



9 Casseroles to Make When Eating on a Budget



ALLFREECASSEROLERECIPES 
Easy Casserole Recipes for Everyday Cooking

9 Casserole Recipes to Make When Eating on a Budget

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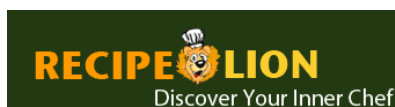
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Published by Prime Publishing LLC, 3400 Dundee Rd., Suite 220, Northbrook, IL 60062 – www.primecp.com



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9 Casserole Recipes to Make When Eating on a Budget

Letter from the Editor

Dear Casserole Cookers,

Do your ears perk up when you hear “budget-friendly recipes”? If so, this eCookbook, *9 Casserole Recipes to Make When Eating on a Budget*, is the right fit for you. Inside, you’ll find a wonderful collection of recipes that use only 5 ingredients, plus budget-friendly recipes that use chicken, ground beef, and pork. If you haven’t figured it out already, you’ll soon learn that you don’t have to sacrifice good taste to eat frugally.

A short ingredients list almost always guarantees that a recipe will fit in your budget. That’s why the first chapter of *9 Casserole Recipes to Make When Eating on a Budget* focuses on recipes that require only 5 ingredients. Yes, you really can make a delicious casserole with only 5 ingredients, such as Buffalo Chicken Potato Casserole (p. 6). The rest of the eCookbook showcases easy chicken, ground beef, and pork dishes. Sour Cream Rice Bake (p. 12) has been a favorite with our readers, and you’ll soon discover why. If pork is a beloved meat choice, then don’t pass up Easy Pork Chop Casserole (p. 14). It’s last but certainly not least. The recipes vary in flavor, but all are easy to make and taste great. Best of all, they won’t break the bank. I hope you enjoy the *9 Casserole Recipes to Make When Eating on a Budget* eCookbook.

For more great casserole recipes, be sure to visit [AllFreeCasseroleRecipes.com](http://www.AllFreeCasseroleRecipes.com). While you’re there, [subscribe to our free newsletter, *The Casserole Connection*](#), to get free recipes delivered to your inbox every week.

Happy Casserole Cooking!

Sincerely,

Emily Racette, Editor, AllFreeCasseroleRecipes

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RECIPES WITH 5 INGREDIENTS

BUFFALO CHICKEN POTATO CASSEROLE

BY: DAWN BEDINGFIELD FROM SPATULAS ON PARADE

Here's a buffalo chicken recipe that you're going to love. Layers of potatoes, rotisserie chicken, buffalo sauce, and cheese fill a casserole dish and are baked until perfection. Buffalo Chicken Potato Casserole makes an excellent weeknight dinner and is also perfect for game day. This 5 ingredient dinner is a real winner whenever you decide to make it.



Ingredients:

1/2 rotisserie chicken, shredded
1 pound potatoes, sliced
2 cups cheese, Monterrey Jack
Buffalo wing sauce
8 ounce bacon, fried and chopped

Cooking Time: 25 minutes

Directions:

1. Preheat oven to 350 degrees F.
2. In a casserole dish or an 8 x 8 inch pan, layer buffalo sauce, potatoes, chicken, sauce, bacon, cheese, sauce, potatoes, chicken, sauce, bacon, cheese, and sauce.
3. Bake for 25 minutes. Serve with salad, ranch dressing and French bread.

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RECIPES WITH 5 INGREDIENTS

RAMEN NOODLE CASSEROLE

BY: LARRY COWLING FROM CULLY'S KITCHEN

Ramen noodles make a quick meal, so if they're in a casserole, it's likely that casserole will be easy and fast, too. That's the case with this Ramen Noodle Casserole. It requires only five ingredients and will be done baking in fifteen minutes. If you need a quick fix for a weeknight dinner, this casserole is just the thing.



Ingredients:

1 pound ground chuck
1 medium onion, diced
1 (14 ½ ounce) can diced tomatoes
3 (3-ounce) packages beef-flavor ramen noodles
3 cups water
Velveeta cheese, to taste

Servings: 4
Cooking Time: 20 minutes

Directions:

1. Preheat oven to 350 degrees F.
2. Brown hamburger and onion. Add flavoring packets from ramen noodles and simmer for about 4 minutes.
3. Add the water and the tomatoes and bring to a boil.
4. Then add ramen noodles and cook for about 4 minutes more.
5. Pour into a casserole dish sprayed with cooking spray, and cover with sliced Velveeta cheese.
6. Bake for 15 minutes or until cheese is melted.

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RECIPES WITH 5 INGREDIENTS

GRANDMA'S SPAGHETTI AND CHEESE DISH

BY: RUXANDRA MICU FROM GOURMANDELLE

Grandma's Spaghetti and Cheese Dish is one of those recipes with pasta that you just don't say "no" to. It's basically an irresistible mixture of spaghetti and cheese. The author calls it a "pudding" because it's so creamy. There's no meat, so it's a great vegetarian recipe and is perfect if you're on a budget. If you like garlic, add some slices inside the casserole. It will add a lot of flavor.



Ingredients:

2 cups spaghetti
3/4 cup low-fat cottage cheese
3/4 cup feta cheese
3 eggs
1 tablespoon olive oil
Sea salt, to taste
White pepper, to taste
1 garlic head, peeled and mashed (optional)

Servings: 10
Cooking Time: 35 minutes

Directions:

1. Preheat oven to 392 degrees F.
2. Cook pasta.
3. Coat the oven tray with some olive oil.
4. Drain the spaghetti and put in a large bowl.
5. Whisk the eggs with salt and pepper and pour over the pasta.
6. Using a fork, blend cheeses together until they have a paste-like consistency. Add them over the spaghetti.
7. Add sliced/mashed garlic. (optional)
8. Mix well, then put in the oven tray.
9. Place the tray in the oven and cook for about 30 to 35 minutes, until golden and crispy. You can use the grill for the last 10 minutes to create a lovely crust on top.

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RECIPES WITH CHICKEN

CHICKEN WITH CREAMY RICE

BY: [JUDY HANNEMANN FROM THE MIDNIGHT BAKER](#)

Chicken with Creamy Rice is an extremely budget friendly recipe. It's easy, too. You don't even have to cook the rice beforehand; just throw all the ingredients together, add the chicken, and bake. It's as simple as that! This casserole will serve four, and will be loved by all. Best of all, it's pretty healthy, which is always an added bonus.



Ingredients:

4 chicken thighs (or any other parts)
1 cup brown rice
2 cups water
2 cans (10-ounce) cream of chicken soup
1/2 cup celery, sliced
1/2 cup carrots, sliced
1/2 cup mushrooms, sliced
1 tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon thyme
1 teaspoon olive oil

Servings: 4
Cooking Time: 60 minutes

Directions:

1. Preheat oven to 375 degrees F. Spray a 9 x 13 inch pan with non-stick spray.
2. In a large bowl, combine brown rice, soup, water, celery, carrots, mushrooms, and 1 tablespoon olive oil. Mix well and add to prepared baking dish.
3. Rinse chicken and pat dry. Place on top of rice mixture in prepared pan. Brush each piece with the 1 teaspoon olive oil. Mix the salt, pepper, and thyme, and distribute over top of the chicken pieces.
4. Bake for 1 hour until rice is tender and chicken has an internal temperature of 185 degrees (or juices run clear).

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RECIPES WITH CHICKEN

CRUNCHY FIESTA CHICKEN CASSEROLE

BY: [SHAY SHULL FROM MIX AND MATCH MAMA](#)

What's for dinner tonight? How about a Mexican chicken casserole? Making this Crunchy Fiesta Chicken Casserole is a breeze and it tastes delicious. It consists of tortilla chips, shredded chicken, green chilies, salsa, and a few other Mexican-inspired ingredients. You would assume something this tasty would require more work!



Ingredients:

- 1 pound cooked chicken, shredded
- 1 can cream of chicken soup
- 1/2 cup sour cream
- 1/2 cup salsa
- 1 can chopped green chilies
- 2 cups Pepper Jack cheese (or Monterey Jack for a milder flavor), shredded and divided
- 2 cups tortilla chips, slightly crushed

Cooking Time: 20 minutes

Directions:

1. Preheat oven to 425 degrees F.
2. In a mixing bowl, combine chicken, soup, sour cream, salsa, green chilies, and one cup of cheese. Pour chicken mixture into a lightly greased 8 x 8 inch casserole dish. Top with remaining one cup of cheese and crushed tortilla chips. Bake uncovered about 20 minutes or until chips start to brown and casserole bubbles.
3. Serve with extra sour cream, salsa and/or green onions.

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RECIPES WITH GROUND BEEF

SLOPPY JOE SPAGHETTI BAKE

BY: HANNAH HOLZMANN FROM THE HOLZMANNS

Are you craving sloppy Joes but don't have any hamburger buns? Then this recipe will light up your world. Sloppy Joe Spaghetti Bake uses spaghetti instead of buns, but tastes very similar to the original. It's a great twist on an old classic.



Ingredients:

1 pound ground sirloin
1 packet sloppy Joe seasoning
1/3 cup water
2 tablespoons BBQ sauce
2 tablespoons ketchup
1 small onion, diced
1 box spaghetti noodles
Cheddar cheese, shredded
1/4 cup diced green onions

Cooking Time: 10 minutes

Directions:

1. Preheat oven to 350 degrees F.
2. Heat ground beef and diced onion in a skillet on medium heat until meat is no longer pink and onions are translucent.
3. Drain grease from beef and onion mixture.
4. Add sloppy Joe seasoning, BBQ, ketchup and water. Mix to incorporate.
5. Turn heat to low and let it simmer for about 10 minutes.
6. Meanwhile, cook your noodles and drain.
7. Put the noodles in a greased 9×13 inch pan.
8. Top with sloppy Joe mixture and then sprinkle with a generous amount of cheese.
9. Sprinkle green onions on top and bake for 10 minutes or until cheese is melted.

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RECIPES WITH GROUND BEEF

SOUR CREAM RICE BAKE

BY: KARLY CAMPBELL FROM BUNS IN MY OVEN

With only six ingredients, this ground beef casserole is insanely easy to make, and is one hundred percent comfort food. Sour Cream Rice Bake makes a great dinner to curl up with.



Ingredients:

1 pound ground beef
15 ounces canned tomato sauce
1 1/2 cups long grain, white rice
3 cups water (or beef broth)
1 cup cottage cheese
1/2 cup sour cream
1 cup Cheddar cheese, shredded
Salt and pepper, to taste

Cooking Time: 15 minutes

Directions:

1. Preheat oven to 350 degrees F.
2. Add the rice and water to a medium sauce pan over medium heat, stirring occasionally. Bring to a boil, reduce heat to low, and cover the pan. Cook for 15 to 18 minutes, stirring occasionally, until the water is absorbed. Allow to sit, covered, for 5 minutes.
3. While the rice is cooking, brown the ground beef in a skillet until cooked through. Remove from the heat, drain the grease, and add the tomato sauce to the pan.
4. Add the rice to a large mixing bowl and dump in the sour cream and cottage cheese. Stir to combine. Add salt and pepper, to taste.
5. In a 2 quart baking dish place half of the rice on the bottom of the dish. Top with half of the meat and tomato sauce mixture. Sprinkle on half of the cheese. Repeat the layers.
6. Bake for 10 to 15 minutes or until the cheese is melted.

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RECIPES WITH GROUND BEEF

TWISTED TATER TOT CASSEROLE

BY: JUDY HANNEMANN FROM THE MIDNIGHT BAKER

You've never had a tater tot casserole like this before. Twisted Tater Tot Casserole is made by putting a layer of ground beef at the bottom, throwing the rest of the casserole ingredients on top, baking for a little bit, then mixing up the casserole and baking some more. This way, the beef is in solid chunks as opposed to crumbled pieces. Add to that French-fried onions and tater tots, and you've got one awesome meal.



Ingredients:

- 1 pound very lean ground beef (at least 85% lean)
- 1 can cream of mushroom soup
- 2 cups sharp Cheddar cheese, shredded
- 1/4 cup diced red bell pepper
- 1/4 cup diced green bell pepper
- 6 strips cooked bacon, crumbled
- 1/2 cup French fried onions
- 2 cups potato "crowns" or regular tater tots

Cooking Time: 50 minutes

Directions:

1. Preheat oven to 350 degrees F.
2. Press ground beef into a 7 x 11 inch baking dish. Spread the potato crowns evenly on top of the ground beef. Pour the soup over the potato crowns. Sprinkle the bell peppers, bacon, and French fried onions on top of the soup. Distribute one cup of the cheese on top.
3. Bake for 20 minutes. Remove from oven and stir the casserole, breaking meat into chunks. Add the rest of the cheese and cook for an additional 20 to 30 minutes.

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RECIPES WITH PORK

EASY PORK CHOP CASSEROLE

BY: [ERIKA CLARK FROM LEARNING THE ROPES...ONE RECIPE AT A TIME](#)

Pork chop recipes are easier than you think. If you have ten minutes and four pork chops, you're pretty much set to make Easy Pork Chop Casserole. Broccoli, peas, and rice add more nutrition, substance, and flavor. This one-pot meal is one you can easily adapt - swap the pork chops for chicken, and the broccoli and peas with whatever veggies you have on hand. You won't get bored with it.



Ingredients:

4 pork chops (or chicken breasts or thighs)
1 can cream of mushroom soup (cream of celery or chicken also work)
1 packet onion soup mix
1 cup rice
2 cups water
1/2 cup frozen peas
1 cup broccoli pieces
Paprika, to taste
Seasoning salt, to taste
Garlic powder, to taste
Black pepper, to taste

Servings: 4
Cooking Time: 75 minutes

Directions:

1. Preheat oven to 350 degrees F.
2. Mix the mushroom soup, onion soup, water, and rice in a small bowl.
3. Pour mixture into a glass baking dish.
4. Add your vegetables and mix to combine.
5. Place pork chops on top of rice mixture and season with paprika, seasoning salt, garlic powder, and black pepper. Cover with aluminum foil.
6. Bake for 60 minutes, or until pork chops are cooked through.
7. Remove foil and return to the oven to bake for about 15 minutes just to brown the top a bit.

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