

# Recipes

for use by the Church of the Transfiguration, Palos Park, Illinois  
at the Charles Pond Soup Kitchen, SS. George and Matthias Episcopal Church, Chicago  
Revised March 18, 2005

## Baked Taco Casserole

2 lbs. ground beef  
2 cans tomato soup  
2 c. salsa  
1 c. milk  
2 cans black beans, drained  
2 cans corn, drained  
1 c. shredded cheddar cheese  
1 envelope taco seasoning

Brown and drain beef. Place in large baking pan. Mix all remaining ingredients together with beef. Bake at 375° for ½ hour.

## Beans and Sausage

1½ lb. bulk hot pork sausage, browned and drained  
1 can (31 oz.) pork and beans  
5 cans (15 oz.) of beans, drained & rinsed, any combination of the following:  
Butter beans Black beans  
Hot chili beans Great northern beans  
Small red beans Kidney beans  
Garbanzo beans Black-eyed peas  
¾ c. brown sugar  
1 tbsp. dry mustard  
¾ c. ketchup

Mix all together and bake, covered, at 325° for 1 hour.

## Cheesy Beef Casserole

8 c. uncooked medium egg noodles 1 tsp. salt  
2 lbs. ground beef ½ tsp. pepper  
1½ c. chopped onion 16 oz. cream cheese, softened  
16 oz. tomato sauce 2 c. small-curd cottage cheese  
1 tsp. garlic powder 1 c. Parmesan cheese

Cook noodles according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add tomato sauce and seasonings. In a large mixing bowl, combine the cream cheese, cottage cheese and the grated parmesan cheese. Add the meat. Drain the noodles; add to meat and cheeses. Place in two greased 9x13x2" baking dish. (Or one larger disposable baking pan.)

Cover and bake at 350° for 30 minutes.

## Curry Chicken

Sauté in 8 tbsp. margarine:

1 c. chopped onion  
1 c. chopped celery  
1½ c. raw rice

Mix together with the following:

2 c. milk  
2 cans chicken broth  
2 cans cream of chicken soup  
2 cans cream of mushroom soup  
4 c. chopped chicken  
2 tsp. curry powder  
Salt and pepper to taste

Separate into 2 9x13 pans (or use one large disposable pan). Bake at 350° for 1½ hours.

## Easy Mac and Beef Casserole

2 lbs. ground beef  
2 green peppers, diced  
2 onions, diced  
3 tsp. salt  
½ tsp. pepper  
16 oz. elbow macaroni  
2 16 oz. cans tomatoes (I like to whirl in the blender)  
2 cans 10¾ oz. condensed zesty tomato soup (if not available, try Italian or add Italian spices)  
2 c. water  
1 tsp. sugar

Heat oven to 350°F.

In large skillet over high heat, cook first 5 ingredients until meat is browned, about 10 minutes. Remove skillet from heat; spoon mixture into 4-quart casserole or disposable pan. Add uncooked macaroni, tomatoes with liquid and remaining ingredients to casserole. Stir to break up tomatoes (if not whirled in blender). Cover and bake 35 minutes or until mixture is hot and macaroni is tender, stirring occasionally.

*Good Housekeeping, Feb. 1980*

*Recipe has been doubled for Soup Kitchen purposes. Original recipe makes 6 servings. To prepare in microwave, cover and cook for 5 minutes, stir, do this twice. Let stand to finish the noodles (test to see if more time is needed).*

## Easy Mostaccioli Italiano

1 lb. box mostaccioli noodles – cooked and drained  
1 lb. bulk Italian sausage or ground beef or half and half – cooked and drained  
1 48 oz. jar pasta sauce  
Italian seasoning  
4 c. (1 lb.) shredded mozzarella cheese

Preheat oven to 350°F.

Combine pasta, meat, sauce, Italian seasoning and 2 c. of cheese and spoon into a greased 9x13" pan. Cover and bake 45 minutes. Uncover, top with remaining cheese and some parsley. Bake another 10 minutes.

Spray foil before you put over cheese so cheese does not stick.

*Sharon Fritz*

## Green Bean Casserole

2 can cream of mushroom soup  
1 c. milk  
4 cans (14.5 oz.) green beans, drained  
1 can (2.8 oz.) fried onions

In 3 qt. casserole, combine soup and milk. Stir in beans and onions. Bake at 350° for 25 minutes.

## Jamaican Beans

1 c. chopped onion  
1 c. chopped green pepper  
2 small jalapeno peppers, seeded and minced  
3 minced garlic cloves  
2 tsp. dried thyme leaves  
½ tsp. ground allspice  
2 tbsp. oil  
2 cans (14 oz.) chicken broth  
4 cans red beans or black beans, drained and rinsed  
4 small, peeled sweet potatoes, cut into ½" cubes  
1 lb. smoked sausage, cut in bite sized pieces  
2 tsp. hot sauce  
4 tbsp. lime juice  
Salt and pepper to taste

Sauté onion, peppers, garlic, thyme and allspice in oil in large pot for 3 to 4 minutes. Add broth, beans, potatoes, sausage and hot sauce; heat to boiling. Reduce to simmer, uncovered, until potatoes are tender, 10 to 15 min. Stir in lime juice, salt and pepper. Serve over rice to your family. Refrigerate the rest.

## **Mashed Potato Casserole**

1 large box instant potatoes  
2 envelopes of Lipton Recipe Secrets Onion Mix (not Golden Onion)  
16 oz. of cream cheese (2 pkgs.) – softened  
½ stick of butter or margarine  
paprika

Mix potatoes as directed on package for 24 people. Add onion dip and cream cheese. Mix well. Put in a large, greased casserole dish. Top with butter pats and sprinkled paprika. Bake in 350°F oven for approximately ½ hour.

## **Pasta Salad**

1 lb. rotini or spiral type pasta, cooked & drained  
1 can pitted black olives, drained  
1½ c. chopped cauliflower  
1½ c. chopped broccoli  
1½ c. chopped carrots  
1½ c. chopped celery  
1½ c. shredded cheese (cheddar, jack, or Swiss)  
For sauce, mix together:  
1¼ c. mayonnaise  
1 tbsp. mustard  
2 tbsp. sugar

Add small amount of milk to sauce items, mix until a thin drizzle like consistency. Mix first seven ingredients together. Toss with sauce, refrigerate for at least 3 hours.

## **Rancho Beans**

1 lb. ground beef, browned and drained  
½ lb. bacon, cooked and drained  
5 cans of beans, any combination of the following:  
Butter beans Black beans  
Hot chili beans Great northern beans  
Pork and beans Small red beans  
Kidney beans  
½ c. sugar  
½ c. brown sugar  
1 tbsp. dry mustard  
1 tbsp. vinegar  
½ c. ketchup

Mix all together and bake at 350° for 1 hour

## Salsa Beef

1½ lbs. ground beef  
1 large onion, chopped, divided in two  
3 tbsp. chili powder  
1 tbsp. olive oil, or vegetable oil  
2 carrots, peeled and chopped  
16 oz. jar of mild or medium salsa  
1 can chicken broth  
1 can black beans  
1 can corn  
1 can diced tomatoes, un-drained

Brown ground beef with ½ onion, drain. Stir in chili powder. Meanwhile, in 5 to 6 quart Dutch oven, heat oil over medium high heat. Add carrots and rest of onion. Cook 5 minutes or till golden in color, stirring occasionally. Stir in salsa, broth, corn, and tomatoes. Cook 5 minutes, add beef mixture, stirring well. Cool and put in oven proof pan or disposable pan if desired.

## Spicy Rice

½ c. chopped onion  
2 tbsp. oil  
2 c. chicken broth  
1 can (16 oz.) kidney beans, drained  
1 c. salsa  
1 c. uncooked rice  
1 c. frozen corn  
1 tsp. chili powder

In a saucepan over medium heat, sauté onion in oil until tender. Add broth; bring to a boil. Reduce heat; cover and simmer 15 minutes. Stir in remaining ingredients; bring to a boil. Reduce heat; cover and simmer 20-25 minutes. Transfer into an oven-proof container.

## Spicy Skillet Supper

2 lb. ground turkey or ground beef  
2 cans (15½ oz.) chili beans in chili sauce, undrained  
3 c. cooked brown rice  
2 c. salsa  
2 tbsp. vinegar  
5 to 6 tsp. chili powder  
2 tsp. sugar  
2 tsp. ground cumin  
½ tsp. garlic powder  
½ tsp. pepper

In skillet, brown meat drain if necessary. Add beans, rice, salsa, vinegar and seasonings; mix well. Bring to a boil, cover and simmer 20 minutes.

## Turkey/Stuffing Bake

1 bag (16 oz.) corn bread stuffing mix  
¼ c. chopped onion  
½ c. chopped celery  
1 c. melted margarine  
1 c. flour  
2 tsp. salt  
4 c. broth (turkey or chicken)  
1 c. milk  
4 eggs, beaten  
1 carrot (cooked until soft enough to mash, or 1 jar baby food)  
4 to 5 c. cooked turkey, (or chicken) chopped

Prepare the stuffing mix as directed on package, adding the onion and celery. Grease a large casserole; spread stuffing for the bottom layer. In a large pot, heat the margarine, gradually adding flour and salt, stirring constantly. Slowly add broth and milk to paste. Cook until thick, stirring regularly. Add a small amount (couple of teaspoons) of this mixture into the beaten eggs (to prevent curdling), then add the eggs to the pot. Cook 3-4 minutes. Remove from heat. Add the carrot. Pour ½ sauce on top of stuffing. Cover with turkey. Cover with remaining sauce. Bake 1 hour at 325°.

## Lemon Squares

1 box Lemon Supreme Cake mix  
3 oz. package lemon Jello®  
4 eggs  
¾ c. water  
¾ c. oil

Topping:  
½ c. lemon juice  
2 c. powdered sugar

Stir together cake mix and Jello®, set aside. Mix eggs and water until foamy, add oil. Add this to dry ingredients, beat 2 minutes. Pour into greased & floured 9x13" pan. Bake at 350° for 40 minutes. Cool for 20 minutes. Pierce top of cake with a fork. Mix topping ingredients and spoon over cake.

## Pumpkin (with chocolate) bread

*makes 2 loaves*

3 c. all-purpose flour  
2 tsp. ground cinnamon  
1 tsp. salt  
1 tsp. baking soda  
4 eggs  
2 c. sugar  
2 c. cooker or canned pumpkin  
1¼ c. vegetable oil  
1½ c. semi-sweet chocolate chips

In a large bowl, combine the flour, cinnamon, salt and baking soda. In another bowl, beat the eggs, sugar, pumpkin and oil. Stir into dry ingredients just until moistened. Fold in chocolate chips. Pour into two greased 8x4x2" loaf pans. Bake at 350° for 60-70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. (You may eat one slice from each loaf, send the rest to church!)