

Capon Casserole

½ lb. ground beef (or any ground meat of your choice)

⅓ c. diced onion

½ tsp. salt

4 oz. can of sliced mushrooms or substitute 1 cup of fresh sliced mushrooms

1¼ - 1½ c. marinara sauce (seasoned with oregano, basil and parsley flakes, as desired)

1½ c. cooked rice or 1½ c. cooked spiral noodles

2 small zucchinis, sliced or diced

6 - 8 oz. mozzarella cheese, shredded or cut in strips

¼ c. Parmesan cheese

Brown ground beef, onion and salt in a skillet. Drain well. Add mushrooms and sauté until warm.

In a 1½ quart casserole make layers from bottom to top as follows: 2 to 3 tablespoons of marinara sauce, all of the meat mixture, all of the rice or noodles, all of the mozzarella cheese and finally all the zucchini. Cover layers with remaining marinara sauce. Sprinkle with Parmesan cheese and bake, covered, at 350° for 30 to 45 minutes until hot. Makes 5 or 6 servings.

FOR VEGETARIAN VERSION:

Omit meat and add additional mushrooms and zucchini.