

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:

- 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.



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- 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 <u>jbrubaker@stvincentdayton.org</u>.

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. <u>Freezing Directions</u>: 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.

Sloppy Joes

Ingredients	Instructions		
5 lb. ground beef, 90% lean	1) Brown ground beef, then drain.		
1 can lentils, drained and rinsed	2) Add all ingredients and mix well.		
12 oz tomato paste, no salt added	3) Pour into aluminum pan.		
1.25 cup chopped onion	4) Cover tightly and freeze.		
4 TBSP mustard	Rev_Sloppy Joes		
2.5 TBSP lower sodium Worcestershire sauce	Nutrition Facts		
2/3 cup no sugar added ketchup	Serving Size 1 Serving		
2 tsp Mrs. Dash or similar no-salt seasoning	Amount Per Serving		
blend	Calories 491.7		
1/2 cup water	% 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		
	indem 33.rg		
	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.		



<u>Lasagna</u>

Ingredients Instructions 2/3 lb. lasagna noodles, cooked in unsalted water 1) Thaw spinach in microwave, drain extra water off. 2.5 lbs. ground turkey, 93% lean 2) Brown turkey and onion. Once cool in ricotta and spinach. 2 oz. spaghetti sauce 3) Mix spaghetti sauce, tomatoes, se in separate bowl. 15 oz. container ricotta cheese, part-skim 3) Mix spaghetti sauce, tomatoes, se in separate bowl. 12 oz. bag frozen chopped spinach 4) In the aluminum pan, put a layer or noodles, then spoon ground turkey in followed by sauce mixture. 2 tsp garlic powder 5) Repeat layering 2 more times. 2 tsp parlic powder 5) Repeat layering 2 more times. 2 tsp parlic powder 6) Top with mozzarella cheese. 2 TBSP Italian seasoning 7) Cover tightly and freeze. Mutrition Facts 5% Daily Value* Serving Size 1 Serving Amount Per Serving 426 Total Fat 20 g 12 Calories 426 Statuased Fat 7.5 g Total Sugars 7.2 g Total Sugars 2.9 Vitamin D 0.3 mog Otas ing 2.9 Vitamin D 0.3 mog Vitamin D 0.		
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Calcium 368.1 mg 28 %		
ting the re-		
Potassium 728.3 mg 15 %		



Turkey/Chicken Tetrazzini

Ingredients	Instructions				
1.5 lb. Spaghetti, cooked in unsalted water	spaghetti, cooked in unsalted water 1) In a large saucepan, heat so		oup over l	low	
3 cans cream of mushroom soup, reduced	heat. Add shredd	ed cheese (reserve so	me	
sodium or Healthy Request	topping) and stir	together.			
south of ficality request	gurt 2) Then add the cooked meat, mushroom peas, and cooked spaghetti and stir. Add				
3 - 5oz. containers plain Greek yogurt					
18 oz. shredded cheddar cheese, reduced fat					
	mix all together.				
6 cups shredded turkey or chicken breast	ken breast				
meat	3) Pour mixture in	nto aluminu	m pan. Sp	rinl	
2 small cans mushrooms, drained and rinsed	reserved shredde	d cheese or	n top.		
	4) Cover tightly a	nd freeze			
3 cups chicken broth, reduced sodium					
3 cups frozen peas					
1.5 TBSP garlic powder	Rev_Tetrazzini Nutrition Facts				
1.5 TBSP onion powder					
	Serving Size	1 :	Serving		
	Amount Per Serving				
	Calories	4	35.3		
		% Dai	ily Value*		
	Total Fat	13.6 g	17 %		
	Saturated Fat	6.4 g	32 %		
	Trans Fat	0.2 g			
	Cholesterol	91.5 mg	30 %		
	Sodium Total Cashahudaata	792.4 mg	34 %		
	Total Carbohydrate	34.4 g	13 %		
	Dietary Fiber Total Sugars	3.9 g 5.7 g	14 70		
	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 %		
	* The % Daily Value (DV) tells serving of food contributes to a		I		



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 F	Nutrition Facts				
Serving Size	1 9	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 mog	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.



Shepherd's Pie

Potato Layer Ingredients:

3 lbs. potatoes

1 cup whole milk

1 stick unsalted butter

½ tsp salt

1/2 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.

Nutrition F	acts			
Serving Size	1 9	Serving		
Amount Per Serving				
Calories 381.6				
	% Dai	ly Value		
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 %		
	821.4 mg	17 %		



Chicken Enchilada Casserole

Ingredients

2.5 cups brown rice, uncooked

4 cups cooked chicken breast, shredded

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

1/4 cup taco seasoning, low or no salt

SVP_Chicken Enchilada					
Nutrition Facts					
Serving Size	1 9	Serving			
Amount Per Serving					
Calories 393.6					
	% Dai	ly 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 %			
* 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.					

Instructions

1) Spray pan with cooking spray.

2) Cook rice and drain black beans.

3) In a bowl combine shredded chicken, tomatillo salsa, tomatoes, black beans, sour cream, and taco seasoning.

4) Put cooked 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.

Instructions for Central Kitchen Staff

To bake 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.



Stuffed Pepper Casserole

Ingredients			Instructions	
2 tsp extra virgin olive oil			1) In a pan/heat resistant skillet over	
3 lbs. lean grou	und beef		medium-high heat, heat extra virgin oliv and add the 3 lbs. of lean ground beef.	ve oil
2 - 10 oz bags chopped frozen green bell				
pepper			2) Sauté meat while breaking it with a s	patula
			until it is no longer pink.	
2 TBSP Worces	tersnire s	auce		
1 TBSP Mrs. Da blend	ish or othe	er salt-	e table 3) Drain the fat. Add bell pepper. Cook 3 minutes.	for 2-
1 TBSP ground	black pep	per		1
_		-	4) Add Worcestershire sauce, Mrs. Dash	, and
28 ounces (2 x			-added black pepper. Cook for 30 seconds.	
canned diced tomatoes, drained		draine	E) Add no colt disod tomotoos and stir it	in
2 cups brown rice + 2 cups quinoa		ps quir	5) Add no salt diced tomatoes and stir it	
6 cups reduced-sodium beef broth		beef br	6) Add brown rice and beef broth. Stir a	nd
2 cups reduced fat shredded cheese (usually			bring to a boil, then cover w/ a lid. Let	
one bag)			simmer for 30 minutes.	
	1.5			
Nutrition F			 After 30 minutes, add quinoa/rice, sin for 1 more hour (or until quinoa/rice is 	nmer
Serving Size	1 :	Serving	cooked).	
Amount Per Serving	Amount Per Serving			
Calories		567	8) After cooking: put casserole into 12 x	10
	% Dai	ily Value*	disposable steam table pan. Add shredd	ed
Total Fat	19.7 g	25 %	cheese on top.	
Saturated Fat	7.9 g	40 %		
Trans Fat Cholesterol	0.4 g	20.04	9) Cover tightly and freeze.	
Sodium	113.1 mg 429 mg	38 %	Sy cover tightly and neeze.	
Total Carbohydrate	50.1 g	18 %		
Dietary Fiber	4.8 g	17 %		
Total Sugars	5.4 g		Instructions for Central Kitchen Staff	
Added Sugars	0.3 g	1 %	mstructions for centrul Kitchen Stuff	
Protein	43.5 g		Bake at 350 F for 23-28 minutes.	
Vitamin D	0.3 mcg	1 %	Dure at 550 1 joi 25 20 minutes.	
Calcium	185.4 mg	14 %		
Iron	5.5 mg	31 %		
Potassium	858.7 mg	18 %		
* The % Daily Value (DV) tells serving of food contributes to a is used for general nutrition ad	a daily diet. 2,000 cal			



Chicken Pot Pie

Ingredients			Instructions		
2 -6 packs of whole wheat Kroger English		Kroger English	1) Cut cooked chicken breast into cubes.		
muffins			2) In extra-large skillet over medium-high		
1.5 lbs. of cooked	d chicken b	reast	heat, heat cream of chicken soup and frozen		
4 cans cream of c condensed soup	chicken (lo	w sodium)	mixed vegetables. Cook until vegetables are soft/tender (around 5-6 minutes).		
3 tsp Mrs. Dash c	or other sal	t-free table blend	3) Stir in Mrs. Dash, pepper, and chicken.		
24 oz. frozen mixed vegetables (used 32 oz Kroger frozen mixed vegetables)			4) Transfer mixture to disposable baking dish and spread into an even layer. Add English		
1/4 tsp black pepper			muffins to top of mixture.		
1/4 tsp of extra virgin olive oil/pam			5) Cover tightly and freeze.		
SVP_P	ot Pie				
_					
Nutrition F	acts				
Serving Size	1 :	Serving			
Amount Per Serving					
Calories		402			
Calones		403	Instructions for Central Kitchen Staff		
	% Dai	ily Value*	1) Propost over to 400 5		
Total Fat	8.6 g	11 %	1) Preheat oven to 400 F.		
Saturated Fat	3.8 g	19 %	2) Remove English muffins, then bake casserole		
Trans Fat	0.1 g		uncovered for 25 minutes.		
Cholesterol	67.5 mg	22 %	3) After 25 minutes, remove casserole dish from		
Sodium	767 mg	33 %	the oven.		
Total Carbohydrate	47.2 g	17 %	4) Add English muffins back to the top of the		
Dietary Fiber	7.5 g	27 %			
Total Sugars	4.9 g		casserole and sprinkle 2 cups of reduced fat		
Added Sugars	0.6 g	1 %	shredded cheese over English muffins.		
Protein	31.6 g		5) Return to oven and bake for another 8-10		
Vitamin D	0.3 mcg	1 %	minutes.		
Calcium	352.1 mg	27 %			
Iron	3.3 mg	18 %			
Potassium	699.7 mg	15 %			
* The % Daily Value (DV) tells y serving of food contributes to a is used for general nutrition adv	daily diet. 2,000 cal				