



# Casserole Donation Guide

**Thank you for your interest in our Casserole Donation Ministry!**

These casserole donations are so important to shelter guests. We serve three meals a day, 365 days per year in our emergency shelters. Preparing casseroles to be used for lunch or dinner helps our kitchen staff coordinate the nearly 1,500 meals they prepare and serve each day. **Your gift of a homemade meal is a wonderful way to bring comfort and nourishment to your neighbors going through a difficult time.**

- To serve casseroles for one meal at both our men & women and families shelters, we need 50 -70 total casseroles of the same recipe.
- On average we serve casseroles 4 times week, which means we serve up to 280 casseroles a week and 1,120 casseroles a month (if available).

The information in this guide will give you an idea of how to structure a large casserole donation, as well as provide helpful information you can give to your casserole-making volunteers, including recipes that have been give the seal of approval by our Food Services Manager.

\*Please note: the casseroles need to be delivered to us all together and FROZEN. There is more information on that in the details below. Also, it helps our kitchen staff immensely if all the casseroles your group delivers are of the SAME recipe.

*“Our priest does a great job each time as he makes four casseroles himself and challenges everyone to do the same!”*

*--St. Remy Parish*

## **To Sign Up for a Casserole Donation:**

1. Visit [our casserole donation page](#).
2. You will be navigated to the sign-up page for casseroles.
3. Please find the date you would like to donate casseroles and fill out the information.
4. Our Kitchen Manager will be notified when you sign up. If you have questions, you can contact the Kitchen Manager at [Kitchen@stvincentdayton.org](mailto:Kitchen@stvincentdayton.org)

## **To Organize a Casserole Donation Drive:**

1. Announce the casserole drive several weeks prior to when they need to be dropped off to St. Vincent. A table can be set up at your church or organization up to two weeks prior to scheduled delivery at St. Vincent to hand out pans and conduct a sign-up. We recommend a sign-up sheet be used to include the maker's name, # of pans, and a telephone number or email so that your volunteers can be reached if they forget to drop off their casseroles on the designated date.

## Casserole Donation Guide

2. Provide the pan with a copy of the recipe and general instructions folded and placed in the bottom.
  - The following page is provided for you to give to your casserole-making volunteers. Please complete the “Drop Off Frozen Casseroles” section with your organization’s information *before* you give it to your volunteers.
  - Include the recipe with each pan – it may be easiest to copy and paste the recipe you have chosen for this drive onto the instruction sheet. **Please choose one approved recipe per drive.** This helps our food service staff when all the casseroles coming from an organization are the same.
  - Before the pans and lids are handed out to your casserole-making volunteers, please place a label on each lid to let staff know 1) the date the casserole was prepared and 2) the type of casserole inside the pan.
  - We request that the pans used be ½ size disposable steam table pans (approx. 12x10), sturdy, and have sturdy foil lids. An example of this kind of pan and lid:



- Please remember that all casseroles need to be delivered to our donation dock **all together** and **frozen**. Many groups find it helpful to set a designated drop off day/time at their church or central location and run it like a drive thru. Your volunteers drive up, you unload their casseroles, and they drive away. Pro tip: gloves are a good idea as all the casseroles will be frozen!
- - **Point of Contact:** [Kitchen@stvincentdayton.org](mailto:Kitchen@stvincentdayton.org)
- - **Hours for drop off/deliveries:** 9a.m.-3p.m.
- - **Central Kitchen Door is Labeled as Door: W6**
- - **Address:** 1133 S Edwin C Moses
- **FYI: New Signage is being placed outside Central Kitchen to make it easier to find.**

**Thank you so much for your generosity and support of our mission!**



# Casserole Donation Guide

## Casserole Preparation Instructions

Thank you for volunteering to help serve those in need!

### General Directions:

1. Spray aluminum pans generously with non-stick spray and fill out the label on the lid.
2. Prepare recipe. Pour into casserole pan and cover.
3. Freezing Directions: Before putting pan in the freezer, cool in the refrigerator, loosely covering with the lid. When cool, SEAL LID SECURELY, and place in the freezer. Allow 36 hours to freeze completely.

### Casserole Drive Drop Off Instructions:

Casserole Drive Group Leader: \_\_\_\_\_

Casserole Drive Group Leader Phone Number: \_\_\_\_\_

Casserole Drive Group Leader Email: \_\_\_\_\_

Casserole Drive Drop Off Date: \_\_\_\_\_

Casserole Drive Drop Off Location: \_\_\_\_\_

Casserole Drive Drop Off Further Instructions: \_\_\_\_\_

Recipe:



# Casserole Donation Guide

## New, healthier recipes for St Vincent de Paul Casserole Donations:

### **Sloppy Joes**

5 lb ground beef, 90% lean  
1 can lentils, drained and rinsed  
12 oz tomato paste, no salt added  
1.25 cup chopped onion  
4 tbsp mustard  
2.5 tbsp lower sodium worcestershire sauce  
2/3 cup no sugar added ketchup  
2 tsp Mrs Dash or similar no-salt seasoning blend  
½ cup water

#### Cooking Instructions:

Brown hamburger and drain. Add all ingredients and mix well.  
Pour into aluminum pan, cover and freeze.

### **Lasagna**

2/3 lb. lasagna noodles, cooked in unsalted water  
2.5 lbs ground turkey, 93% lean  
2 onions, chopped  
24 oz. spaghetti sauce  
15 oz can crushed tomatoes  
15 oz container ricotta cheese, part-skim  
12 oz bag frozen chopped spinach  
2.5 cups shredded mozzarella cheese  
2 tsp garlic powder  
2 tsp onion powder  
2 tbsp Italian seasoning

#### Cooking Instructions:

Thaw spinach in microwave, drain any extra water off. Brown turkey and onion, once cooked mix in ricotta and spinach. Mix spaghetti sauce, tomatoes, seasonings. In the aluminum pan, put a layer of noodles, then spoon ground turkey mixture and sauce mixture. Repeat 2 times. Top with mozzarella cheese. Cover and freeze.



# Casserole Donation Guide

## **Turkey/Chicken Tetrazzini**

- 1.5 lb. Spaghetti, cooked in unsalted water
- 3 cans cream of mushroom soup, reduced sodium or Healthy Request
- 3-5.3 oz containers plain Greek yogurt
- 18 oz. shredded cheddar cheese, reduced fat
- 6 cups shredded turkey or chicken breast meat
- 2 small cans mushrooms, drained and rinsed
- 3 cups chicken broth, reduced sodium
- 3 cups frozen peas
- 1.5 tbsp garlic powder
- 1.5 tbsp onion powder

### Cooking Instructions:

- In a large saucepan, heat soup over low heat. Add shredded cheese (reserve some for topping) and stir together.
- Then add the cooked meat, mushrooms, peas and cooked spaghetti and stir. Add enough of the broth to make it "soupy" and mix all together.
- Pour mixture into aluminum pan. Sprinkle reserved shredded cheese on top. Cover tightly and freeze.

## **Shepherd's Pie**

### Potato Layer:

- 3 lbs. potatoes
- 1 cup whole milk
- 1 stick unsalted butter
- ½ tsp salt
- ½ tsp pepper
- Boil potatoes until soft, drain. Add butter, milk, salt, and pepper. Mash with potato masher or whip with electric mixer.

### Meat Layer:

- 2 lbs. ground beef, 93% lean
- 1 med. Onion, chopped
- 1 lb frozen mixed vegetables
- 12 oz bag frozen lima beans
- ¼ cup reduced-sodium Worcestershire sauce
- ½ tsp salt
- 2 tsp garlic powder

### Cooking Instructions:

- Brown ground beef in a large skillet with onion, add Worcestershire and seasonings. Drain any excess liquid.
- In the aluminum pan, layer meat on the bottom, lima beans and vegetables in the middle, mashed potatoes on top.
- Cover tightly and freeze.



# Casserole Donation Guide

## **Enchilada**

- 2.5 cups brown rice, uncooked
- 4 cups chopped or cubed of chicken breast
- 2 cans no-salt added black beans, drained
- 2 cans no-salt added tomatoes
- 1 jar tomatillo salsa (salsa verde) 16 oz
- $\frac{3}{4}$  cup lite sour cream
- 2 cups reduced fat shredded cheese

### Cooking Instructions:

- Spray a dish (1- 9x13 inch baking dish or 2- 8x8 inch baking dishes or disposable pan(s)) with cooking spray.
- Drain black beans
- In a bowl combine shredded chicken, enchilada sauce, tomatoes, black beans, sour cream, and seasonings
- Put rice at the bottom of the prepared baking dish, spoon chicken mixture on top of rice. Sprinkle the cheese on top.
- Place dish into freezer.

## **Chicken and Rice Casserole**

- 4 cups brown instant rice (uncooked)
- 1 medium onion, chopped
- 24 oz bag frozen broccoli florets
- 6 cups cooked chicken, chopped
- 2 cans condensed Cream of Chicken soup, reduced sodium or Healthy Request
- 2 cans condensed Cream of Mushroom soup, reduced sodium or Healthy Request
- 1 can condensed cheddar cheese soup
- 2 soup cans of water
- 2 tbs Mrs. Dash or other no-salt seasoning blend

### Cooking Instructions:

- Heat soups, cheese, water, Mrs. Dash and stir to combine.
- Put uncooked rice, soup mixture, broccoli, onion and chicken in large bowl and stir together until rice is moistened.
- Pour into casserole pan.
- Cover and freeze.

## **Stuffed pepper casserole**

- 2 tsp virgin olive oil
- 3 lbs lean 90/10 ground beef
- 2 - 10 oz bag chopped frozen green bell peppers
- 2 tbsp Worcestershire sauce
- 1 tbsp Mrs Dash or other salt-free table blend
- 1 tbsp ground black pepper
- 28 (2 cans) ounces no-salt-added canned diced tomatoes, drained
- 2 cup brown rice + 2 cup of Quinoa
- 6 cups reduced-sodium beef broth
- 2 cups reduced fat shredded cheese (usually one bag)

### Cooking Instructions:

- Preheat oven to 350F.
- In a pan/heat resistant skillet over medium-high heat. Heat extra virgin olive oil and add the 1 lb of lean ground beef
- Saute while breaking it with a spatula until it's no longer pink. Drain the fat. Add bell pepper. Cook for 2-3 minutes
- Add Worcestershire sauce, miss dash and pepper. Cook for 30 seconds.
- Add low salt diced tomatoes to stir it in.
- Add brown rice and beef broth. Stir and bring to a boil then cover w/ a lid, simmer for 30 minutes
- After 30 minutes, add quinoa, simmer for 1 hour (or until quinoa/rice is cooked)
- After cooking: put casserole into 12 x 10 disposable steam table pan. Add shredded cheese and place in freezer

## **Chicken Pot Pie**

- whole wheat Kroger english muffin 6 pack (2 sets)
- 1.5 lbs of cooked chicken breast
- 4 cans cream of chicken (low sodium) cream of chicken condensed soup
- 3 tsp Mrs Dash or other salt-free table blend
- 24 oz frozen mixed vegetables (used 32 oz Kroger frozen mixed vegetables)
- 1/4 tsp black pepper.
- 1/4 tsp of extra virgin olive oil/pam
- 2 cups of reduced fat shredded cheese

### Cooking Instructions:

- Cut 1.5 lb of chicken breast into cubes
- In extra-large skillet over medium-high heat, Heat cream of chicken soup and frozen mixed vegetables and cook until vegetables are softened/tender (around 5-6 minutes)
- Stir in miss dash, pepper, and chicken
- Transfer mixture to the prepared baking dish and spread into an even layer. Add english muffins to top of mixture
- Place in freezer.

## SVP\_Stuffed Pepper

## Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

**Calories 567**

		% Daily Value*
<b>Total Fat</b>	19.7 g	25 %
Saturated Fat	7.9 g	40 %
Trans Fat	0.4 g	
<b>Cholesterol</b>	113.1 mg	38 %
<b>Sodium</b>	429 mg	19 %
<b>Total Carbohydrate</b>	50.1 g	18 %
Dietary Fiber	4.8 g	17 %
Total Sugars	5.4 g	
Added Sugars	0.3 g	1 %
<b>Protein</b>	43.5 g	
Vitamin D	0.3 mcg	1 %
Calcium	185.4 mg	14 %
Iron	5.5 mg	31 %
Potassium	858.7 mg	18 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## SVP\_Pot Pie

## Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

**Calories 403**

		% Daily Value*
<b>Total Fat</b>	8.6 g	11 %
Saturated Fat	3.8 g	19 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	67.5 mg	22 %
<b>Sodium</b>	767 mg	33 %
<b>Total Carbohydrate</b>	47.2 g	17 %
Dietary Fiber	7.5 g	27 %
Total Sugars	4.9 g	
Added Sugars	0.6 g	1 %
<b>Protein</b>	31.6 g	
Vitamin D	0.3 mcg	1 %
Calcium	352.1 mg	27 %
Iron	3.3 mg	18 %
Potassium	699.7 mg	15 %

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## SVP\_Chicken Enchilada

## Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

**Calories 393.6**

		% Daily Value*
<b>Total Fat</b>	8.2 g	11 %
Saturated Fat	3.9 g	20 %
Trans Fat	0 g	
<b>Cholesterol</b>	58 mg	19 %
<b>Sodium</b>	404.3 mg	18 %
<b>Total Carbohydrate</b>	50.6 g	18 %
Dietary Fiber	7.3 g	26 %
Total Sugars	4.6 g	
Added Sugars	0 g	0 %
<b>Protein</b>	27.2 g	
Vitamin D	0.3 mcg	1 %
Calcium	199.6 mg	15 %
Iron	2 mg	11 %
Potassium	650.8 mg	14 %

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## Rev\_Sloppy Joes

## Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

**Calories 491.7**

		% Daily Value*
<b>Total Fat</b>	21.4 g	27 %
Saturated Fat	8.3 g	42 %
Trans Fat	0.7 g	
<b>Cholesterol</b>	166.3 mg	55 %
<b>Sodium</b>	455.6 mg	20 %
<b>Total Carbohydrate</b>	17.8 g	6 %
Dietary Fiber	3.7 g	13 %
Total Sugars	5.7 g	
Added Sugars	0.4 g	1 %
<b>Protein</b>	55.1 g	
Vitamin D	0.1 mcg	0 %
Calcium	53.3 mg	4 %
Iron	7.8 mg	43 %
Potassium	1097.7 mg	23 %

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## Rev\_Shepherd's Pie

## Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

**Calories 381.6**

		% Daily Value*
<b>Total Fat</b>	14.9 g	19 %
Saturated Fat	7.8 g	39 %
Trans Fat	0.5 g	
<b>Cholesterol</b>	88.9 mg	30 %
<b>Sodium</b>	206.3 mg	9 %
<b>Total Carbohydrate</b>	35.4 g	13 %
Dietary Fiber	4.8 g	17 %
Total Sugars	5.1 g	
Added Sugars	0.6 g	1 %
<b>Protein</b>	25.8 g	
Vitamin D	0.3 mcg	2 %
Calcium	58.7 mg	5 %
Iron	3.6 mg	20 %
Potassium	821.4 mg	17 %

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## Rev\_Lasagna

## Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

**Calories 426**

		% Daily Value*
<b>Total Fat</b>	20 g	26 %
Saturated Fat	7.5 g	37 %
Trans Fat	0.4 g	
<b>Cholesterol</b>	124.3 mg	41 %
<b>Sodium</b>	584.8 mg	25 %
<b>Total Carbohydrate</b>	23.3 g	8 %
Dietary Fiber	3.5 g	12 %
Total Sugars	7.2 g	
Added Sugars	2 g	4 %
<b>Protein</b>	39.6 g	
Vitamin D	0.3 mcg	2 %
Calcium	368.1 mg	28 %
Iron	4 mg	22 %
Potassium	726.3 mg	15 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Rev_Chicken and Rice		
<b>Nutrition Facts</b>		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>452.7</b>	
	% Daily Value*	
<b>Total Fat</b>	7.5 g	10 %
Saturated Fat	1.9 g	10 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	64.4 mg	21 %
<b>Sodium</b>	599.2 mg	26 %
<b>Total Carbohydrate</b>	65.9 g	24 %
Dietary Fiber	4.9 g	18 %
Total Sugars	3.1 g	
Added Sugars	0.2 g	0 %
<b>Protein</b>	30.2 g	
Vitamin D	0.1 mcg	0 %
Calcium	75.7 mg	6 %
Iron	2.7 mg	15 %
Potassium	801.7 mg	17 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Rev_Tetrazzini		
<b>Nutrition Facts</b>		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>435.3</b>	
	% Daily Value*	
<b>Total Fat</b>	13.6 g	17 %
Saturated Fat	6.4 g	32 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	91.5 mg	30 %
<b>Sodium</b>	792.4 mg	34 %
<b>Total Carbohydrate</b>	34.4 g	13 %
Dietary Fiber	3.9 g	14 %
Total Sugars	5.7 g	
Added Sugars	0 g	0 %
<b>Protein</b>	43.4 g	
Vitamin D	0.3 mcg	1 %
Calcium	571.5 mg	44 %
Iron	2.9 mg	16 %
Potassium	680.8 mg	14 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.