

Casserole Cook Recipes and Instructions

1. Please follow all safe food handling guidelines included in this package. Unless specified, each recipe makes one casserole which will fit into any disposable 13x9x3 inch pan. Empty casserole pans are also available in our Face to Face Dining Room.
2. Label each of your prepared casseroles with the name of casserole, your name or organization, and the date it was prepared and frozen.
3. Attached you will find eight recommended casserole recipes for you to choose from when preparing your casseroles. You are also welcome to use your own 3-4 lb. meatloaf recipe.
4. Casseroles may be delivered to Face to Face – 109 E Price St. Philadelphia, PA 19144 during the following hours:
 - Monday, Tuesday, and Wednesday from 9:15AM to 12:00PM
 - Friday from 9:15AM to 4:00 PM
 - Saturday and Sunday from 9:15 AM to 1:30 PM
 - Face to Face is closed on Thursday.

If you are delivering your casseroles before the assigned date, please freeze them thoroughly.

5. Please contact Nora Concannon with any questions or concerns:

215 438-7939 or nora@facetofacegermantown.org

Casserole Cook Team Members – if you are dropping off your casseroles on the weekend that they are due, please deliver your defrosted casseroles no later than 10 am.

Thank you for sharing your culinary skills with our Dining Room guests!

Safe Food Preparation Guidelines

To prevent food borne illness, it is important that all cooks comply with the following guidelines:

- Newly purchased fresh meat should be frozen if it is not used within 24 hours.
- Always defrost frozen meat in the refrigerator, never at room temperature.
- Maintain strict cleanliness. Everyone involved in the casserole preparation must wash their hands frequently with soap and water. Persons with an infected cut or skin infection should not work with food.
- Keep kitchen and equipment clean. Do not use utensils or cutting boards which have come into contact with raw meat or other food until they have been sanitized. Wipe surfaces frequently.
- Cook all meat thoroughly. A meat thermometer can assure that all meats and poultry are cooked thoroughly. Never partially cook meat or poultry.
- Place prepared casseroles immediately into the refrigerator for cooling; do not allow them to sit out at room temperature.
- If casseroles are not going to be served within 48 hours, please freeze them.
- To avoid freezer burn, wrap casseroles tightly.

PLEASE LABEL, CUT, AND TAPE TO TOP OF COVERED CASSEROLES

Name of Casserole Cook _____

Name of Casserole _____

Date of Casserole Preparation _____

Name of Casserole Cook _____

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Face to Face

Casserole Cooks Program – Recipe Collection

If your recipe includes rice, pasta or noodles, we suggest that you pre-cook the rice, pasta or noodles for ½ the suggested package time before adding them to your casserole.

Recipe #1 – Beef Stroganoff

1.5 lbs. ground beef	Dash of fresh pepper
1 – 16 oz bag of egg noodles	2 - 10 3/4 oz cans of condensed cream of mushroom soup
1 cup peeled and chopped onion	2 cups sour cream
2 cloves peeled and chopped garlic	1 8oz can of sliced mushrooms (drained)
4 tablespoons flour	2 tablespoons fresh parsley chopped
4 teaspoons beef bouillon granules	

Cook noodles for ½ the time recommended on package and set aside. Brown the ground beef drain. Add onion and garlic and stir until mixture is tender. Stir in beef bouillon, pepper, soup, water, mushrooms and half of the flour; mix well. Bring to a boil, reduce heat and simmer for 15 minutes. Combine sour cream with remaining flour and parsley. Stir into beef mixture and heat through (do not boil). Add noodles and mix well. Place in casserole dish. Cover, label, date, and freeze.

Recipe #2 – Scalloped Chicken

1 – 12 oz medium egg noodles	1 – 16 oz bag of frozen mixed vegetables
2 – 10 3/4 oz cans cream of chicken soup	1 cup peeled and chopped onions
1 ½ cups milk	Dash of salt and ground pepper
2 lbs. boneless chicken; cooked and chopped into bite sized pieces	Dash of marjoram and dash of thyme
	½ cup dry breadcrumbs

Cook the noodles for half of the recommended time on package directions. Drain. Mix noodles, cooked chicken, frozen vegetables, onions, and spices. Blend together the soup and milk in a sauce pan and heat thoroughly. Pour over other ingredients and mix together. Place mixture in casserole dish and sprinkle breadcrumbs on top. Cover, label, date, and freeze.

Recipe #3 – Mexican Chicken Casserole

1.5 pounds cooked, diced, boneless chicken	6 tablespoons light dairy sour cream
3 cups cooked white rice	3 tablespoons fresh snipped cilantro
1 – 16 oz bag frozen corn	2 tablespoons flour
2 – 16 oz jars salsa (mild)	

Combine all ingredients, mix well and pour into casserole pan. Cover, label, date, and freeze.

Recipe #4 – Chicken Supreme

2 lbs. boneless chicken cooked and cut into bite sized pieces	3 tablespoons lemon juice
2 – 10 oz package of frozen, chopped broccoli	8 oz cheddar cheese, grated
2 – 10 oz cans cream of chicken soup	2 – 2 ½ oz jars of mushrooms - drained
1 cup mayonnaise	¾ cup breadcrumbs
	¾ tsp curry

Mix chicken, broccoli, soup, mayonnaise, curry, lemon juice and blend well. Place in casserole pan. Sprinkle cheddar cheese evenly on top, spread with mushrooms, and sprinkle bread crumbs over casserole. Cover, label, date, and freeze.

Recipe #5 – Chicken Cassoulet

2 lbs. boneless chicken, cooked and drained	1 – 12 oz package frozen carrots
¾ teaspoon thyme	2 tablespoons fresh parsley
¼ teaspoon allspice	2 – 10 package frozen spinach (thawed and drained)
¾ teaspoon ground fresh black pepper	2 cans cooked Great Northern beans (drained)
2 cups onion peeled and chopped	1 – 14.5 oz can chicken broth/stock
2 – 14.5 oz cans chopped tomatoes	
3 cloves garlic, peeled and minced	

Sauté the onion and garlic until soft and tender. Add all ingredients together in a large bowl, mix well. Pour into casserole pan. Cover, label, date, and freeze.

Recipe #6 – Ziti pasta with Ground Meat

This recipe makes 2 casseroles. Do not double

3 lbs ground beef, turkey, or chicken	2 – 16 oz box of ziti pasta, cooked according to package directions
3-24 oz jars marinara sauce	3 – 8 oz bags of mozzarella cheese, shredded
6 oz parmesan cheese, grated	Salt and ground pepper to taste

Separate ingredients – half for each casserole

In a large skillet, cook meat until thoroughly browned. Remove from heat, drain, separate in two and set aside. In separate bowls, add half of the cooked pasta, meat, mozzarella cheese, parmesan cheese, and salt and pepper. Mix ingredients in each bowl well. Lightly cover the bottom of each casserole pan with sauce. Add meat and noodle mixture to both casserole pans. Top each with remaining sauce. Cover, label, date, and freeze.

Recipe #7 – Turkey Sausage and Spinach Casserole

Please use Turkey Sausage. Our Muslim guests cannot eat pork.

2 lbs. spicy turkey sausage	1.5 cups evaporated skim milk
2 – 10 oz packages frozen spinach, thawed and well drained	1 cup romano or parmesan Cheese, grated
2 cans Great Northern beans	¼ teaspoon ground nutmeg
1 red onion, peeled and chopped	dash of ground black pepper

Cook sausage over medium heat, turning often until done. Drain excess fat. Slice sausage into bite size pieces. Combine all ingredients together with sausage. Cover, label, date and freeze.

Recipe # 8 – Chicken and Rice Casserole

3 cups cooked white rice	1 teaspoon nutmeg
1 onion -peeled, chopped, and sautéed	3 cups milk
¼ cup butter or margarine, melted	2 10 oz cans chicken gravy
¼ cup flour	4 cups cooked, diced chicken - (about 1.25 pounds boneless breasts)
¼ teaspoon ground black pepper	½ teaspoon thyme
1 cup dry bread crumbs	

Melt butter, blend in flour, salt and pepper. Add milk, cook and stir until thickened and bubbly. Stir in chicken gravy, chicken and rice. Pour into casserole pan. Sprinkle top of casserole with bread crumbs. Cover, label, date, and freeze.