

HOME ECONOMICS GUIDE



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Make Your Own Easy Hamburger Casseroles

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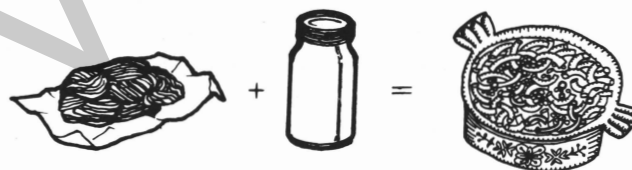
The homemaker has available various brands and many kinds and flavors of helpers to add to hamburger. This commercial product can contain macaroni, noodles, rice, potatoes, cheese and other foods. A homemade helper for hamburger was developed in the College of Home Economics foods laboratory that had the same nutritional value as the commercial mix. The homemade helper for hamburger was given a higher rating for flavor than the commercial mix. The time required to make enough of the mix to season four or five different casseroles was 15 minutes. The cost of the homemade mix was about half as much as the commercial mix. A pound of hamburger would need to be added to each casserole.

To make the casserole a frying pan and lid are the only utensils required. To prevent sticking, the pan should be preheated before the hamburger is placed in it. This also facilitates browning of the meat. An electric frying pan could be used. It is recommended after browning the excess fat be removed from the hamburger.

The seasoning mix is the basis for the various hamburger casseroles. It is easy to prepare and will keep several months in a closed container. This mixture gives the homemaker an easy way to prepare nutritional, good flavored hamburger casseroles.

Thoroughly mix this *Seasoning Mixture* and store in a container with a tight fitting lid. Do not freeze. Plan to use in 3 months.

Depending on taste, use $\frac{1}{2}$ to $\frac{2}{3}$ cup of the *Seasoning Mixture* for each pound of hamburger.



One pound hamburger + seasoning mixture = easy hamburger casseroles.

How to Use the Seasoning Mixture

MACARONI CASSEROLE

(5 servings)

Brown one pound of hamburger in a heavy frying pan with a lid. Drain off the excess grease. To the meat in the frying pan add:

$1\frac{1}{2}$ to 2 cups water

1 cup macaroni

$\frac{1}{2}$ cup plus 1 tablespoon *Seasoning Mixture*

Bring to a boil. Stir. Cover. Let simmer 15 to 20 minutes. Stir occasionally. If macaroni starts to stick to pan, add more water. Uncover. Simmer until excess water has evaporated.

SEASONING MIXTURE

- $1\frac{1}{4}$ teaspoon black pepper
- 3 tablespoons onion powder
- 1 tablespoon garlic powder
- 5 teaspoons salt
- 2 tablespoons dried parsley flakes
- $1\frac{2}{3}$ cups non-fat dry milk
- $\frac{1}{3}$ cup chopped dried onion
- 2 teaspoons (optional) monosodium glutamate
- $3\frac{1}{3}$ tablespoons beef bouillon instant granules

*The *Seasoning Mixture* is based on research done by Mary Baseler.

Carrot Color

Follow the Macaroni Casserole recipe and add two carrots that have been peeled and sliced into ¼ inch slices. The carrots are added along with the water, macaroni and *Seasoning Mixture*.

RICE CASSEROLE

(5 servings)

Brown one pound of hamburger in a heavy frying pan with a lid. Drain off the excess grease. To the meat in the pan add:

1½ to 2 cups water
1½ cups of minute rice (or ¾ cup regular rice)
½ cup plus 1 tablespoon Seasoning Mixture

Bring to a boil. Stir. Cover. Let simmer 15 or 20 minutes. Stir occasionally. If the rice sticks to the pan, add more water. Uncover. Simmer until excess water has evaporated.

Potato Stroganoff

Follow the potato casserole recipe. After the potatoes are tender and the casserole has a slightly thickened consistency, stir in one cup of sour cream.

CHEESEBURGER CASSEROLE

(5 to 6 servings)

Brown one pound of hamburger in a heavy frying pan with a lid. Drain off the excess grease. To the meat in the frying pan add:

1½ cups water
1 cup macaroni
1 can condensed tomato soup
½ cup (or less) Seasoning Mixture

Bring to a boil. Stir. Cover. Let simmer for 20 minutes or until all excess moisture has evaporated. Remove from heat and add:

½ cup grated cheese

Stir thoroughly. Before serving, sprinkle 3 T. of grated cheese over the top of the serving dish.

Oriental Mushroom Casserole

Follow the Rice Casserole recipe and add a two-ounce can of well drained mushroom stems and pieces. Add these mushrooms along with the water, rice and *Seasoning Mixture*.

Vegetable Fun

Follow the basic macaroni, rice, or potato recipes. Add drained canned vegetables, after 10 minutes of cooking.

Add thawed frozen vegetables along with the other ingredients at the beginning of the cooking period.

POTATO CASSEROLE

(5 or more servings)

Brown one pound of hamburger in a heavy frying pan with a lid. Drain off the excess grease. To the meat in the frying pan add:

¾ cup water
5 or 6 peeled and diced potatoes
½ cup plus 1 tablespoon Seasoning Mixture

Bring to a boil. Stir. Cover. Let simmer 20 to 30 minutes or until the potatoes are tender. Stir. If the potatoes stick to the pan, add more water. Uncover. Simmer until excess water has evaporated.

Textured Vegetable Protein

TVP or Textured Vegetable Protein may be used to extend the meat in the various recipes two different ways:

- Buy the hamburger that has the textured vegetable protein in it. Substitute one pound of the extended meat for one pound of the hamburger in any of the recipes.

- Buy the TVP granules and reconstitute them for use in a casserole. Add no more than 25 percent of the reconstituted TVP in place of the hamburger. An example of these proportion would be to remove ½ cup or 4 ounces of hamburger from the meat and add ½ cup of the reconstituted textured vegetable protein.

If TVP is used in a casserole recipe, be sure the mixture does not boil dry. Add more water when needed.