. Combine noodles with sauce, chicken, peas and pimiento. Turn into greased baking dish.

**Serving now** Sprinkle with crumbs. Bake at 350°F until brown (about 30 minutes). Serve with green salad. 6 servings.

**Freezing** Omit crumbs and freeze unbaked. Follow general instructions, page 1. Bake about 1½ hours at 350°F.

## LASAGNA

### MEAT SAUCE

1 cup chopped onion  
1 clove garlic, crushed  
2 tablespoons oil  
1 pound minced beef  
1 28-ounce can tomatoes  
1 5½-ounce can tomato  
paste

1½ teaspoons salt  
2 teaspoons sugar  
½ teaspoon ground oregano  
⅛ teaspoon pepper  
¼ teaspoon crushed chili peppers  
1 tablespoon chopped fresh parsley

Sauté onion and garlic in oil until onion is transparent. Add meat and brown. Add remaining ingredients, cover and simmer 1½ to 2 hours, stirring occasionally.

### LASAGNA

1 pound creamed cottage cheese  
½ teaspoon salt  
⅛ teaspoon pepper  
1 beaten egg

8 ounces cooked lasagna noodles  
1 pound sliced Mozzarella cheese  
½ cup grated Parmesan cheese  
1 tablespoon chopped fresh parsley

Mix cottage cheese, salt, pepper and egg. Pour a thin layer of sauce into greased 13 x 9 x 2-inch baking dish. Alternate with layers of half the noodles, cottage cheese mixture, Mozzarella cheese and sauce. Repeat, ending with sauce.

**Serving now** Sprinkle with Parmesan cheese. Bake about 30 minutes at 350°F. Sprinkle with parsley and let stand 15 minutes. Serve with green salad. 8 servings.

**Freezing** Omit Parmesan cheese and freeze unbaked. Follow general instructions, page 1. Bake 1½ hours at 350°F. Sprinkle with cheese and parsley just before serving.

Copies of this publication may be obtained from  
INFORMATION DIVISION  
CANADA DEPARTMENT OF AGRICULTURE  
OTTAWA  
K1A 0C7

©INFORMATION CANADA, OTTAWA, 1971



First Printed 1969  
Revised as Publication 1454 1971



Digitized by the Internet Archive  
in 2012 with funding from  
Agriculture and Agri-Food Canada – Agriculture et Agroalimentaire Canada