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CATHOLIC CHARITIES IN ACTION

Casserole
Recipe
Book

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Instructions

Please:

- Freeze casseroles after cooking and cooling. We stack the casseroles. If they are not all frozen completely, they ooze out of the pans, can't be used, and ruin others.
- Clearly label casseroles with meal name, ingredients, reheat instructions, and date the casseroles were made.
- 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.
- 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.
- Deliveries can be made at 725 Fallsway, Baltimore, MD 21202, 7 days a week from 8 a.m.–3 p.m.
- **Questions? Want to volunteer? Contact odbec@cc-md.org**

Chicken and Broccoli Casserole

Ingredients

Servings: 8-10

- 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

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a half-casserole baking dish or deep-dish pie plate.
2. Cover aluminum pan bottom with cooked noodles.
3. Arrange broccoli on top of noodles.
4. Cut chicken into pieces and place over broccoli.
5. Pour cream of chicken soup over chicken and top with cheese slices.
6. Bake in the preheated oven until bubbling and golden, about 45 minutes.
7. Allow to sit until completely cool, then cover with aluminum foil.
8. Label with casserole name and date, then freeze.

Beef Stew

Ingredients

Servings: 8-10

- 2 lbs. chuck beef, cut into 1" cubes
- 4 carrots, sliced
- 2 medium potatoes, cut into 1" cubes
- 1 medium onion, chopped
- 1 bouillon cube
- 1 package frozen green beans
- Salt and pepper to taste

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Brown chuck and slowly add salt, pepper, and onion. Let simmer for about half an hour or until tender.
3. Add carrots, potatoes and green beans. Continue cooking.
4. Add ½ cup cold water and bouillon cube. Simmer for about an hour.
5. Pour into casserole dish and bake for ½ hour.
6. Allow to sit until completely cool, then cover with aluminum foil.
7. Label with casserole name and date, then freeze.

Chili

Ingredients

Servings: 8-10

- 2½ lbs. ground beef
- 1 small onion, chopped
- 1 tsp. sugar
- 1 lb. red kidney beans, drained
- 32 oz. ketchup
- 4 tsp. chili powder

Directions

1. Brown meat and onion. Drain fat.
2. Add sugar, kidney beans, ketchup and chili powder. Stir together until well mixed.
3. Pour mixture into pan.
4. **DO NOT BAKE.**
5. Allow to sit until completely cool, then cover with aluminum foil.
6. Label with casserole name and date, then freeze.

Ham and Potatoes

Ingredients

Servings: 8-10

- 1 tsp. salt
- 3 cups water
- 3 cups potatoes, cubed
- ½ cup milk
- ½ cup butter
- ½ cup onion, chopped
- ½ cup flour
- 2 cups ham, cooked, cut into small pieces
- 3 tbsp. chopped parsley
- 2 cups canned peas, drained
- 1 cup grated Cheddar cheese

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Add salt to water and boil. Add potatoes and cook for 15 minutes. Drain and reserve liquid.
3. Add milk to liquid. Set aside.
4. Melt butter in saucepan, add onions and cook until soft.
5. Blend flour into milk mixture and cook on low heat until thickened.
6. Add ham, parsley, peas, onions and potatoes to milk mixture and pour into casserole pan.
7. Top with grated cheese.
8. Bake uncovered for 30 minutes
9. Allow to sit until completely cool, then cover with aluminum foil.
10. Label with casserole name and date, then freeze.

Chicken and Noodles

Ingredients

Servings: 8-10

- 1 lb. cooked noodles
- 1 10 oz. box of frozen mixed vegetables
- 2 cans cream of mushroom soup
- 8-10 pieces of chicken
- 1 beaten egg
- 1 8oz. can evaporated milk
- 2 Tbsp. parsley flakes
- 1½ cups grated Cheddar cheese
- Salt and pepper to taste
- Bread crumbs

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Cook frozen mixed vegetables partially.
3. Stir in soup, milk, salt and pepper and parsley.
4. Add cooked noodles to creamed vegetables.
5. Pour into casserole pan. Sprinkle with cheese.
6. Dip chicken pieces into egg and then cover with bread crumbs.
7. Place chicken on top of casserole mixture and bake at 375 degrees for 1 hour.
8. Allow to sit until completely cool, then cover with aluminum foil.
9. Label with casserole name and date, then freeze.

Chicken and Rice

Ingredients

Servings: 8-10

- 1 cup rice
- 1 cup water
- 2 cans cream of mushroom soup
- 1 small can of sliced mushrooms
- 10-12 pieces of chicken
- 1 package dry onion soup mix
- 1 tsp. paprika

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix together rice, water, cream of mushroom soup and sliced mushrooms. Pour into casserole pan.
3. Place chicken on top and sprinkle with paprika and onion soup mix.
4. Cover tightly with aluminum foil and bake for 45 minutes.
5. Remove foil and bake for another 45 minutes.
6. Allow to sit until completely cool, then cover with aluminum foil.
7. Label with casserole name and date, then freeze.

Zippy Beef

Ingredients

Servings: 8-10

- 1 lb. ground beef
- 8 oz. elbow macaroni, cooked
- 1 can cream of mushroom soup (10½ oz.)
- ¾ cups milk
- 2 Tbsp. instant minced onion
- 2/3 cup ketchup
- ½ cup shredded Cheddar cheese
- ¼ cup green pepper, chopped
- 1 tsp. salt

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.
2. Cook and stir meat until browned. Drain off fat.
3. Mix together all remaining ingredients, except cheese, into casserole pan.
4. Stir in meat. Top with Cheddar cheese.
5. Cover with aluminum foil and bake for 40 minutes
6. Allow to sit until completely cool, then cover with aluminum foil.
7. Label with casserole name and date, then freeze.

Spaghetti with Meat Sauce

Ingredients

Servings: 8-10

- 1 cup Parmesan cheese
- 1½ - 2 lbs. ground beef
- 1 can cream of tomato soup
- 1 lb. spaghetti, cooked and drained
- 1 can cream of mushroom soup
- ½ cup chopped onion
- ½ cup chopped green pepper

Directions

1. Heat the oven to 350 degrees F.
2. Sauté onion, green pepper and meat.
3. Add both cans of soup. S
4. Slowly stir in cooked spaghetti and pour into casserole pan.
5. Sprinkle with Parmesan cheese.
6. Cover and bake for 20-25 minutes
7. Allow to sit until completely cool, then cover with aluminum foil.
8. Label with casserole name and date, then freeze.

Hamburger and Fries

Ingredients

Servings: 4-5

- Fresh lean ground beef or frozen pre-made beef patties (1 pound of ground beef = 4-5 servings)
- Salt & pepper
- Frozen french fries (in bag)
- Hamburger buns

Directions

1. Make 4 oz. balls of ground beef and slightly flatten into patties.
2. Form a small dent on the center of each patty.
3. Cook patties to an internal temperature of 155°. (Suggestions: pan-fry, oven-bake, or grill the burgers)
4. Cool patties, place on buns, and wrap each in aluminum foil.
5. Place wrapped burgers and bag of French Fries in a disposable foil pan.
6. Label with casserole name and date, then freeze.

Cheese and Turkey Pepperoni Pizza

Ingredients

Servings: 4

- 1-13.8 oz. can refrigerated pizza dough
- 1-14 oz. jar pizza sauce
- 16 oz. mozzarella cheese
- 5 oz. turkey pepperoni (optional)

Directions

1. Preheat oven to 425°.
2. Grease 9x13" baking dish.
3. Unroll dough and press into greased bottom of pan.
4. Spread pizza sauce of the dough.
5. Cover with cheese and pepperoni.
6. Bake 15–20 min. or until golden brown.
7. Cool pizza and place in a large disposable foil pan. Wrap entire pan with aluminum foil.
8. Label with casserole name and date, then freeze.

Macaroni and Cheese (vegan)

Ingredients

Servings: 8-10

- 2 cups elbow macaroni, uncooked
- ½ cup butter or margarine
- 1 medium onion, chopped
- 1 tsp. salt
- 1 tsp. pepper
- ½ cup flour
- 2 cups milk
- 10 oz. shredded Cheddar cheese
- 1 cup bread crumbs

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Cook macaroni according to directions on box. Drain and set aside.
3. Sauté onions in margarine, and add salt and pepper.
4. Slowly stir in flour. Cook over low heat until mixture is smooth and bubbly.
5. Stir in milk.
6. Add in cheese and continue stirring until melted. Remove from heat.
7. Stir in cooked macaroni and pour into casserole pan.
8. Top with bread crumbs.
9. Bake at 375 degrees for 30 minutes.
10. Allow to sit until completely cool, then cover with aluminum foil.
11. Label with casserole name and date, then freeze.

Sweet Potato and Black Bean Casserole (vegetarian)

Ingredients

Servings: 8-10

- 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

Directions

1. 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.
2. Add one cup of cold water and the sweet potatoes. Cook, covered, until the potatoes are just tender, about 10 minutes.
3. Add the black beans and tomatoes and allow to simmer until the potatoes begin to fall apart.
4. Stir in black pepper and hot sauce and remove from heat.
5. **DO NOT BAKE.**
6. Allow to sit until completely cool, then cover with aluminum foil.
7. Label with casserole name and date, then freeze.

Creamy Bean and Potato Casserole with Carrots (vegetarian)

Ingredients

Servings: 8-10

- 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

**Note: many brands of canned refried beans are vegetarian, having no lard or animal fat. Please 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).*

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large baking dish, place a thin, even layer of refried beans.
3. Top with a thin layer of potatoes, then carrots, then tomatoes.
4. Repeat until all ingredients are used.
5. Sprinkle pepper on top.
6. Cover and bake in oven for 15-20 minutes or until thoroughly heated.
7. Allow to sit until completely cool, then cover with aluminum foil.
8. Label with casserole name and date, then freeze.

Brunswick Stew (vegan)

Ingredients

Servings: 8-10

- Vegetable oil spray
- 2 cups diced onions
- 3 cloves minced fresh garlic or 3 teaspoons dried granulated garlic
- 2 Tablespoons all-purpose flour
- 2 teaspoons dried sage or dried parsley
- 4 cups vegetable broth or tomato juice
- 1 pound unpeeled, chopped red or white rose potatoes
- 1½ cup sliced fresh carrots (can use frozen, thawed carrots)
- 4 cups thawed, frozen lima or butter beans, thawed (can also used drained, canned beans)
- 2 cups chopped, but not drained, canned tomatoes
- 2 cups cut corn (thawed, if frozen, drained, if canned)
- 1 Tablespoon soy sauce
- 3 teaspoons red or white vinegar

Directions

1. In a large pot, spray oil and allow pot to heat.
2. Sauté onion until soft (about 3 minutes).
3. Add garlic and sauté for one minute.
4. Stir in flour and sage or parsley and stir (this creates a roux, a thickening agent) until combined.
5. Add broth or tomato juice and bring to a boil, stirring constantly.
6. Lower heat, add potatoes, carrots, and beans.
7. Cover and allow to simmer for 10 minutes.
8. Add tomatoes and corn and simmer, uncovered, until all veggies are soft (about 15 minutes).
9. Stir in soy sauce, then hot sauce.

10. DO NOT BAKE.

11. Allow to sit until completely cool, then cover with aluminum foil.
12. Label with casserole name and date, then freeze.