



## STOVETOP CASSEROLE WITH VEGETABLES

This casserole uses whatever you have, and every time I make it, it is different. This is especially good, since—if you add plenty of vegetables—you have a complete meal. Serve with bread or crackers. Amounts of ingredients are approximate; don't be afraid to experiment.

¾ to 1 pound lean ground beef, pork, turkey, or veggie crumbles  
2 cloves garlic, minced  
1 onion, chopped  
1-2 ribs celery, diced  
1 small peeled, diced turnips, optional  
2-3 cups chopped greens—kale, radish, turnip, or other (or 10 ounces, frozen)  
2 cups diced tomatoes, including liquid  
1-2 cups beef broth (or 1 bouillon cube per cup of water)  
2 teaspoons dried oregano  
2 cups frozen or canned mixed vegetables (or your choice of vegetables.)  
2 cups diced potatoes, or cooked pasta or rice  
Salt & pepper to taste

Brown meat, garlic, and onions together until meat is browned and onions are tender. Drain excess fat. I stir a paper towel through the mixture to remove the fat, and discard. Add celery, turnips or radishes, greens and tomatoes, and oregano. Bring to a boil and add broth—one cup or more. If using potatoes, add now, and simmer, covered, until vegetables are almost tender. Add mixed vegetables and cook until tender. Season with salt and pepper. If adding cooked rice or pasta instead of potatoes, add them at the end, and add more beef broth, if desired. Heat through. Serves 4-5.

\*You may add shredded cheese to each serving, if desired.