



Vegetarian Swiss Stake Casserole

1 large can (47 oz) Loma Linda Swiss Stake, cut in chunks
1 large onion, chopped
4 cloves garlic, finely chopped
1 teaspoon oregano
1 teaspoon basil
2 teaspoons smoked paprika
1 small red pepper, sliced or chopped
1 small green pepper, sliced or chopped
3 tablespoons each of coconut and olive or safflower oil
1 (10 oz) Birds Eye Steamfresh frozen peas, optional
1 can reduced sodium cream of mushroom soup
1 can reduced sodium cream of celery soup
1 box of whole grain small penne pasta, cooked and drained well
(Bow tie pasta or brown rice are also great choices in this recipe.)
Grated cheese

Instructions: Heat large pan on low heat. Add oils and sauté garlic, onion, red and green peppers with basil, oregano, smoked paprika until cooked. Add Swiss Stake, celery and mushroom soups; add prepared pasta plus 1-2 cups water as needed. Mix all ingredients and place in large casserole dish. Top with your favorite grated cheese. Bake at 350 degrees 45 minutes. Serve with your favorite vegetable or a green salad. Serves 8 or more happy people.

Submitted by Rachel S. of North Carolina