

My Favorite Frugal Meals by Food Storage Moms

Chicken Enchiladas

Ingredients:

- 4 cans cream of chicken soup
- 1-1/2 pints sour cream or freeze-dried sour cream
- 1-4-ounce can green chilies
- 4 green onions, chopped or 2 tablespoons freeze-dried green onions
- 1 pound grated cheese or equivalent freeze-dried cheese reconstituted
- 2 dozen corn tortillas cut into bite size pieces

Combine the chicken soup, sour cream, chilies and green onions in a large bowl. Grease a 9-inch by 13-inch pan and layer the soup mixture, tortillas and save a little of the cheese for the top of the casserole. Cover with foil and bake in preheated 350-degree oven for 45 minutes. Serve with sour cream and salsa.

Chicken and Bacon Supreme

Ingredients:

- 6 chicken breasts, uncooked
- 12 slices ham
- 12 pieces of precooked bacon, crumbled or 6 tablespoons crumbled bacon
- 2 cans of cream of mushroom soup undiluted
- 3 cups chicken broth

Preheat oven to 350 degrees. Grease a 9-inch by 13-inch pan. Sprinkle each half chicken breast with crumbled pieces of bacon, roll each one in a slice of ham. Place the 12 rolls as indicated in the pan. Combine the chicken broth and soup and completely cover the rolls. Cover with foil and bake for one hour.

Beef Enchiladas

Ingredients:

- 1 large onion, chopped or 4 tablespoons freeze-dried onion
- 1-4 ounce can green chilies
- 1 teaspoon garlic salt
- 1 teaspoon ground cumin
- 1 large can tomato sauce or 2-1/2 medium cans
- 2 tablespoons oil
- 1/4 teaspoon oregano
- One-pound cooked hamburger or 3 cups freeze-dried hamburger
- one dozen corn tortillas cut into bite size pieces
- 2 to 3 cups grated cheese

Cook onions in oil until tender. Add the rest of the ingredients, except for the tortillas and cheese. Layer the sauce, tortillas, and cheese, ending with the cheese. Cover with foil and bake in preheated 350-degree oven for one hour or until cooked completely. Serve with sour cream and salsa.

Poppy Seed Chicken

Ingredients:

- 2 cups cooked chicken, diced or 2 cups reconstituted freeze-dried chicken
- 1 can cream of chicken soup
- 1-1/2 cups sour cream
- 1 (8-ounce) box Ritz crackers, crushed
- 1/2 cup butter, melted
- 1 tablespoon poppy seeds

Grease a 9-inch by 13-inch casserole, preheat oven to 350 degrees. Combine chicken, soup, and sour cream. Combine the crackers with the melted butter and poppy seeds. Mix half of the cracker mix with all of the chicken mix. Spread in pan and top with remaining cracker mix. Cover with foil and bake 30-40 minutes or until heated through.

Hot Chicken Casserole

Ingredients:

- 2 cups cooked chicken cut into bite size pieces (or 2 cans of chicken drained-12.5 ounces) (or equal amount of reconstituted freeze-dried chicken)
- 3 cups cooked rice
- ½ chopped fresh onion (or 3 tablespoons freeze dried onion, do not reconstitute)
- 1 cup fresh celery chopped in bite size pieces
- 1 can water chestnuts drained, sliced or chopped (approximately 8 ounces)
- 1 cup mayonnaise or miracle whip
- 2 tablespoons lemon juice
- 1 cup almonds, slivered or sliced (Add to the top of casserole the last 5-10 minutes-continue baking)

Preheat the oven to 350 degrees. Place all the ingredients in a large bowl, except the almonds. Stir the mixture until blended well. Place in a 9 inch by 13 inches greased pan and bake uncovered for 30-40 minutes or until heated through. Add the almonds to the top of the casserole during the last 5-10 minutes of baking.

Tuna Casserole

Ingredients:

- Cook a one-pound package of egg noodles according to the directions on the package. Drain the noodles.
- In a medium saucepan, heat the following:
- 2 cans cream of mushroom soup
- 1 can milk
- 1 can tuna, drained
- 2 green onions or 1 teaspoon freeze-dried green onions
- dash of pepper
- one cup of grated cheese, set aside to put on top of the casserole

Preheat oven to 350 degrees. Grease a 9-inch by 13-inch pan. Layer the soup and tuna mixture with noodles and sprinkle the cheese on top. Bake covered with foil for 30-40 minutes, or until heated through.