

SALMON CASSEROLE

Quick pantry meal

INGREDIENTS

4 cans salmon
spinach - fresh or
frozen
1/4 C flour
1/4 C butter or oil
1 C milk or stock
1/2 C parmesan cheese
1 onion

For topping:
1/2 C parmesan cheese
4 C. dried bread, diced
and soaked
1 1/2 C milk or stock

DIRECTIONS

1. Preheat oven to 375.
2. Dice bread and soak in 1 1/2 C milk or stock.
3. Saute onion in 1 TBSP oil or butter until translucent.
4. Add the rest of the butter or oil and heat up, then add flour.
5. Cook and stir 1 minute, then add milk or stock.
6. Cook roux until bubbly and thick.
7. Add salmon.
8. Put in casserole dish and top with diced bread and parmesan cheese.
9. Bake for 30 minutes until bread layer is crusty.

NOTES

Jalapeno-cheddar bread is good if you have it. Make sure your bread is stale. Don't use sandwich bread.