

**Seasonal Eating**  
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**Casseroles for Winter Dinners**  
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When cold weather hits, casseroles are the perfect warming comfort food. They fill you up, warm the house as they bake and fill the air with a delicious aroma. Casseroles often use foods from the pantry or freezer as well, which makes them a great dinner for winter.

Frozen or canned vegetables are a nutritious and easy choice for winter casseroles. Maybe you froze corn or green beans from the summer garden or canned tomatoes while they were in-season. These are a good basis for a winter casserole. Or you can just purchase them at the grocery store.

Cooking the protein for a casserole can be made simple with a multi-cooker. These have become popular the last few years and can make getting tough cuts of beef like stew meat and chuck roast tender in a matter of minutes rather than hours on the stovetop. For the recipe below, stew beef is pressure cooked and gets shred-apart tender in 35 minutes. Of course, if you have the time and don't have a multi-cooker, you can simmer the meat for a couple of hours on the stovetop, covered with broth until tender. You could also just use water, but the broth will add beefier flavor to the meat. You can always save the broth in the freezer to add to soups later on.



Adding some canned fruit and a roll or piece of French bread on the side will make this a complete meal. The good thing about a casserole is that it is just as good leftover the next day. Heat it in the microwave and then put in the oven to crisp up the topping for a few minutes.

Turn on the oven and get out the baking dish – it's casserole season! For more information and recipes check out the Seasonal Eating page at [bedford.tennessee.edu](http://bedford.tennessee.edu).

**Beef and Green Bean Casserole**

- 1 1/4 pounds beef stew meat, or chuck roast cut into 3/4" cubes
- Kosher salt and black pepper
- 2 tablespoons vegetable oil
- 1/2 cup beef broth
- 2 tablespoons butter
- 4 ounces mushrooms, sliced
- 1 (10-ounce) bag cut frozen green beans
- 1 (10 1/2-ounce) can cream of mushroom soup
- 3/4 cup milk
- 1 teaspoon soy sauce
- 1 teaspoon dried thyme
- 1/4 teaspoon black pepper
- 1 (6-ounce) package fried onions, divided

Sprinkle beef with salt and pepper. In a multi-cooker, heat the oil on sauté setting. Add half the beef and brown on all sides. Remove to a bowl and add the other half of the meat to the pot and brown. Add the browned first batch back to the multi-cooker. Add the beef broth and close the lid. Switch the setting to pressure cook on high with the vent closed and cook for 35 minutes. When finished, let the pressure come down for 10 minutes and then release the rest of the pressure.

Meanwhile, sauté the mushrooms in the butter in a skillet until browned. Cook the beans for 3 minutes in the microwave on HIGH, drain any excess liquid. In a large bowl, whisk together the soup, milk, soy sauce, thyme and pepper. Add half of the fried onions (about 2/3rds cup), the sauteed mushrooms, green beans and drained cooked beef. Fold together and pour into a greased casserole dish. Bake at 350 degrees for 30 minutes, until bubbly. Sprinkle the remaining fried onions (about another 2/3rds cup) over the top and bake another 5 minutes until browned.