

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.



Texas Hash Casserole

Serves 8 - 10

Ingredients:

- 2 lbs. ground beef (do not substitute turkey)
- 3 large onions, chopped
- 1 large green pepper, chopped
- 1 large can tomato puree (29 oz.)
- 4 cups cooked rice
- 2 tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. chili powder

In large skillet cook and stir meat, onions, and peppers until meat is brown and vegetables are tender. Drain off fat. Stir in tomatoes, rice, salt, pepper and chili powder. Pour into ungreased pan. Drain off some juice if casserole is too moist. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.



Sweet Potato and Black Bean Casserole

(vegetarian)

Serves 8-10

Ingredients:

- Vegetable oil spray
- 1 cup minced onions
- ½ cup diced bell pepper (red or green)
- 2 cloves minced garlic or 3 teaspoons dried, granulated garlic
- 1 cup water
- 4 cups peeled, diced fresh sweet potatoes
- 6 cups drained, canned and cooked black beans
- 3 cups drained and chopped canned tomatoes
- 2 Tbsp. chopped fresh cilantro or parsley or 1 Tbsp. dried parsley
- 1 Tbsp. ground black pepper
- 2 teaspoons hot sauce

In a large pot, spray vegetable oil and allow pot to heat. Add onion, pepper and garlic and cook for about 3 minutes, until vegetables soften. Add one cup of cold water and the sweet potatoes. Cook, covered, until the potatoes are just tender, about 10 minutes. Add the black beans and tomatoes and allow to simmer until the potatoes begin to fall apart. Stir in black pepper and hot sauce and remove from heat. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.