



BACK TO SCHOOL CASSEROLE

FROM THE EMA KITCHEN

Putting kids back in school is an expensive task--especially in this day's sky high prices. It stresses not just on the budget, but on parents trying to make ends meet and answer the age old question, "What's for dinner?" As a service, here is a recipe that not only helps but is tasty too. Also, in a time of food shortages, it helps you get by.

2 cups of brown rice (instant brown rice [quick cooking])	2 cans of dark red kidney beans
1 jar of spaghetti sauce (meatless for our vegan friends)	1 8 oz. package of shredded cheddar cheese
½ cup of ketchup	4 T. Sugar or sweetener (optional, to taste)

1. Cook rice in medium sauce pan according to box directions.
2. Add rice into 9 x 13" greased casserole dish.
3. Next, wash and drain kidney beans and stir in with the rice.
4. Add ½ package of cheese (retain the rest for Step 8).
5. Mix in spaghetti sauce and sweeten if you like.
6. Stir in ketchup.
7. Bake at 350 degrees for 45 minutes, or until casserole is firm, and remove from oven.
8. Sprinkle remaining cheese to garnish top of casserole and return to oven.
9. Bake another 15 minutes until cheese melts. Remove from oven and cool.

Serves four to six people. It's quick, easy, satisfying, and most of all it's good particularly on those cold winter nights during the school year. If there are any leftovers they are great too!

It can also be mixed up in advance and cooked later to save time.