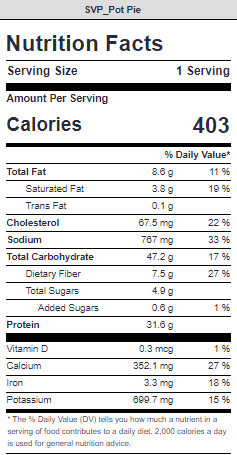
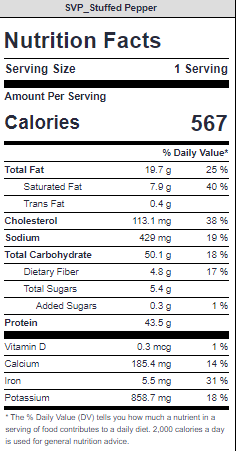
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| **Sloppy Joes**  5 lb ground beef, 90% lean  1 can lentils, drained and rinsed  12 oz tomato paste, no salt added  1.25 cup chopped onion  4 tbsp mustard  2.5 tbsp lower sodium worcestershire sauce  2/3 cup no sugar added ketchup  2 tsp Mrs Dash or similar no-salt seasoning blend  ½ cup water  **Instructions for donators**  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 low-fat mozzarella cheese  2 tsp garlic powder  2 tsp onion powder  2 tbsp Italian seasoning  **Instructions for Donators**  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. |

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| **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  Instructions for Donators  -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  **Instructions for donators**  -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. |
| **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  -¾ cup lite sour cream  -2 cups reduced fat shredded cheese  **Instructions for Donators**  -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.  **Instructions for Central Kitchen**  For baking from frozen, remove from freezer and bake at 350 degrees for 1 1/2 hours or until cheese is melted and center of the dish is warm. | **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 tbsp Mrs. Dash or other no-salt seasoning blend  **Instructions for Donators**  -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 Worchestershire 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)  **Instructions for donators** -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  **Instructions for Central Kitchen**  -Preheat oven to 350 F, bake for 23-28 minutes | **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  **Instructions for Donators**  - 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.  **Instructions for Central Kitchen**  -preheat oven to 400 F. mist 10 x 12 inch baking dish w/ non stick cooking spray.  -Bake, uncovered for 25 minutes  -After 25 minutes remove casserole dish from the oven. *add english muffins to top of casserole* and sprinkle 2 cup of cheese over english muffins  -Return to oven for 8-10 minute |

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