

## GUIDELINES FOR DONATING CASSEROLES TO CENTRAL UNION MISSION

**IMPORTANT!** Please read and follow USDA's basic food safety guidelines:

<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/basics-for-handling-food-safely>

The safety of the guests is very important at the Mission and properly preparing food is an integral part of their safety. Please make sure you wash your hands and ensure that all pans are cleaned before preparation.

Cold foods should be kept cold and hot foods hot. Bacteria are able to breed efficiently in temperatures of 70 to 140 degrees.

- When preparing a casserole the temperature for cold foods should not exceed 40 degrees and hot foods should not fall below 140 degrees;
- When cooling a casserole, the casserole should sit for up to 30 minutes and put in the refrigerator until time of transport. Casseroles should not sit out overnight (this is a perfect environment for bacteria);
- When dropping off casseroles they should be cooled to 40 degrees or below prior.

**PLEASE MAKE SURE TO:**

- Use only the recipes provided
- Assemble casserole in a disposable aluminum pan sized 13x21x2.5" and cover tightly with foil
- Do not bake! Mission cooks will bake the casseroles prior to serving
- Label casserole with type of casserole, the date, and your name and phone number (also, if you substituted any ingredients – such as using turkey instead of chicken – include that information on the label)
- Deliver casserole ASAP to the men's shelter (65 Massachusetts Avenue, NW), observing proper food handling procedures

(RECIPES FOLLOW)

Recipes courtesy of The Center for the Homeless, South Bend, Indiana

## BAKED TORTELLINI (Vegetarian)

4 oz. butter, melted  
4 oz. all-purpose flour  
12 cups low-fat milk, heated  
7 cups shredded mozzarella cheese, divided  
2 tsp. nutmeg  
Salt and pepper, to taste  
5 pounds fresh or frozen cheese tortellini (or rotini noodles)  
10 oz. fine dry breadcrumbs  
3 oz. parmesan cheese

Directions: Coat casserole pan with oil (or spray with cooking spray). Heat butter in a large saucepan over medium heat. Add flour and cook, whisking constantly, for 1 to 2 minutes. Add hot milk and bring to a simmer, whisking, until smooth and slightly thickened, 3 to 4 minutes. Remove from heat and add 6 cups of mozzarella and nutmeg, stirring to melt cheese. Season with salt and pepper. Transfer to a large bowl.

Meanwhile, cook tortellini or rotini pasta in boiling salted water until just tender, 6 to 8 minutes or according to package directions. Drain and rinse well. Toss with the cheese sauce, and spoon into casserole pan. Top with remaining 1 cup mozzarella. Mix breadcrumbs and Parmesan in a small bowl. Sprinkle evenly casserole. Let stand for 30 minutes and cover with foil and refrigerate until delivery to the Mission.

## CHICKEN & BROCCOLI CASSEROLE

4 cups cooked chicken, cubed  
2 – 10 oz. packages frozen broccoli, thawed and strained  
10 cups cooked rice  
5 -10 oz. cans low fat cream of broccoli soup  
2 cups skim milk  
8 oz. panko breadcrumbs (just enough to cover the top of the casserole)  
Black pepper

Directions: Butter the casserole pan (or spray with cooking spray). Combine soup and milk in a large bowl. Layer the cooked rice, cooked chicken and broccoli in pan. Pour soup mixture over the top and pepper lightly. Top with breadcrumbs. Let stand for 30 minutes and cover with foil and refrigerate until delivery to the Mission.

## CHICKEN TETRAZZINI

5 cups cooked chicken breast, cubed  
3 lbs. regular or spinach fettuccine  
1 lb. mushrooms, sliced  
2 onions, chopped  
1 red pepper, chopped  
1 tsp. rosemary  
3 cups plain bread crumbs  
1 oz. parsley leaves  
1 ½ cups of all-purpose flour  
1 -16 oz. can reduced-sodium chicken broth  
2 ½ cups low fat milk  
Grated zest of one lemon  
Lemon juice, to taste  
1 cup grated parmesan cheese  
1 TBS. butter

Directions: Coat casserole pan with cooking spray. Cook fettuccine in boiling salted water until it is almost done, about 8 minutes. Drain and rinse under cold running water. Drain and set aside. Meanwhile, heat butter in a large skillet over medium heat. Add onions and cook, stirring, until lightly browned, 6 to 8 minutes. Add mushrooms and red pepper and 1/2 teaspoon rosemary; cook, stirring, until softened, about 5 minutes. Add flour and cook, stirring, for 1 minute. Add broth and milk; bring to a boil, stirring, until slightly thickened, about 4 minutes more. Remove from heat and stir in chicken. Season with lemon juice, salt and pepper.

Gently mix the cooked fettuccine into chicken mixture and spoon into prepared pan. Combine parmesan, breadcrumbs, lemon zest, and the remaining 1/2 teaspoon rosemary in a small bowl. Season with salt and pepper. Sprinkle the mixture over the casserole. Let stand for 30 minutes and cover with foil and refrigerate until delivery to the Mission.

## HEARTY CHILI

1 – 2 lb. can of chili  
2 onions, chopped  
1 garlic clove, minced  
1 ½ TBS. chili powder  
1- 12 oz. can tomato paste  
3 lbs. canned crushed tomatoes  
1 can red kidney beans  
2 lbs. ground beef  
1 lb. shredded cheddar cheese  
2 lbs. elbow macaroni, cooked/rinsed/drained

Directions: Coat casserole pan with cooking spray. In large pot, sauté meat until cooked (no longer any pink); stir in garlic, onions, spices, tomato paste and tomatoes and heat through. Add canned chili and beans. Add macaroni and then pour into pan. Top with shredded cheese. Let stand for 30 minutes and cover with foil and refrigerate until delivery to the Mission.