

GUIDELINES FOR VOLUNTEERS

Please call us before selecting a recipe to make for Our Daily Bread Employment Center so we can tell you which casseroles we need. Use the Volunteer line at 667-600-3438 or volunteerodbec@cc-md.org. Thank you.

General guidelines if you're preparing these casseroles for Catholic Charities. Please:

- Do not make any changes to the recipes. The casseroles from many sources are all mixed together at service time and it's important that they be uniform.
- Freeze the casserole until it's hard before delivering it to the drop-off point. We stack the casseroles. If they are not all frozen completely, they ooze out of the pans, can't be used and ruin others.
- Use safe food handling techniques when you prepare the casserole. Wash your hands with soap and water for 30 seconds before beginning and while cooking if you touch your face or hair or leave the kitchen before completing the casserole.

In a hurry? Large, family-sized trays of frozen macaroni and cheese are always a welcomed food donation.



Chicken and Broccoli

Serves 8 - 10

Ingredients needed:

- 8 oz. wide egg noodles, cooked and drained
- 2 packages frozen broccoli, cooked and drained
- 6 slices yellow cheese
- 2 cans cream of chicken soup, undiluted
- 4 chicken breasts, cooked

Cover aluminum pan bottom with cooked noodles. Arrange broccoli on top of noodles. Cut chicken into pieces and place over broccoli. Pour cream of chicken soup over chicken and top with cheese slices. Cook at 350 degrees for 45 minutes. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.



Creamy Bean and Potato Casserole with Carrots

(vegetarian)

Serves 8-10

Ingredients:

- 8 cups prepared vegetarian refried beans*
- 4 cups canned, drained sliced potatoes
- 3 cups canned, drained sliced carrots
- 2 cups canned tomatoes with juice
- 1 Tablespoon black or white pepper

Preheat oven to 375 degrees. In a large baking dish, place a thin, even layer of refried beans. Top with a thin layer of potatoes, then carrots, then tomatoes. Repeat until all ingredients are used. Sprinkle pepper on top. Cover and bake in oven for 15-20 minutes or until thoroughly heated. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.

*Note: many brands of canned refried beans are vegetarian, having no lard or animal fat; just read the label and ensure vegetable oil is used rather than lard. If preparing your own refried beans, mash cooked, red or white beans with a small amount of oil (hot water may be used rather than oil).