



Shopping and Cooking for 1 or 2

University of Minnesota Extension Real Life, Good Food – reallifegoodfood.umn.edu

University of Minnesota Extension 2 Week Menu Kit - <http://z.umn.edu/menukit>

University of Minnesota Extension Food Storage Times - <https://extension.umn.edu/preserving-and-preparing/storage-times-food-refrigerator-and-freezer>

North Dakota State University Extension Recipes - <https://www.ndsu.edu/agriculture/extension/extension-topics/food-and-nutrition/recipes>

Iowa State University Extension and Outreach Spend Smart. Eat Smart. - <https://spendsmart.extension.iastate.edu/>

USDA Shop Simple with MyPlate - https://www.myplate.gov/app/shopsimple?utm_source=shop-simple&utm_medium=redirect&utm_campaign=desktop-redirect

UMN Extension Center for Family Development via social media:

Facebook: English - www.facebook.com/UMNExtFD

Facebook: Spanish - www.facebook.com/avancemosenfamilia

Instagram - <https://www.instagram.com/umnnextfd/>

Pinterest - <https://www.pinterest.com/UMNfamily/>

Twitter - <https://twitter.com/UMNExtFD>

YouTube - <https://www.youtube.com/user/UMFamDev/>

Linked In - <https://www.linkedin.com/company/university-of-minnesota-extension-for-family-development>

Family News e-Newsletter - <https://z.umn.edu/FamilyNews>

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Mix and Match Casserole

Starch (select 1)

- 2 cups cooked pasta
- 2 cups cooked brown or white rice
- 2 cups cooked potatoes

Protein (select 1)

- 2 cups cooked ground beef, chicken, ham, turkey, pork or beans
- 2 5-ounce cans fish or chicken
- 2 cups cooked or canned beans

Vegetable (select at least 1)

- 1 10-ounce frozen vegetables
- 1 16-ounce canned vegetables
- 2 cups sliced fresh vegetables

Sauce (select 1)

- 1 can "cream of" soup mixed with milk or water to make 2 cups
- 1 16-ounce can tomato juice

Flavor

- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1/2 teaspoon favorite seasoning
- Salt and pepper to taste

Toppings (select 1) Optional

- 1/4 cup shredded cheese
- 1/4 cup dried crushed dry Cereal

Cook at 350 degrees until 165 degrees internal temperature.