



Casserole Donation Guide

Thank you for your interest in our Casserole Donation Ministry!

Your gift of prepared casseroles will help our kitchen staff coordinate the nearly 1,500 meals they prepare to serve each day. We serve three meals a day, 365 days per year in our emergency shelters. **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 30 - 50 total casseroles of the same recipe.
- On average we serve casseroles 4 times week, which means we serve up to 200 casseroles a week and 800 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 nutritious recipes that have been give the seal of approval by our Food Services Manager.

***Please note:** the casseroles must be delivered FROZEN and all together. 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 Organize a Casserole Donation Drive:

1. Announce the casserole drive several weeks prior to when you plan to deliver them 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.
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.

Casserole Donation Guide

- 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:



3. 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!
4. Once you have received all your group's frozen casseroles, you can deliver them to our food donation dock at **1133 S. Edwin Moses Blvd., door W6** (at the back of the Job Center). Ring the bell for assistance. See the large sign with blue lettering for further instructions. Donations can be made any day of the week between **9 a.m. – 3 p.m.** If you prefer to schedule a delivery time outside of those hours, please email Janet at jbrubaker@stvincentdayton.org.

Thank you so much for your generosity!



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:



Thank you for taking the time to provide a delicious and nutritious meal for your neighbors in shelter! Please choose from one of these eight APPROVED healthy recipes, and be sure to deliver all casseroles **FROZEN**.

Sloppy Joes

<u>Ingredients</u>	<u>Instructions</u>																																																															
<p>5 lb. ground beef, 90% lean</p> <p>1 can lentils, drained and rinsed</p> <p>12 oz tomato paste, no salt added</p> <p>1.25 cup chopped onion</p> <p>4 TBSP mustard</p> <p>2.5 TBSP lower sodium Worcestershire sauce</p> <p>2/3 cup no sugar added ketchup</p> <p>2 tsp Mrs. Dash or similar no-salt seasoning blend</p> <p>1/2 cup water</p>	<p>1) Brown ground beef, then drain.</p> <p>2) Add all ingredients and mix well.</p> <p>3) Pour into aluminum pan.</p> <p>4) Cover tightly and freeze.</p>																																																															
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="3" style="background-color: #cccccc; text-align: center;">Rev_Sloppy Joes</th> </tr> <tr> <th colspan="3" style="text-align: center;">Nutrition Facts</th> </tr> <tr> <td style="text-align: left;">Serving Size</td> <td colspan="2" style="text-align: right;">1 Serving</td> </tr> <tr> <td colspan="3" style="border-top: 2px solid black;">Amount Per Serving</td> </tr> <tr> <td style="text-align: left;">Calories</td> <td colspan="2" style="text-align: right;">491.7</td> </tr> <tr> <td></td> <td colspan="2" style="text-align: right; font-size: small;">% Daily Value*</td> </tr> <tr> <td style="border-top: 1px solid black;">Total Fat</td> <td style="text-align: right; border-top: 1px solid black;">21.4 g</td> <td style="text-align: right; border-top: 1px solid black;">27 %</td> </tr> <tr> <td style="padding-left: 20px;">Saturated Fat</td> <td style="text-align: right;">8.3 g</td> <td style="text-align: right;">42 %</td> </tr> <tr> <td style="padding-left: 20px;">Trans Fat</td> <td style="text-align: right;">0.7 g</td> <td></td> </tr> <tr> <td style="border-top: 1px solid black;">Cholesterol</td> <td style="text-align: right; border-top: 1px solid black;">166.3 mg</td> <td style="text-align: right; border-top: 1px solid black;">55 %</td> </tr> <tr> <td style="border-top: 1px solid black;">Sodium</td> <td style="text-align: right; border-top: 1px solid black;">455.6 mg</td> <td style="text-align: right; border-top: 1px solid black;">20 %</td> </tr> <tr> <td style="border-top: 1px solid black;">Total Carbohydrate</td> <td style="text-align: right; border-top: 1px solid black;">17.8 g</td> <td style="text-align: right; border-top: 1px solid black;">6 %</td> </tr> <tr> <td style="padding-left: 20px;">Dietary Fiber</td> <td style="text-align: right;">3.7 g</td> <td style="text-align: right;">13 %</td> </tr> <tr> <td style="padding-left: 20px;">Total Sugars</td> <td style="text-align: right;">5.7 g</td> <td></td> </tr> <tr> <td style="padding-left: 40px;">Added Sugars</td> <td style="text-align: right;">0.4 g</td> <td style="text-align: right;">1 %</td> </tr> <tr> <td style="border-top: 1px solid black;">Protein</td> <td style="text-align: right; border-top: 1px solid black;">55.1 g</td> <td></td> </tr> <tr> <td style="border-top: 1px solid black; padding-left: 20px;">Vitamin D</td> <td style="text-align: right; border-top: 1px solid black;">0.1 mcg</td> <td style="text-align: right; border-top: 1px solid black;">0 %</td> </tr> <tr> <td style="padding-left: 20px;">Calcium</td> <td style="text-align: right;">53.3 mg</td> <td style="text-align: right;">4 %</td> </tr> <tr> <td style="padding-left: 20px;">Iron</td> <td style="text-align: right;">7.8 mg</td> <td style="text-align: right;">43 %</td> </tr> <tr> <td style="border-top: 1px solid black; padding-left: 20px;">Potassium</td> <td style="text-align: right; border-top: 1px solid black;">1097.7 mg</td> <td style="text-align: right; border-top: 1px solid black;">23 %</td> </tr> <tr> <td colspan="3" style="font-size: x-small; padding-top: 5px;">* 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.</td> </tr> </thead> </table>	Rev_Sloppy Joes			Nutrition Facts			Serving Size	1 Serving		Amount Per Serving			Calories	491.7			% Daily Value*		Total Fat	21.4 g	27 %	Saturated Fat	8.3 g	42 %	Trans Fat	0.7 g		Cholesterol	166.3 mg	55 %	Sodium	455.6 mg	20 %	Total Carbohydrate	17.8 g	6 %	Dietary Fiber	3.7 g	13 %	Total Sugars	5.7 g		Added Sugars	0.4 g	1 %	Protein	55.1 g		Vitamin D	0.1 mcg	0 %	Calcium	53.3 mg	4 %	Iron	7.8 mg	43 %	Potassium	1097.7 mg	23 %	* 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.		
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Lasagna

Ingredients

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

- 1) Thaw spinach in microwave, drain any extra water off.
- 2) Brown turkey and onion. Once cooked, mix in ricotta and spinach.
- 3) Mix spaghetti sauce, tomatoes, seasonings in separate bowl.
- 4) In the aluminum pan, put a layer of noodles, then spoon ground turkey mixture, followed by sauce mixture.
- 5) Repeat layering 2 more times.
- 6) Top with mozzarella cheese.
- 7) Cover tightly and freeze.

Rev_Lasagna

Nutrition Facts

Serving Size **1 Serving**

Amount Per Serving

Calories **426**

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

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Turkey/Chicken Tetrazzini

Ingredients

- 1.5 lb. Spaghetti, cooked in unsalted water
- 3 cans cream of mushroom soup, reduced sodium or Healthy Request
- 3 - 5oz. 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

- 1) In a large saucepan, heat soup over low heat. Add shredded cheese (reserve some for topping) and stir together.
- 2) 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.
- 3) Pour mixture into aluminum pan. Sprinkle reserved shredded cheese on top.
- 4) Cover tightly and freeze.

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

Ingredients

- 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

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

Rev_Chicken and Rice

Nutrition Facts

Serving Size **1 Serving**

Amount Per Serving

Calories **452.7**

% Daily Value*

Total Fat	7.5 g	10 %
Saturated Fat	1.9 g	10 %
Trans Fat	0.1 g	
Cholesterol	64.4 mg	21 %
Sodium	599.2 mg	26 %
Total Carbohydrate	65.9 g	24 %
Dietary Fiber	4.9 g	18 %
Total Sugars	3.1 g	
Added Sugars	0.2 g	0 %
Protein	30.2 g	
Vitamin D	0.1 mcg	0 %
Calcium	75.7 mg	6 %
Iron	2.7 mg	15 %
Potassium	801.7 mg	17 %

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Shepherd's Pie

Potato Layer Ingredients:

- 3 lbs. potatoes
- 1 cup whole milk
- 1 stick unsalted butter
- ½ tsp salt
- ½ tsp pepper

Meat Layer Ingredients:

- 2 lbs. ground beef, 93% lean
- 1 med. onion, chopped
- 1 lb. frozen mixed vegetables
- 12 oz. bag frozen lima beans
- 1/4 cup reduced-sodium Worcestershire sauce
- ½ tsp salt
- 2 tsp garlic powder

Instructions

- 1) Boil potatoes until soft, drain. Add butter, milk, salt, and pepper. Mash with potato masher or whip with electric mixer.
- 2) Brown ground beef in a large skillet with onion, add Worcestershire and seasonings. Drain any excess liquid.
- 3) In the aluminum pan, layer meat on the bottom, lima beans and vegetables in the middle, mashed potatoes on top.
- 4) Cover tightly and freeze.

Rev_Shepherd's Pie		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	381.6	
<small>% Daily Value*</small>		
Total Fat	14.9 g	19 %
Saturated Fat	7.8 g	39 %
Trans Fat	0.5 g	
Cholesterol	88.9 mg	30 %
Sodium	206.3 mg	9 %
Total Carbohydrate	35.4 g	13 %
Dietary Fiber	4.8 g	17 %
Total Sugars	5.1 g	
Added Sugars	0.6 g	1 %
Protein	25.8 g	
Vitamin D	0.3 mcg	2 %
Calcium	58.7 mg	5 %
Iron	3.6 mg	20 %
Potassium	821.4 mg	17 %
<small>* 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.</small>		



Chicken Enchilada Casserole

Ingredients

- 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

- 1) Spray pan with cooking spray.
- 2) Drain black beans
- 3) In a bowl combine shredded chicken, enchilada sauce, tomatoes, black beans, sour cream, and seasonings.
- 4) Put rice at the bottom of the prepared baking dish, spoon chicken mixture on top of rice. Sprinkle the cheese on top.
- 5) Cover tightly and freeze.

SVP_Chicken Enchilada		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	393.6	
% Daily Value*		
Total Fat	8.2 g	11 %
Saturated Fat	3.9 g	20 %
Trans Fat	0 g	
Cholesterol	58 mg	19 %
Sodium	404.3 mg	18 %
Total Carbohydrate	50.6 g	18 %
Dietary Fiber	7.3 g	26 %
Total Sugars	4.6 g	
Added Sugars	0 g	0 %
Protein	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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Stuffed Pepper Casserole

Ingredients

- 2 tsp extra virgin olive oil
- 3 lbs. lean ground beef
- 2 - 10 oz bags chopped frozen green bell pepper
- 2 TBSP Worcestershire sauce
- 1 TBSP Mrs. Dash or other salt-free table blend
- 1 TBSP ground black pepper
- 28 ounces (2 x 14 oz. cans) no-salt-added canned diced tomatoes, drained
- 2 cups brown rice + 2 cups quinoa
- 6 cups reduced-sodium beef broth
- 2 cups reduced fat shredded cheese (usually one bag)

Instructions

- 1) In a pan/heat resistant skillet over medium-high heat, heat extra virgin olive oil and add the 3 lbs. of lean ground beef.
- 2) Sauté meat while breaking it with a spatula until it is no longer pink.
- 3) Drain the fat. Add bell pepper. Cook for 2-3 minutes.
- 4) Add Worcestershire sauce, Mrs. Dash, and black pepper. Cook for 30 seconds.
- 5) Add no salt diced tomatoes and stir it in.
- 6) Add brown rice and beef broth. Stir and bring to a boil, then cover w/ a lid. Let simmer for 30 minutes.
- 7) After 30 minutes, add quinoa/rice, simmer for 1 more hour (or until quinoa/rice is cooked).
- 8) After cooking: put casserole into 12 x 10 disposable steam table pan. Add shredded cheese on top.
- 9) Cover tightly and freeze.

SVP_Stuffed Pepper		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	567	
% Daily Value*		
Total Fat	19.7 g	25 %
Saturated Fat	7.9 g	40 %
Trans Fat	0.4 g	
Cholesterol	113.1 mg	38 %
Sodium	429 mg	19 %
Total Carbohydrate	50.1 g	18 %
Dietary Fiber	4.8 g	17 %
Total Sugars	5.4 g	
Added Sugars	0.3 g	1 %
Protein	43.5 g	
Vitamin D	0.3 mcg	1 %
Calcium	185.4 mg	14 %
Iron	5.5 mg	31 %
Potassium	858.7 mg	18 %
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Chicken Pot Pie

Ingredients

- 2 -6 packs of whole wheat Kroger English muffins
- 1.5 lbs. of cooked chicken breast
- 4 cans cream of chicken (low sodium) 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 reduced fat shredded cheese

Instructions

- 1) Cut cooked chicken breast into cubes.
- 2) In extra-large skillet over medium-high heat, heat cream of chicken soup and frozen mixed vegetables. Cook until vegetables are soft/tender (around 5-6 minutes).
- 3) Stir in Mrs. Dash, pepper, and chicken.
- 4) Transfer mixture to disposable baking dish and spread into an even layer. Add English muffins to top of mixture.
- 5) Cover tightly and freeze.

SVP_Pot Pie

Nutrition Facts

Serving Size	1 Serving	
<hr/>		
Amount Per Serving		
<hr/>		
Calories	403	
<hr/>		
	<small>% Daily Value*</small>	
Total Fat	8.6 g	11 %
Saturated Fat	3.8 g	19 %
Trans Fat	0.1 g	
Cholesterol	67.5 mg	22 %
Sodium	767 mg	33 %
Total Carbohydrate	47.2 g	17 %
Dietary Fiber	7.5 g	27 %
Total Sugars	4.9 g	
Added Sugars	0.6 g	1 %
Protein	31.6 g	
<hr/>		
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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