







ALLFREECASSEROLERECIPES **E**

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Published by Prime Publishing LLC, 3400 Dundee Rd., Suite 220, Northbrook, IL 60062 - www.primecp.com



Free Gluten-Free Recipes



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KATIE JASIEWICZ FROM KATIE'S CUCINA

AMY FROM FEARLESS HOMEMAKER

LINDSAY OSTRUM FROM PINCH OF YUM

AMANDA FORMARO FROM AMANDA'S COOKIN'



Letter from the Editor

Dear Casserole Cookers,

Italian food is comfort food that almost everybody loves. After all, who can resist a plate of cheesy, saucy pasta; especially when there is a meatball sitting on top? This eCookbook, *22 Recipes for Italian Casseroles*, is filled with hearty casseroles that were inspired by Italian cuisine. They are great any time of year and can be enjoyed by the whole family.

The eCookbook, *22 Recipes for Italian Casseroles*, is broken down into five chapters. We start with some general, easy Italian recipes. If you've never had a pasta pie before, get ready to change that; there are three in this chapter. Next comes the spaghetti chapter, followed by a meatball chapter. Yes, we have an entire chapter filled with meatball recipes. Meatball Sub Casserole (p. 15) is a must-make, especially when you have leftover meatballs to use. After that comes the lasagna chapter, filled with all kinds of lasagna recipes - sausage, chicken, mushroom, and vegetarian. If you call yourself a meat lover, then you can't miss Mom's Meat Lovers' Lasagna (p. 19). The last chapter contains a variety of Italian favorites. From Eggplant Parmesan Casseroles (p. 25) to Baked Caprese (p 24), you're sure to find a delicious dish in this last chapter. If you love Italian food as much as I do, then you are going to have 22 brand new dinner recipes to try thanks to the *22 Recipes for Italian Casseroles* eCookbook.

For more great casserole recipes, be sure to visit <u>AllFreeCasseroleRecipes.com</u>. While you're there, <u>subscribe to our free newsletter</u>, *The Casserole Connection*, to get free recipes delivered to your inbox every week.

Happy Casserole Cooking!

Sincerely,

Emíly Racette, Edítor, AllFreeCasseroleRecípes

http://www.allfreecasserolerecipes.com

Read blog articles about our recipes at <u>RecipeChatter.com</u>.



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EASY ITALIAN RECIPES

THREE CHEESE RIGATONI PIE

BY: <u>AMY FROM FEARLESS HOMEMAKER</u>

You've probably never had Italian casserole recipes like this one before. Three Cheese Rigatoni Pie is actually made in a springform pan by standing each rigatoni vertically in the pan. Ground beef and tomato sauce fill in the holes, while cheese covers the entire top of the pie. This unique pasta casserole is as fun to make as it is to eat. Put it on tonight's menu!



Ingredients:

- 1 pound rigatoni
- 1 tablespoon olive oil
- 1 pound ground beef
- 1 (28-ounce) can crushed tomatoes
- 2 tablespoons dry red wine
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried parsley
- 1/2 teaspoon dried basil
- Salt, to taste Pepper, to taste 1 1/2 cups Parmesan cheese, freshly grated, divided 4 ounce ricotta cheese 1 1/2 cups mozzarella cheese, shredded

- **Directions:**
 - 1. Bring a large pot of salted water to a boil. Add rigatoni and cook until just al dente. Drain and transfer to a large bowl. Stir in 1 tablespoon of olive oil and set aside to let cool.

1/2 teaspoon garlic powder

1/4 teaspoon dried oregano

1/4 teaspoon crushed red pepper flakes

- 2. Meanwhile, heat a large skillet over medium heat. Add ground beef and cook until it is no longer pink. Drain the meat well and return to the skillet. Stir in the crushed tomatoes, red wine, Worcestershire sauce, parsley, basil, garlic powder, oregano, and red pepper flakes. Season with salt and pepper to taste. Reduce the heat to low and simmer for 20 minutes, stirring occasionally. Remove about 1/4 of the sauce + put aside in a small bowl this will be your extra sauce for serving.
- 3. Preheat oven to 400 degrees F. Grease or butter a 9 inch spring form pan.
- 4. Gently stir 1 cup of Parmesan cheese into the cooked rigatoni until well-coated. Stand each piece of rigatoni up vertically in the prepared springform pan. (Note: this step took me about 8 minutes)
- 5. Once all of the rigatoni is packed vertically into the pan, gently spread the ricotta cheese on top of the rigatoni in a thin, even layer.
- 6. Carefully pour the meat sauce in the skillet (not the reserved sauce) over the rigatoni. This is the most timeconsuming part: with clean hands, use your fingers to carefully push the meat sauce down into the rigatoni. As you push the meat sauce down, you will also push the ricotta cheese into the rigatoni, which will help keep this dish from being dry. The more time you spend on this step, the better results you will obtain. (Note: this step took me about 10 minutes)
- 7. Set the spring form pan on a baking sheet and bake for 15 minutes. Remove from the oven. Sprinkle the mozzarella cheese and 1/2 cup Parmesan cheese evenly over the top. Cook for another 15 minutes, until the cheese is lightly browned and bubbling.
- 8. Remove the pie from the oven and allow it to stand in the springform pan for 15 minutes. Then, carefully run a knife along the edge of the pan to loosen the pie. Remove the sides of the springform pan, then slice, serve with extra sauce on the side, and garnish with parsley, if desired.



EASY ITALIAN RECIPES

NO-FUSS BEEF MANICOTTI

BY: JAMIE SCHROEDER FROM OUR EATING HABITS

Sometimes, making an Italian recipe can be daunting. Thankfully, that's not the case with No Fuss Beef Manicotti. Using jars of red sauce and alfredo sauce offer short cuts so you can get your meal on the table in a flash. Your guests will assume you spent all day in the kitchen preparing this meal, but really it will only take you about an hour (including cooking time).



Ingredients:

- $1 \overline{1/2}$ pounds ground beef
- 1 jar red pasta sauce
- 1 jar Alfredo pasta sauce
- 2 cups mozzarella cheese
- 1/4 cup Parmesan cheese
- 1 teaspoon minced garlic
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 egg
- 1 box manicotti noodles (14 noodles)

Directions:

- 1. Preheat oven to 375 degrees F.
- 2. Cook pasta according to package directions. Rinse with cold water and set aside.
- 3. While pasta is cooking, brown ground beef in frying pan with garlic and basil. Move to bowl and let cool for 5 minutes. Stir in 1/4 cup of the red pasta sauce, Parmesan cheese and egg. Yes, raw egg, it helps bind the meat together.
- 4. Spread 1/2 of remaining red pasta sauce in a 9×13 inch pan.
- 5. Fill cooked manicotti noodles with meat mixture and place in prepared pan. When all the meat and noodles are used up top with jar of Alfredo sauce. Top with remaining red sauce, and mozzarella cheese. Sprinkle with oregano.
- 6. Cover with tinfoil and bake for 20 minutes. Remove tinfoil and bake for an additional 20 minutes.



EASY ITALIAN RECIPES

PASTA PIE

BY: LISA GHENNE FROM THE CUTTING EDGE OF ORDINARY

Isn't this one of the coolest pasta casserole dishes you've ever laid your eyes on? Pasta Pie has a "crust" made out of meatballs and is topped with a mound of pasta. Typical Italian seasonings add the right flavor, while marinara sauce makes it complete. It's certainly a different way to eat spaghetti and meatballs, and some might say it's better.



Ingredients:

- 3/4 cup Italian seasoned bread crumbs
- 1/4 cup parsley, finely chopped
- 2 cloves garlic, finely chopped
- 1¼ cup freshly grated Parmigiano Reggiano cheese, divided
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 3 eggs, slightly beaten
- 1 1/2 pound (24 ounces) ground beef
- 14 ounces ditalini (or other small pasta), about 5 cups cooked
- 1 pound (16 ounces) shredded mozzarella cheese
- 3 cups marinara sauce, divided

Directions:

- 1. Spray a deep dish pie pan with cooking spray. Preheat oven to 350 degrees F.
- 2. In a large bowl, mix the bread crumbs, parsley, garlic, 1/2 cup Parmigiano cheese, salt, and pepper together until well blended. Add the eggs and ground beef and toss gently until ingredients are blended. Do not over mix. Form a crust about an inch thick with the meat mixture in the pie plate. Set aside.
- 3. Meanwhile, cook the ditalini pasta until just al dente. Do not overcook the pasta needs to be slightly underdone because it will cook further in the oven. Drain the pasta.
- 4. In another large bowl, mix the cooked pasta with 3/4 cup of the grated Parmigiano cheese, the mozzarella cheese and 2 cups of the marinara sauce. Mix well and then pour into the meat crust, forming a high dome with the pasta. Cover with nonstick foil. Place on a foil lined sheet to prevent drips!
- 5. Bake for 1 1/2 hours, removing the foil the last 15 minutes to get the top a little crusty. Remove from oven and let cool 15 minutes before serving.
- 6. Slice into wedges and serve with the additional marinara sauce.



EASY ITALIAN RECIPES

<u>3 MEAT PIZZA CASSEROLE</u>

BY: LARRY COWLING FROM CULLY'S KITCHEN

Make a bow tie pasta casserole that tastes just like pizza with this Italian pizza casserole, 3 Meat Pizza Casserole Recipe. Made with sausage, pepperoni and ham, this is one "pizza" you won't soon forget.



Ingredients:

- 1 pound bow tie pasta
- 1 pound mild pork sausage
- 1 large medium onion, chopped
- 2 (26-ounce) jars spaghetti sauce
- 1 pound cooked ham, cubed
- 1/2-1 pound pepperoni, sliced
- 3 (8-ounce) bags shredded mozzarella cheese
- 6 tablespoons Parmesan cheese, grated
- 2 tablespoons garlic, chopped
- 1 teaspoon dried oregano

Directions:

- 1. Preheat oven to 375 degrees F.
- 2. Cook pasta in boiling water until al dente.
- 3. Cook sausage, garlic powder, and oregano with onions until the juices run clear.
- 4. In a lightly greased 9 x 13 inch pan, pour a small amount of sauce to lightly coat bottom.
- 5. Layer ingredients as follows:
 - a. 1/3 of the pasta, 1/3 remaining sauce, 1 bag of mozzarella cheese, 2 tablespoons Parmesan cheese, sausage, and onions.
 - b. 1/2 of the remaining pasta, 1/2 remaining sauce, 1 bag of mozzarella cheese, 2 tablespoons Parmesan cheese, and ham.
 - c. All remaining pasta, all remaining sauce, 1 bag of mozzarella cheese, 2 tablespoons Parmesan cheese, and all the pepperoni (cover the entire top with pepperoni).
- 6. Bake for 40 minutes.
- 7. Let sit for 5 minutes before serving.



EASY ITALIAN RECIPES

NOODLESS LASAGNA PIE

BY: KRISTA FROM THE NOT SO DESPERATE CHEF WIFE

If you have a taste for lasagna but don't have the time it takes to make it, you should try Noodleless Lasagna Pie instead. This easy no noodles lasagna recipe uses crescent rolls as a crust. Then, all you do is layer lasagna ingredients on top and bake the pie. Don't plan on having leftovers though because this dish is so delicious that it will be gobbled up in the blink of an eye.



Ingredients:

- 1 (12-ounce) tube of large crescent roll dough
- 1 pound ground beef (or sausage or even turkey)
- 2 cups mozzarella cheese, shredded
- 1/3 cup ricotta cheese
- 1 cup marinara sauce
- 2 teaspoons Italian seasoning
- Salt and pepper

Directions:

- 1. Preheat your oven to 350 degrees F.
- 2. Spray a 9.5 inch pie plate with non-stick spray and line the dish with the crescent roll triangles (You are forming the crust for your pie). Then bake the crust in the oven for 10 minutes.
- 3. Season the ground beef with salt and pepper. Cook the beef over medium heat until browned / cooked through. Drain as much grease out of the pot as possible.
- 4. Remove the pie crust from oven and add the cooked beef on top of the crust. Form an even layer with the meat. Sprinkle 1 cup of mozzarella over top of the meat. Place back in the oven for about 5 minutes. You just want to melt the cheese layer.
- 5. Remove the pie from the oven and add a layer of ricotta cheese (depending on how much you care for ricotta, adjust the amount). Pour the sauce over top of the ricotta, sprinkle with 1 teaspoon Italian seasoning. Next, add the rest of the mozzarella over the top of your pie and sprinkle with another teaspoon of Italian seasoning.
- 6. Bake the pie for another 10 minutes or until the cheese is nice and melted. Remove from oven and let sit for a few minutes before slicing.



EASY ITALIAN RECIPES

BAKEY CHEESY PASTA CASSEROLE

BY: CASSIE JOHNSTON FROM BACK TO HER ROOTS

Straight from your computer screen and into your oven, this Bakey Cheesy Pasta is to die for. Fresh vegetables add flavor to this cheesy pasta bake's savory sauce. To achieve the maximum amount of cheesiness, make sure to layer the pasta and the cheese. Once fully baked, the pasta absorbs all of the flavors in the sauce, making every bite delicious.



Ingredients:

1 tablespoon olive oil 1/2 green pepper, diced 1/2 red pepper, diced 1 small onion, diced 1 clove garlic, minced 1/2 pound ground beef 12 ounces whole wheat penne (or other medium-sized pasta), cooked 1/2 jar pasta sauce 1 cup mozzarella cheese, shredded Handful basil leaves, chiffonade (optional)

Directions:

- 1. Preheat oven to 375 degrees F.
- 2. Heat olive oil in skillet over medium-low heat. Sauté peppers, onions and garlic until just softened. Add ground beef and brown, keeping beef drippings in the pan for flavor.
- 3. Remove from heat, add pasta and pasta sauce and stir until well-coated. Spoon half the mixture into a square baking dish, cover with half the cheese. Repeat with remaining pasta and cheese. Sprinkle top with basil ribbons.
- 4. Baked for 15 to 20 minutes or until cheese is melted and pasta has absorbed most of the sauce.



RECIPES FOR SPAGHETTI

CRUSTLESS SPAGHETTI PIE

BY: ROBIN FROM BIG RED KITCHEN

Try a classic Italian dish in a new form. Crustless Spaghetti Pie is a baked spaghetti casserole. Spaghetti noodles serve as the "crust" and they surround rich ricotta cheese and smoky meat sauce. Top with mozzarella cheese for extra flavor.



Ingredients:

- 6 ounces spaghetti
- 2 tablespoons butter
- 1/3 cup Parmesan cheese, shredded
- 2 eggs, well beaten
- 1 pound ground beef or Italian sausage out of the casings
- 1/2 cup onions, chopped
- 1 clove garlic, minced
- 1 cup (8 ounces) ricotta cheese
- 1 Cup spaghetti sauce
- 1 Cup mozzarella cheese, divided

Directions:

- a. Preheat oven to 350 degrees F.
- b. Cook spaghetti and drain.
- c. In a large bowl mix spaghetti with butter, Parmesan cheese, and eggs. Stir quickly and well. Form spaghetti mixture into a crust in a greased pie plate.
- d. In a skillet over med-high heat cook beef or sausage, onions, and garlic until meat is browned and onions translucent. Drain off extra grease and stir in spaghetti sauce. Heat through. Spread ricotta over spaghetti crust and top with 1/2 cup mozzarella cheese. Top with meat mixture and top with remaining mozzarella cheese.
- e. Bake for 20 minutes.



RECIPES FOR SPAGHETTI

CREAM CHEESE SPAGHETTI DREAM

BY: JEN MARTINEZ FROM JUANITA'S CUCINA

Cream Cheese Spaghetti Dream is a delightful dinner. At first, it seems like a typical spaghetti dish - the ground beef even makes it resemble spaghetti and meatballs. Unlike a typical spaghetti dinner, though, this recipe incorporates cream cheese. This special ingredient really makes the dish stand out against other pasta casseroles.



Ingredients:

- 12 ounces spaghetti (3/4 of a box)
- 1 (28-ounce) jar prepared spaghetti sauce
- 1 pound lean ground beef
- 1 teaspoon Italian seasoning
- 1 clove garlic, minced
- 8 ounces cream cheese, softened
- 1/2 cup Parmesan cheese, grated

Directions:

- a. Preheat oven to 350 degrees F.
- b. In a skillet, brown the ground beef until cooked through; drain fat and stir in spaghetti sauce. Set aside.
- c. Cook spaghetti according to directions on packet. Drain and place cooked spaghetti back in pot. Add cream cheese, Italian seasoning and minced garlic. Stir until cream cheese is melted and the spaghetti is thoroughly coated.
- d. Lightly grease a 9×13 inch pan. Spread a small amount of meat sauce in the bottom of the dish. Put spaghetti on top of sauce and top with remaining meat sauce.
- e. Sprinkle Parmesan cheese on top.
- f. Bake for 30 minutes, until bubbly.



RECIPES FOR SPAGHETTI

MUSHROOM SPAGHETTI CASSEROLE

BY: SHAY SHULL FROM MIX AND MATCH MAMA

If you like spaghetti and meatballs (who doesn't), then you'll love this recipe. Mushroom Spaghetti Casserole incorporates pasta, ground meat (your choice of beef, turkey, or chicken), spaghetti sauce, and cream of mushroom soup into an easy-peasy dinner. Serve with a side salad, and you'll have a wonderful fall meal.



Ingredients:

- 1 pound pasta
- 1 pound ground beef, chicken or turkey
- 1 onion, chopped
- 3 to 4 cloves garlic, chopped
- 2 teaspoons crushed red pepper flake (optional)
- 1 jar spaghetti sauce
- 1 can cream of mushroom soup
- 2 cups sharp Cheddar cheese
- Extra Virgin Olive Oil
- Salt

Pepper

Directions:

- 1. Preheat oven to 425 degrees F.
- 2. In a large pot, bring water to boil for your pasta. Drop your pasta and cook until al dente (about 6 minutes).
- 3. In an oven-safe skillet, heat 2 to 3 tablespoons of extra virgin olive oil over medium-high heat, add in your ground beef and brown. Once the beef is brown and crumbly, add in your onion and garlic and cook for about 4 minutes. Stir in your red pepper flakes and a pinch of salt and pepper for about a minute. Pour your spaghetti sauce into your ground beef mixture, reduce heat to low and simmer another minute.
- 4. Drain your pasta and incorporate it into your ground beef mixture. At this point, if your skillet isn't oven-safe, transfer your mixture into a 9 x 9 inch baking dish. Pour your cream of mushroom soup over the top (don't stir it in, just pour it on top) and top the soup with Cheddar cheese.
- 5. Bake uncovered about 15 to 20 minutes or until bubbly and brown.



RECIPES WITH MEATBALLS

MEATBALL SUB CASSEROLE

BY: AMANDA FORMARO FOR ALLFREECASSEROLERECIPES.COM

This Meatball Sub Casserole is great for both adults and children. While some recipes with meatballs can be difficult, this recipe is easy to make. You can use frozen, store-bought meatballs and still get a great tasting casserole. Have a fun family dinner tonight with this recipe.



Ingredients:

- 1 Loaf bread, cut into 1- inch thick slices
- 1 (8-ounce) package cream cheese, softened
- 1/2 cup mayonnaise
- 1 teaspoon Italian Seasoning
- 1/4 teaspoon pepper
- 2 cups mozzarella cheese, shredded and divided
- 1 pound package frozen meatballs, thawed
- 1 28 ounce jar pasta sauce
- 1 cup water

Directions:

- 1. Preheat oven to 350 degrees F.
- 2. Arrange the bread in a single layer in an un-greased 9 x 13 inch baking dish.
- 3. In a bowl, combine cream cheese, mayonnaise and seasonings; spread over the bread slices. Sprinkle with 1/2 cup cheese; set aside.
- 4. Gently mix together meatballs, spaghetti sauce and water; spoon over cheese. Sprinkle with remaining cheese.
- 5. Bake, uncovered, for 30 minutes.



RECIPES WITH MEATBALL

MEATBALL CASSEROLE

BY: KATHERINE AUCOIN FROM SMOKY MOUNTAIN CAFE

Making meatballs requires a lot of work, so you usually make a lot and wind up with leftovers. Instead of eating spaghetti and meatballs again the next night, try making this Meatball Casserole. This is a great recipe with meatballs that adds variety and flavor to your dinner routine.



Ingredients:

- 2 cans crescent roll dough
- 1 block (8 ounces) light cream cheese, softened
- 1 tablespoon Johnny's Garlic Spread Seasoning
- $1 \frac{1}{2}$ to 2 pounds leftover meatballs (depending on size, cut in half or quartered)
- 3 cups spaghetti sauce
- 2 cups mozzarella cheese, shredded

Directions:

- 1. Preheat oven to 350 degrees F.
- 2. Lightly spray a 9 x 13 inch baking dish with non-stick cooking spray. Unroll the crescent roll dough and press into baking dish, covering bottom of dish and pressing it half way up the sides of the dish.
- 3. Place the cream cheese in a small bowl and mash it with a fork. Add in the Johnny's and thoroughly blend it in the cream cheese. Spread the cream cheese in a thin layer over the crescent roll dough. I found it easier to spread it out with my fingers than using a spatula.
- 4. Combine the meatballs and spaghetti sauce in a large bowl and then carefully pour or spoon it over the cream cheese and dough.
- 5. Sprinkle the mozzarella cheese over the top and pop that baby in the oven for about 30 minutes or until the cheese is melted and the sauce is bubbly.

ALLFREECASSEROLERECIPES Easy Casserole Recipes for Everyday Co

22 Recipes for Italian Casseroles

RECIPES WITH MEATBALLS

BAKED PENNE WITH SQUASH AND MEATBALLS

BY: LIZZIE MUNRO FROM ANSWERS EN CROUTE

Comfort food is usually loaded with calories, but it doesn't always have to be. Baked Penne with Squash and Meatballs is a great casserole that's healthy. It calls for low-fat dairy products, Swiss chard (similar to lettuce), and uses a butternut squash puree in place of tomato sauce. It's got pasta, meat, and veggies - it's the whole package.

Ingredients:

- 1 medium sized butternut squash (about 1 1/2 pounds) Olive oil
- 1/4 teaspoon nutmeg, freshly grated
- 1 cup low fat milk
- 1/2 pound uncooked chicken or turkey sausage, casings removed
- 1/4 cup dried bread crumbs
- 1 egg white
- 1 bunch Swiss chard (about 5 to 6 stalks), leaves only, chopped

Directions:

- 1. Preheat oven to 400 degrees F. Line a pan with aluminum foil and cut the squash in half lengthwise. Remove the seeds, put the squash flesh side down on the baking sheet and roast for 40 to 50 minutes or until very tender. Set aside to cool.
- When the squash is cool enough to handle, scoop out the flesh into a large bowl (there should be 2. about 2 cups total). Add in the nutmeg and season with lots of salt and pepper. Pour in the milk and stir until mixture is smooth.
- 3. Reduce oven temperature to 375 degrees F and set a pot of boiling water on the stove. In a small bowl, gently combine sausage, breadcrumbs, and egg white with 1/4 cup of the butternut squash/milk mixture (don't over mix). Form small (1-inch max) meatballs and set aside.
- 4. Heat a sauté pan over medium high heat with a splash of olive oil and sauté meatballs in batches until brown on all sides and cooked through. Cut them in half (if desired) and set aside. In the same pan, sauté the onion for 15 to 20 minutes, stirring often, until golden brown. Add garlic and Swiss chard, along with lots of salt and pepper, and cook until chard is tender but not too soft. Spoon entire mixture into the butternut squash and stir to combine. Pour chicken stock over and stir to combine.
- 5. Cook the penne until just al dente and drain. Return it to the pot and pour the butternut squash mixture over the top. Stir in the meatballs.
- Combine cottage cheese, ricotta, and 1/2 cup of mozzarella in a small bowl. Lightly grease a 9 x 13 6. inch pan and spoon half of the pasta mixture evenly over the bottom. Dot with cottage cheese mixture and lightly spread it over top of the pasta. Add the rest of the pasta on top of the cheese. Sprinkle with the remaining cup of mozzarella, and Parmesan.
- Bake for 30 to 40 minutes, until golden brown and bubbling. Allow pasta to cool for 10 to 15 minutes. 7.



- 1 vellow onion, sliced 2 cloves garlic, minced 1 cup chicken stock
- 8 ounces whole wheat penne pasta
- 1 cup part skim cottage cheese
- 1/2 cup part skim ricotta
- 1 cup mozzarella cheese, shredded
- 1/2 cup Parmesan cheese, freshly grated







RECIPES WITH MEATBALLS

CHICKEN MEATBALL PASTA BAKE

BY: JENNI FERRIS FROM JENNI FERRIS' WHEEL OF FOOD

Chicken Meatball Pasta Bake is a delicious chicken Italian casserole that the whole family will enjoy. It features chicken meatballs and your choice of pasta. This casserole can be made a day ahead of time or frozen for up to one month.



Ingredients:

- 1 pound ground chicken
- 1/2 teaspoon salt
- 1/2 cup panko bread crumbs
- 1 (16-ounce) box rigatoni, cooked and warm
- 1/4 cup green onion, minced
- 1 (8-ounce) package cream cheese, softened
- 1/4 cup red pepper, minced
- 1/2 cup sour cream

1 large egg spaghetti sauce 2 cloves garlic, minced 1 (8-ounce) package shredded mozzarella 3 tablespoons fresh parsley, chopped 1 (5-ounce) package grated Parmesan cheese 1 teaspoon Italian seasoning fresh parsley (garnish)

Directions:

- 1. Preheat oven to 350 degrees F. Line a rimmed baking sheet with foil. Place a cooking rack over the pan. Spray rack with nonstick cooking spray. Lightly grease a 9 x 13 inch baking dish.
- 2. In a medium bowl, combine chicken, panko bread crumbs, green onion, bell pepper, egg, garlic, parsley, Italian Seasoning, and salt. Shape mixture into golf ball-sized balls; place on prepared cooling rack. Bake 15 to 17 minutes or until lightly browned.
- 3. In a large bowl, combine hot pasta, cream cheese, and sour cream, stirring to combine. Spoon half of the mixture into prepared baking dish. Top evenly with half of meatballs. Spoon half of the spaghetti sauce over meatballs. Sprinkle evenly with mozzarella cheese. Repeat with the remaining noodles, meatballs and sauce. Sprinkle evenly with Parmesan. Bake 35 to 40 minutes or until hot and bubbly. Garnish with parsley. Serve immediately.

*Note: This may be made one day ahead. It can also be prepared and frozen for up to one month. Thaw in refrigerator before baking.



RECIPES FOR LASAGNA

MOM'S MEAT LOVERS' LASAGNA

BY: KATIE CLARK FROM CLARK'S CONDENSED

Mom's Meat Lovers' Lasagna is set apart from other lasagnas. It uses both ground beef and sausage to the delight of meat lovers everywhere. And, for a different taste, it uses mozzarella, Colby Jack, and Parmesan cheeses instead of the more traditional ricotta cheese. If you're in the mood for Italian tonight, try this new lasagna recipe.



Ingredients:

- 1 (16-ounce) can spaghetti sauce
- 1 (8-ounce) can tomato sauce
- 2 teaspoon Italian Seasoning
- 2 teaspoon garlic powder
- 2 teaspoon lemon pepper
- 2 teaspoon seasoning salt
- 1 cup water

- 1 pound ground beef or turkey
- 1 pound Italian sausage (any variety)
- 2 cups mozzarella cheese
- 2 cups Colby Jack cheese
- 15 lasagna noodles
- Several tablespoons powdered Parmesan cheese

Directions:

- 1. Preheat oven to 350 degrees F. Fill pot with water and bring to a boil, then cook lasagna noodles until al dente.
- 2. In the meantime, dice onions, and then put them in a deep skillet with the sausage and ground beef. Brown the meats. Add spaghetti sauce, tomato sauce, and water to meat and onion mixture. Add in all the spices, and let simmer 15 minutes. When lasagna noodles are done, drain excess water, and put off to the side.
- 3. Sprinkle Parmesan cheese on the bottom of a 9×13 inch pan. Layer four lasagna noodles on the bottom of the dish. Then, layer 1/3 of sauce, 1/2 cup of Colby Jack, and 1/2 cup of mozzarella. Sprinkle with Parmesan. Repeat noodle, sauce, and cheese layers two more times. Make sure the top layer of the lasagna is mozzarella cheese. If there are any gaps at the ends of pans where there are no noodles, put a noodle there as well.
- 4. Cover with tin foil and bake for 50 minutes. Then, remove tin foil and let bake for 10 more minutes, or until cheese is completely melted.



RECIPES FOR LASAGNA

CHICKEN AND ROASTED GARLIC LASAGNA

BY: PAM NELSON FROM FOR THE LOVE OF COOKING

This recipe for Chicken And Roasted Garlic Lasagna is one you must try! Made with savory garlic, bell peppers, onion and basil, it's both colorful and tasty. Just look at that cheese! It practically calls out your name.



<u>Chicken Mixture Ingredients:</u>

2 cups roasted chicken, shredded 2 bulbs roasted garlic 1/4 sweet yellow onion, diced finely 5 to 6 baby bell peppers, diced finely 6 to 7 fresh basil leaves, chopped Dried oregano, to taste Sea salt, to taste Freshly cracked pepper, to taste

Other Ingredients:

1 (32-ounce) container ricotta cheese 1 egg 5 to 6 fresh basil leaves, chopped Dried Oregano, to taste Fresh nutmeg, grated, to taste 1/2 cup + 3 tablespoons Parmesan cheese, divided 9 whole wheat lasagna noodles, cooked Mozzarella cheese, shredded Roasted Garlic and Basil Marinara Sauce

Directions:

- 1. Place the shredded chicken, roasted garlic, diced onion, diced bell peppers, chopped basil leaves, oregano, sea salt, and freshly cracked pepper to taste on a large cutting board. Chop all the ingredients together and mix thoroughly.
- 2. Preheat oven to 375 degrees F.
- 3. Coat a large 9 × 13 inch baking dish with cooking spray. In a large bowl, add ricotta, egg, 1/2 cup of Parmesan cheese, fresh chopped basil, nutmeg, oregano, sea salt, and freshly cracked pepper, to taste. Combine until mixed thoroughly. Meanwhile, cook the lasagna noodles. Then drain.
- 4. Layer a 9 x 13 inch baking pan with just enough sauce to cover the bottom of the pan. Lay three lasagna noodles in the pan. Spread some of the ricotta mixture on the noodles, then spoon some of the chicken mixture on top and sprinkle with a bit of mozzarella; spoon some sauce over the cheese; repeat layering. Finish with a layer of noodles and remaining sauce. Sprinkle with mozzarella cheese, remaining 3 tablespoons of Parmesan cheese and a sprinkle of basil or oregano.
- 5. Bake covered for 30 minutes. Uncover and bake for 15 more minutes. Let cool for 5 minutes before slicing.



RECIPES FOR LASAGNA

MUSHROOM LASAGNA

BY: SUSAN FROM SAVORING TIME IN THE KITCHEN

This Mushroom Lasagna is a marvelous meal that's both elegant and delicious. To make it easier on yourself, you can make it a day ahead of time. If your family likes mushrooms, then you will absolutely love this dish because it's made with porcini, white, baby portabella, and shiitake mushrooms.



1/2 cup Parmesan cheese, freshly grated

san cheese, freshly grated

-inch sheets no-boil lasagna

2 cups water 2 ounces dried porcini mushrooms (about 1 cup) 2 pounds fresh white mushrooms 1 used a combination of white, baby portabella and shiitake mushrooms)	<u>Sauce Ingredients:</u> 1 stick (1/2 cup) unsalted butter 1/2 cup all-purpose flour 5 cups whole milk 1 1/2 cups Parmesan cheese, freshly grate
2 to 3 zucchini (about 1 pound) L large onion 3 garlic cloves	2 teaspoons Dijon mustard 1 1/2 teaspoons salt
5 tablespoons unsalted butter 6 tablespoons Sherry	Eighteen 7 x 3 1/2-inch sheets no-boil lasa 2 cups mozzarella cheese, freshly grated

- 2 teaspoons chopped fresh thyme leaves
- 2 1/2 teaspoons salt

Mushroom Filling Ingredients:

1/4 teaspoon freshly ground black pepper

Directions:

- 1. To make filling: In a small saucepan, boil water and remove pan from heat. Stir in porcini and soak 20 minutes. Lift out porcini, squeezing out excess liquid, and reserve soaking liquid.
- 2. In a sieve, rinse porcini to remove grit and pat dry. Chop porcini and transfer to a large bowl. Simmer reserved soaking liquid until reduced to 1/4 cup. Pour liquid through a sieve lined with a dampened paper towel into bowl with porcini.
- Quarter white mushrooms and in a food processor pulse in 3 batches until finely chopped. 3.
- Cut zucchini into 1/4-inch dice. Chop onion and mince garlic. In a 12-inch heavy skillet heat 1 tablespoon butter over 4. moderate heat until foam subsides and cook one third white mushrooms with 2 tablespoons Sherry, stirring, until liquid mushrooms give off is evaporated and they begin to brown. Add mushroom mixture to porcini. Cook remaining mushrooms in 2 batches in butter with remaining Sherry in same manner and add to porcini mixture. In skillet cook zucchini in 1 tablespoon butter until tender and stir into porcini mixture. In skillet cook onion in remaining tablespoon butter, stirring, until softened. Stir in garlic, thyme, salt, and pepper and cook, stirring, until fragrant, about 30 seconds. Stir onion into mushroom mixture until combined. (Filling may be made 1 day ahead and chilled, covered)
- 5. To make sauce: In a 3-quart heavy saucepan melt butter over moderately low heat and whisk in flour.
- 6. Whisk 3 minutes, then whisk in milk. Bring sauce to a boil, whisking constantly, and simmer, whisking occasionally, 3 minutes. Stir in Parmesan, mustard, and salt. Remove pan from heat and cover surface of sauce with wax paper. (Sauce may be made 1 day ahead and chilled, covered. Bring sauce to room temperature before proceeding)
- 7. Preheat oven to 375 degrees F and butter a 9 x 13 inch baking dish. To assemble lasagna: Spread 1 1/4 cups sauce in baking dish and cover with 3 pasta sheets, making sure they don't touch each other.
- 8. Spread 1/3 filling over pasta sheets in dish and top with 3 more pasta sheets, gently pressing down layers to remove air pockets. Top pasta sheets with one third mozzarella. Continue layering in same manner with sauce, pasta sheets, filling, and mozzarella, ending with mozzarella (dish will be filled to rim). Spread remaining sauce over top and sprinkle with Parmesan. On a foil-lined large baking sheet, bake lasagna in middle of oven until bubbling and golden, about 45 minutes. Let lasagna stand 20 minutes. (Lasagna may be made 1 day ahead and chilled, covered. Bring lasagna to room temperature and reheat before serving)



RECIPES FOR LASAGNA

SKINNY VEGGIE LASAGNA

BY: LINDSAY OSTRUM FROM PINCH OF YUM

Skinny Veggie Lasagna is a vegetarian pasta casserole that's easy to make and super satisfying.



Ingredients:

- 3 cups veggies of your choice, chopped
- 1/2 onion, chopped
- 2 tablespoons garlic, minced
- 1 tablespoon olive oil
- 1 cup low fat ricotta cheese
- 1 egg
- 2 cups fresh spinach
- 2 cups tomato sauce
- 12 uncooked oven-ready whole grain lasagna noodles
- 1 cup mozzarella cheese, shredded

Directions:

- 1. Preheat oven to 375 degrees F.
- 2. Chop veggies. Sauté onion and garlic in the oil over medium high heat. Add veggies and sauté until tender. Set aside.
- 3. Whisk egg into ricotta cheese and stir in fresh spinach.
- 4. Pour a little sauce in the bottom of a greased 9 × 13 inch pan. Top with 4 lasagna noodles, 1/2 cup ricotta mixture, 1/2 of the veggies, and 3/4 cup sauce. Repeat; top entire pan with noodles, remaining sauce, and mozzarella cheese.
- 5. Cover and bake for 40 minutes. Remove foil and bake for 10 minutes more or until cheese is bubbly.



RECIPES FOR LASAGNA

LOADED LASAGNA ROLL-UPS

BY: AMANDA FORMARO FROM AMANDA'S COOKIN'

Lasagna recipes can be really timeconsuming. Loaded Lasagna Roll-Ups, however, are much simpler. This lasagna roll-up recipe has all of the ingredients that you love about lasagna with less fuss.



Ingredients:

- 14 no boil/oven ready lasagna noodles
- 1/2 pound ground beef
- 1 pound sweet Italian sausage, casings removed
- 2 tablespoons olive oil
- 3 cloves garlic, smashed and minced
- 1/2 teaspoon red pepper flakes
- 2 (28 ounce) cans crushed tomatoes
- 1 tablespoon fresh basil, chopped

Directions:

1. Preheat oven to 375 degrees F.

- 1 tablespoon fresh oregano, chopped
- 1/2 teaspoon fennel seeds
- 1 (15-ounce) container Ricotta cheese
- 1 egg, beaten
- 1 tablespoon dried parsley
- 1/2 teaspoon salt
- 3 cup mozzarella cheese, shredded and divided
- 1/4 cup + 2 tablespoons Parmesan cheese, grated and divided
- 2. In a large saucepan, brown the ground beef and Italian sausage together. Drain and set aside to cool.
- 3. Over medium heat, sauté the garlic and red pepper flakes in the olive oil just until soft. Add both cans of tomatoes, basil, oregano, and fennel seeds. Bring to a boil then reduce heat and simmer for 20 minutes, stirring occasionally. Do not overcook and dry out the sauce. Remove from heat.
- 4. To make the filling: In a large bowl mix the Ricotta cheese, egg, parsley, and salt together. Add in 2 cups of the mozzarella cheese and 1/4 cup of the Parmesan cheese. Mix the drained and cooled meat into the Ricotta cheese mixture. Add 1 cup of the cooled sauce.
- 5. In a small bowl, mix together remaining 1 cup of mozzarella and 2 tablespoons of Parmesan. Set aside.
- 6. Bring a pot of water to a boil. Meanwhile line work surface with a clean kitchen towel. Add 3 to 4 noodles to the water at a time. Using tongs, remove noodles after 30 seconds (just long enough to soften them and make them pliable) and lay them on the kitchen towel. Continue until all noodles are ready.
- 7. Turn water off and carefully pour some of the boiled water into a bowl. Keep near your work surface to dip noodles in if they are not pliable enough to roll.
- 8. Spread 1 cup of the tomato sauce into a 9 x 13 inch baking dish.
- 9. Spread a heaping 1/3 cup of filling mixture onto bottom 3/4 of each noodle, leaving top 1/4 of noodle uncovered. Starting from the end with cheese, roll into the noodle into a tube shape and arrange in baking dish seam side down.
- 10. Top evenly with remaining sauce, covering each noodle completely.
- 11. Cover the dish with aluminum foil. Bake on the middle rack until the sauce bubbles, about 40 minutes.
- 12. Remove roll-ups from the oven and adjust the oven rack to the highest position. It should be about 6 inches from the heating element. Sprinkle remaining mozzarella and Parmesan mixture evenly over each individual roll-up. Do not replace the foil. Broil until cheese starts to brown (watch carefully, only a minute or so!). Cool 15 to 20 minutes before serving to allow the roll-ups to set.



OTHER RECIPES FOR ITALIAN DISHES

BAKED CAPRESE

BY: KATIE JASIEWICZ FROM KATIE'S CUCINA

Caprese is usually made as a salad, filled with ripe tomatoes and delicious mozzarella cheese. This Baked Caprese is a cooked version of the tasty salad. If you like fresh herbs and Italian flavors, then this is the casserole for you.



Ingredients:

- 10 ounces Mini San Marzano Tomatoes, halved
- 2 tablespoons olive oil
- 2 cloves garlic, minced

Salt, to taste

- Pepper, to taste
- 8 mini fresh mozzarella balls, quartered
- 10 basil leaves, thinly sliced and divided
- 1 tablespoon melted butter
- 1 tablespoon olive oil
- 1/3 cup panko bread crumbs
- 1 tablespoon Parmesan cheese, shredded

Directions:

- 1. Preheat broiler.
- 2. Slice mini san marzano tomatoes in half. Toss with olive oil, garlic, salt, and pepper. Add to an oven-safe casserole dish. Broil for 10 minutes.
- 3. Remove the broiled tomatoes from the oven, mix tomatoes, then add in the 1/2 cup of fresh mozzarella. Broil for 2 minutes.
- 4. While tomato/mozzarella mixture is under the broiler, mix 1 tablespoon melted butter with 1 tablespoon of olive oil. Add panko bread crumbs and set to the side.
- 5. Remove tomato/mozzarella mixture from the oven, add half the fresh basil to the dish, then top with panko bread crumbs. Top with 1 tablespoon Parmesan cheese. Broil an additional 1 to 2 minutes until panko topping is golden brown. Before serving, sprinkle the remaining basil on top of the casserole.



OTHER RECIPES FOR ITALIAN DISHES

EGGPLANT PARMESAN CASSEROLE

BY: JENNI FERRIS FROM JENNI'S FERRIS WHEEL OF FOOD

It's great when you can turn an Eggplant Parmesan recipe into an Eggplant Parmesan Casserole. This dish has two layers of eggplant and cheese, and then is topped with tomato sauce. This is an easy recipe and makes a great weeknight meal.



Ingredients:

3 eggs

- 3 tablespoons water
- 2 cups Italian flavored panko bread crumbs
- 1/4 cup Parmesan cheese, finely shredded
- 1 large eggplant, sliced into 1/2-inch slices
- Canola oil for frying
- Salt, to taste
- Pepper, to taste
- 1 cup Parmesan, finely shredded and divided
- 2 cups mozzarella cheese, shredded and divided
- 3 cups pasta sauce

Directions:

- 1. Whisk together eggs and water in a bowl or pie plate. Combine the bread crumbs and Parmesan cheese in another bowl or pie plate. Coat the bottom of a cast-iron skillet with canola oil and heat over medium-high heat. Dip the eggplant slices into the egg mixture, then dredge in the bread crumb mixture. Cook until golden brown, about 4 minutes, turning once. Place on a paper towel-lined plate to absorb excess oil. Add more oil between batches, if needed.
- 2. Preheat oven to 375 degrees F. Spray a 7 x 11 inch baking dish with nonstick cooking spray. Place eggplant in a single layer on the bottom of the baking dish. Sprinkle with 1/4 cup of the Parmesan cheese and 1/2 cup of mozzarella. Repeat layers twice, ending with cheese. Spoon 3 cups tomato sauce over the top. Bake for 25 minutes. Sprinkle with remaining Parmesan and mozzarella cheese. Bake 10 more minutes or until cheese is melted and bubbly.



OTHER RECIPES FOR ITALIAN DISHES

BAKED EGGPLANTS WITH BOLOGNESE SAUCE

BY: LAI KUAN FROM FOOD 4 TOTS

Baked Eggplants with Bolognese Sauce is a ground beef casserole that puts a fun spin on an Italian dish. It's kid-friendly and low carb - a pleasure for everyone!



Ingredients:

Eggplants (6 inches) – It is only a guideline. It depends on the size of your baking dishes. **Bolognese sauce**

Mozzarella cheese, shredded (or your favorite type of cheese)

Bolognese Sauce Ingredients

240g minced meat/ beef (If you prepare no meat, substitute with fresh mushrooms) 60g fresh mushrooms – chopped 1 medium size onion, minced 2 cloves garlic, chopped 1 can diced tomato 1 teaspoon dried basil leaves or mixed Italian dried herbs Cornstarch solution for thickening 2 tablespoons tomato paste

1 tablespoon tomato ketchup 1 tablespoon sugar 2 bay leaves (optional) 200 ml stock Dash of ground black pepper Pinch of salt (mix 1 teaspoon corn flour with 1 tablespoon water)

Directions:

- 1. To make the Bolognese sauce: Heat up a saucepan with oil. Sauté onion, garlic and dried basil until fragrant and onion become translucent. Add in minced meat/beef and stir-fry until it is cooked. Add in chopped mushrooms and stir-fry until the mushrooms turn soft. Add in diced tomatoes, tomato paste, tomato ketchup, stock and bay leaves and stir well.
- 2. Bring to a boil and simmer under low heat for 30 minutes. The last 10 minutes, simmer with lid half covered, stirring occasionally.
- 3. Add in sugar, black pepper, and salt. Thicken with cornstarch solution.
- 4. Meanwhile, slice eggplants (0.3cm thickness) and soak in salted water with vinegar for 10 seconds. Drain and pat dry. Pan-fry both sides until lightly golden brown. Set aside.
- 5. Preheat oven to 350 degrees F.
- 6. Prepare 4 baking dishes. Add a layer of Bolognese sauce, follow by eggplants, and then shredded cheese. Repeat this process. The final layers must be eggplants and cheese.
- 7. Baked for 10 to 15 minutes or until the cheese turns golden brown. Serve hot.



OTHER RECIPES FOR ITALIAN DISHES

BISCUIT-TOPPED ITALIAN CASSEROLE

BY: NIKKI GLADD FROM SEEDED AT THE TABLE

Warm, flaky biscuits are delicious on their own, but when paired with Italian seasonings and moist ground beef, they are even better. Biscuit-Topped Italian Casserole is a great combination of flavors that would be perfect at your next meal.



Ingredients:

- 1 pound ground beef
- 1 (8-ounce) can tomato sauce
- 3/4 cup water
- 1/4 teaspoon pepper
- 1 (10-ounce) package frozen Italian style mixed vegetables
- 2 cups Cheddar cheese, shredded and divided
- 1 (12-ounce) package refrigerated buttermilk biscuits
- 1 tablespoon butter, melted
- 1/2 teaspoon dried oregano

Directions:

- 1. Preheat oven to 375 degrees F. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the tomato sauce, water, and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Remove from heat. Stir in vegetables and 1-1/2 cups cheese. Transfer to a greased 9 x 13 inch baking dish.
- 2. Split each biscuit in half. Arrange biscuits around edge of dish, overlapping slightly; brush with butter and sprinkle with oregano. Sprinkle remaining cheese over the meat mixture. Bake, uncovered, at for 25 to 30 minutes or until the biscuits are golden brown.



THANK YOU

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