

# \$2-Per-Serving Casseroles: Ingredients and Oven Checklist

A one-page checklist with ingredients, prep, and bake steps for three simple casseroles.

## Tuna Bake



### Ingredients

- 8 oz egg noodles
- 2 cans tuna, drained
- 1 cup frozen peas
- 1 can cream of mushroom soup
- 1 cup shredded cheese
- 1/2 cup milk
- Salt and black pepper

### Quick Prep

- Heat oven to 375°F
- Cook noodles until just tender, drain
- Stir noodles, tuna, peas, soup, milk, seasoning
- Spread in a greased baking dish
- Top with cheese

### Bake

- 375°F
- Uncovered
- 25–30 minutes
- Rest 5 minutes before serving

## Cowboy Chili Mac



### Ingredients

- 8 oz elbow pasta
- 1 lb ground beef or turkey
- 1 can chili beans, undrained
- 1 can diced tomatoes
- 1 cup shredded cheese
- 1/2 tsp salt
- 1/2 tsp chili powder (optional)

### Quick Prep

- Heat oven to 375°F
- Cook pasta until just tender, drain
- Brown meat in a skillet, drain excess fat
- Stir pasta, meat, beans, tomatoes, seasoning
- Spread in a greased baking dish and top with cheese

### Bake

- 375°F
- Uncovered
- 30–35 minutes
- Broil 2 minutes to brown if needed

## Veggie Bake



### Ingredients

- 2 cups cooked rice or pasta
- 2 cups frozen mixed vegetables
- 1 can cream of mushroom soup
- 1/2 cup milk
- 1 cup shredded cheese
- 1/2 cup breadcrumbs (optional)
- Salt and black pepper

### Quick Prep

- Heat oven to 375°F
- Stir rice or pasta, vegetables, soup, milk, seasoning
- Spread in a greased baking dish
- Top with cheese and breadcrumbs if using

### Bake

- 375°F
- Uncovered
- 25–30 minutes
- Rest 5 minutes before serving

## Storage & Reheat

- Fridge: Up to 4 days, covered
- Reheat: Oven or microwave until hot
- Freezer-friendly: Yes