

Treasure Barrel

Easy Dump and Bake Casseroles for Family Dinners

10 min Prep time	**45 min** Cook time	**55 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Layers

- [ ] 1 lb ground beef or turkey
- [ ] 2 cups uncooked elbow pasta or rice
- [ ] 1 can (10.5 oz) cream of mushroom soup
- [ ] 1 can (14.5 oz) diced tomatoes, undrained
- [ ] 1 cup frozen mixed vegetables
- [ ] 1 small onion, chopped
- [ ] 2 cloves garlic, minced

For Topping and Seasoning

- [ ] 2 cups shredded cheddar cheese
- [ ] 1 tsp garlic powder
- [ ] 1 tsp onion powder
- [ ] 1 tsp dried oregano
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1 cup beef or vegetable broth

Instructions

1. Preheat your oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish. If you’re browning the meat, do that first in a skillet over medium heat until no pink remains. Drain any excess fat.
2. In the prepared baking dish, layer the uncooked pasta or rice evenly across the bottom. Scatter the chopped onion, minced garlic, and frozen vegetables over the top.
3. If using browned meat, spread it evenly over the veggie layer. Otherwise, you can just crumble the raw meat right over—it’ll cook as the casserole bakes.
4. In a bowl, mix the cream of mushroom soup, diced tomatoes with their juices, garlic powder, onion powder, oregano, salt, and pepper. Pour this mixture evenly over the layers in the dish.
5. Pour the broth over everything—it should just cover the pasta or rice. If it doesn’t, add a little more broth or water until it’s nearly submerged.
6. Cover the dish tightly with foil and bake for 30 minutes. Remove the foil, stir gently if needed, then sprinkle the shredded cheese evenly over the top.
7. Return to the oven, uncovered, for another 15-20 minutes, until the cheese is melted and bubbly and the pasta or rice is tender. If you like a browner top, broil for 1-2 minutes at the end.

8 Let the casserole stand for 5-10 minutes before serving. It’ll set up better and be easier to scoop. Serve warm, maybe with a simple salad or some crusty bread.

Nutrition per serving

420 kcal	24 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- You can use almost any protein—ground turkey, chicken, or even lentils for a vegetarian version.
- Leftovers keep well in the fridge for up to 3 days. Reheat in the oven or microwave.
- Feel free to add other veggies like spinach, mushrooms, or bell peppers—just chop them small so they cook through.