

OUR FAVORITE CASSEROLE RECIPES

GUIDELINES FOR VOLUNTEERS

Please call us before selecting a recipe to make for Our Daily Bread Employment Center so we can tell you which casseroles we need. Use the Volunteer line at 667-600-3438 or volunteerdbec@cc-md.org. Thank you.

General guidelines if you're preparing these casseroles for Catholic Charities. Please:

- Do not make any changes to the recipes. The casseroles from many sources are all mixed together at service time and it's important that they be uniform.
- Freeze the casserole until it's hard before delivering it to the drop-off point. We stack the casseroles. If they are not all frozen completely, they ooze out of the pans, can't be used and ruin others.
- Use safe food handling techniques when you prepare the casserole. Wash your hands with soap and water for 30 seconds before beginning and while cooking if you touch your face or hair or leave the kitchen before completing the casserole.

In a hurry? Large, family-sized trays of frozen macaroni and cheese are always a welcomed food donation.

RECIPES

- Chicken and Broccoli
- Beef Stew
- Chili
- Ham and Potatoes
- Chicken and Noodles
- Chicken and Rice
- Texas Hash Casserole
- Zippy Beef
- Spaghetti with Meat Sauce
- Mac and Cheese
- Sweet Potato and Black Bean Casserole (vegetarian)
- Brunswick Stew (vegan)
- Creamy Bean and Potato Casserole with Carrots (vegetarian)



Chicken and Broccoli

Serves 8 - 10

Ingredients needed:

- 8 oz. wide egg noodles, cooked and drained
- 2 packages frozen broccoli, cooked and drained
- 6 slices yellow cheese
- 2 cans cream of chicken soup, undiluted
- 4 chicken breasts, cooked

Cover aluminum pan bottom with cooked noodles. Arrange broccoli on top of noodles. Cut chicken into pieces and place over broccoli. Pour cream of chicken soup over chicken and top with cheese slices. Cook at 350 degrees for 45 minutes. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.



Beef Stew

Serves 8 - 10

Ingredients needed:

- 2 lbs. chuck beef, cut into 1" cubes
- 4 carrots, sliced
- 2 medium potatoes cut up
- 1 medium onion, chopped
- 1 bouillon cube
- 1 package frozen green beans
- Salt and pepper to taste

Brown chuck and slowly add salt, pepper and onion. Let simmer for about half an hour or until tender. Add carrots, potatoes and green beans. Continue cooking. Add ½ cup cold water and bouillon cube. Simmer for about an hour. Pour into casserole and bake for ½ hour at 350 degrees. Cover with aluminum foil. Label with casserole name and date. Freeze.



Chili

Serves 8 - 10

Ingredients needed:

- 2½ lbs. ground beef
- 1 small onion, chopped
- 1 tsp. sugar
- 1 lb. red kidney beans, drained
- 32 oz. ketchup
- 4 tsp. chili powder

Brown meat and onion. Drain fat. Add sugar, kidney beans, ketchup and chili powder. Stir together until well mixed. Pour mixture into pan. DO NOT BAKE. Cover with aluminum foil. Label with casserole name and date. Freeze.



Ham and Potatoes

Serves 8 - 10

Ingredients needed:

- 1 tsp. salt
- 3 cups water
- 3 cups potatoes, cubed
- ½ cup milk
- ½ cup butter
- ½ cup onion, chopped
- ½ cup flour
- 2 cups ham, cooked, cut into small pieces
- 3 tbsp. chopped parsley
- 2 cups canned peas, drained
- 1 cup grated Cheddar cheese

Add salt to water and boil. Add potatoes and cook for 15 minutes. Drain and reserve liquid. Add milk to liquid. Set aside. Melt butter in saucepan, add onions and cook until soft. Blend flour into milk mixture and cook on low heat until thickened. Add ham, parsley, peas, onions and potatoes to milk mixture and pour into casserole pan. Top with grated cheese. Bake uncovered for 30 minutes in 350 degrees. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.



Chicken and Noodles

Serves 8 - 10

Ingredients needed:

- 1 lb. cooked noodles
- 1 10 oz. box of frozen mixed vegetables
- 2 cans cream of mushroom soup
- 8-10 pieces of chicken
- 1 beaten egg
- 1 8oz. can evaporated milk
- 2 Tbsp. parsley flakes
- 1½ cups grated Cheddar cheese
- Salt and pepper to taste
- Bread crumbs

Cook frozen mixed vegetables partially. Stir in soup, milk, salt and pepper and parsley. Add cooked noodles to creamed vegetables. Pour into casserole pan. Sprinkle with cheese. Dip chicken pieces into egg and then cover with bread crumbs. Place chicken on top of casserole mixture and bake at 375 degrees for 1 hour. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.



Chicken and Rice

Serves 8 - 10

Ingredients:

- 1 cup rice
- 1 cup water
- 2 cans cream of mushroom soup
- 1 small can of sliced mushrooms
- 10-12 pieces of chicken
- 1 package dry onion soup mix
- 1 tsp. paprika

Mix together rice, water, cream of mushroom soup and sliced mushrooms. Pour into casserole pan. Place chicken on top and sprinkle with paprika and onion soup mix. Cover tightly with aluminum foil and bake for 45 minutes at 350 degrees. Remove foil and bake for another 45 minutes. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.



Texas Hash Casserole

Serves 8 - 10

Ingredients:

- 2 lbs. ground beef (do not substitute turkey)
- 3 large onions, chopped
- 1 large green pepper, chopped
- 1 large can tomato puree (29 oz.)
- 4 cups cooked rice
- 2 tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. chili powder

In large skillet cook and stir meat, onions, peppers until meat is brown and vegetables are tender. Drain off fat. Stir in tomatoes, rice, salt, pepper and chili powder. Pour into ungreased pan. Drain off some juice if casserole is too moist. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.



Zippy Beef

Serves 8 - 10

Ingredients needed:

- 1 lb. ground beef
- 8 oz. elbow macaroni, cooked
- 1 can cream of mushroom soup (10½ oz.)
- ¾ cups milk
- 2 Tbsp. instant minced onion
- 2/3 cup ketchup
- ½ cup shredded Cheddar cheese
- ¼ cup green pepper, chopped
- 1 tsp. salt

Cook and stir meat until browned. Drain off fat. Mix together all remaining ingredients, except cheese, into casserole pan. Stir in meat. Top with Cheddar cheese. Cover with aluminum foil and bake for 40 minutes at 350 degrees. Cool completely. Label with casserole name and date. Freeze.



Spaghetti with Meat Sauce

Serves 8 - 10

Ingredients needed:

- 1 cup Parmesan cheese
- 1½ - 2 lbs. ground beef
- 1 can cream of tomato soup
- 1 lb. spaghetti, cooked and drained
- 1 can cream of mushroom soup
- ½ cup chopped onion
- ½ cup chopped green pepper

Sauté onion, green pepper and meat. Add both cans of soup. Slowly stir in cooked spaghetti and pour into casserole pan. Sprinkle with Parmesan cheese. Cover and bake for 20-25 minutes at 350 degrees. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.



Macaroni and Cheese (vegetarian)

Serves 8 - 10

Ingredients:

- 2 cups elbow macaroni, uncooked
- ½ cup margarine
- 1 medium onion, chopped
- 1 tsp. salt
- 1 tsp. pepper
- ½ cup flour
- 2 cups milk
- 10 oz. shredded Cheddar cheese
- 1 cup bread crumbs

Cook macaroni according to directions on box. Drain and set aside. Sauté onions in margarine, and add salt and pepper. Slowly stir in flour. Cook over low heat until mixture is smooth and bubbly. Stir in milk. Add in cheese and continue stirring until melted. Remove from heat. Stir in cooked macaroni and pour into casserole pan. Top with bread crumbs. Bake at 375 degrees for 30 minutes. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.



Sweet Potato and Black Bean Casserole (vegetarian)

Serves 8-10

Ingredients:

- Vegetable oil spray
- 1 cup minced onions
- ½ cup diced bell pepper (red or green)
- 2 cloves minced garlic or 3 teaspoons dried, granulated garlic
- 1 cup water
- 4 cups peeled, diced fresh sweet potatoes
- 6 cups drained, canned and cooked black beans
- 3 cups drained and chopped canned tomatoes
- 2 Tbsp. chopped fresh cilantro or parsley or 1 Tbsp. dried parsley
- 1 Tbsp. ground black pepper
- 2 teaspoons hot sauce

In a large pot, spray vegetable oil and allow pot to heat. Add onion, pepper and garlic and cook for about 3 minutes, until vegetables soften. Add one cup of cold water and the sweet potatoes. Cook, covered, until the potatoes are just tender, about 10 minutes. Add the black beans and tomatoes and allow to simmer until the potatoes begin to fall apart. Stir in black pepper and hot sauce and remove from heat. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.



Creamy Bean and Potato Casserole with Carrots (vegetarian)

Serves 8-10

Ingredients:

- 8 cups prepared vegetarian refried beans*
- 4 cups canned, drained sliced potatoes
- 3 cups canned, drained sliced carrots
- 2 cups canned tomatoes with juice
- 1 Tablespoon black or white pepper

Preheat oven to 375 degrees. In a large baking dish, place a thin, even layer of refried beans. Top with a thin layer of potatoes, then carrots, then tomatoes. Repeat until all ingredients are used. Sprinkle pepper on top. Cover and bake in oven for 15-20 minutes or until thoroughly heated. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.

*Note: many brands of canned refried beans are vegetarian, having no lard or animal fat; just read the label and ensure vegetable oil is used rather than lard. If preparing your own refried beans, mash cooked, red or white beans with a small amount of oil (hot water may be used rather than oil).



Brunswick Stew (vegan)

Serves 8-10

Ingredients:

- Vegetable oil spray
- 2 cups diced onions
- 3 cloves minced fresh garlic or 3 teaspoons dried granulated garlic
- 2 Tablespoons all-purpose flour
- 2 teaspoons dried sage or dried parsley
- 4 cups vegetable broth or tomato juice
- 1 pound unpeeled, chopped red or white rose potatoes
- 1½ cup sliced fresh carrots (can use frozen, thawed carrots)
- 4 cups thawed, frozen lima or butter beans, thawed (can also used drained, canned beans)
- 2 cups chopped, but not drained, canned tomatoes
- 2 cups cut corn (thawed, if frozen, drained, if canned)
- 1 Tablespoon soy sauce
- 3 teaspoons red or white vinegar

In a large pot, spray oil and allow pot to heat. Sauté onion until soft (about 3 minutes). Add garlic and sauté for one minute. Stir in flour and sage or parsley and stir (this creates a roux, a thickening agent) until combined. Add broth or tomato juice and bring to a boil, stirring constantly. Lower heat, add potatoes, carrots, and beans. Cover and allow to simmer for 10 minutes. Add tomatoes and corn and simmer, uncovered, until all veggies are soft (about 15 minutes). Stir in soy sauce, then hot sauce. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.