

Zucchini Fall Surprise Casserole

2 to 3 Tbsp butter – divided
½ green pepper, chopped
1 small onion, chopped
8oz button mushrooms, sliced
1 ½ lb lean ground beef
2 cans diced tomatoes
¾ small can tomato paste
¾ tsp basil
½ to 1 tsp chili powder
salt & pepper to taste
2 Tbsp rice flour
2 cups carrots
2 small zucchini, sliced thinly in rounds
grated Parmesan or other cheese (optional)

- Melt 1 Tbsp of butter in large skillet.
- Saute` green pepper, carrots and onion over high heat until softened. Remove from pan.
- Add 1 Tbsp of butter. Saute` mushrooms until nicely browned. Remove.
- Add 1 Tbsp of butter. Brown ground beef.
- Reduce heat. Return peppers, onions, mushrooms to pan.
- Add canned tomatoes, tomato paste, seasonings and sprinkle flour evenly over ingredients.
- Stir well.
- Simmer 10 minutes to incorporate flour and thicken slightly.
- Lightly coat large (3 qt or larger) casserole dish with butter.
- Layer ½ zucchini, ½ meat sauce. Repeat layers.
- Add grated Parmesan on top of casserole.
- Bake covered for 1 hour.
- Serve over pasta or rice.



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