

# CASSEROLE - Rice, Squash, Kale, Peppers and Mushrooms

*(Flavored with and served with Turkey Necks)*

by Henry Ford at [www.henry.successisyoudo.org](http://www.henry.successisyoudo.org)

Updated 3-9-2015

Please [Click Here](#) to read my Recipe Disclaimer

**Only Two Pans Needed! A very flexible Dish!** You can substitute other vegetables in place of those listed. Creatively customize to your taste or to what's leftover in your Refrigerator. Here is how I did it THIS TIME!

## INGREDIENTS:

- 2 Cups Water
- 1 Cup Rice
- 2 Cups Kale (*chopped*)
- 3 Large Turkey Necks
- 1 Small Can Cream of Mushroom Soup
- 1 Large Red Bell Pepper (*chopped*)
- 1 Small Yellow Squash, quartered or halved lengthwise, and cut into approximately 1/4 inch thick slices
- Mushrooms (*about 8 to 12 steak mushrooms*)
- Your Choice of Seasonings (*I use Garlic Granules, Pepper, Salt*)

## PREPARATION:

- Place Water, Turkey Necks and Seasonings in a large pan and cook covered on low heat (*at a very gentle boil*) on stovetop for about three hours.
- When Turkey Necks are tender, pre-heat oven to 350 degrees.
- Stir together into a large Corning Ware or other Baking Dish (*at least 8 cup capacity*) the uncooked Rice, Yellow Squash, Bell Peppers and Mushrooms.
- Add Chopped Kale on top of other stirred ingredients.
- Spoon the Mushroom Soup over the Kale (*It does NOT have to be spread evenly*)
- Set Turkey Necks aside on plate, dip out approximately two cups of cooking liquid and place into the Baking Dish.
- Place the Casserole into the pre-heated 350 degree oven on middle or bottom rack for about fifteen minutes.
- While the Casserole is cooking, return Turkey Necks to the pan you cooked them in, continuing to keep warm on very low heat. I made gravy (optional).
- Remove Casserole from oven
- Stir mixture and return dish to the oven for about fifteen more minutes.
- Remove from oven and stir. If the Casserole appears to need more cooking time, return to oven for five minute intervals, keeping in mind that the heat will continue to cook the ingredients after being removed from the oven. *Please don't blame me if you dry your Casserole out!*

## COMMENTS:

Please be sure to [read the Disclaimer!](#)

