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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/pam2 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 |

