

## ST. JOHN THE APOSTLE CASSEROLE MINISTRY

The St. John the Apostle Casserole Ministry is a program that provides outreach to the homeless. Join a group of volunteers who contribute casseroles every month! Our cooks prepare and freeze casseroles at their own homes, and deliver them to our parish to be stored in our freezer. We then distribute them to Mother Teresa's Missionaries of Charity Soup Kitchen at 115 N. Oakley Avenue, next to St. Malachy Parish on Chicago's West Side.

We have a few special requests regarding the preparation of the casseroles:

1. Follow FDA safety standards when preparing casseroles at your home.
2. Please label each casserole with the following information:
  - Family Name
  - Date of Preparation
  - Recipe Number and Name of Casserole
3. Use the disposable pans provided – pick up your pan in the church narthex according to the schedule posted on the bulletin board.
4. FREEZE casserole for 24 hours before delivery to the church narthex according to the schedule posted on the bulletin board.
5. The recipe list with pick up and drop off schedule is posted under Groups & Ministries/Outreach on the parish website at [www.stjohnvillapark.org](http://www.stjohnvillapark.org).

### **TOILETRIES**

New, unused, small travel size toiletries are also accepted: shampoo, conditioner, deodorant, soap, body wash, toothbrushes, toothpaste, lotion, shaving cream, disposable razors.

### **VOLUNTEERS WELCOME**

Please call the Parish Ministry office at 630-279-7433 and leave your name and number if you would like to be added as a volunteer.

1. Drivers deliver the casseroles to the soup kitchen one Saturday per month.
2. Volunteers pass out pans and collect returned casseroles once per month.

### **CASSEROLE MINISTRY DATES/RECIPES FOR 2019-2020**

#### September Recipe #4 Zippy Beef

Pan pickup on September 7 & 8  
Pan drop-off on September 21 & 22

#### February Recipe #2 Saucy Meatball Supper

Pan pickup on February 8 & 9  
Pan drop-off on February 22 & 23

#### October Recipe #12 Baked Ziti

Pan pickup on October 5 & 6  
Pan drop-off on October 19 & 20

#### March Recipe #13 Three Cheese Mostaciolli

Pan pickup on March 7 & 8  
Pan drop-off on March 21 & 22

#### November Recipe #1 Rockburn Creek Chili

Pan pickup on November 2 & 3  
Pan drop-off on November 16 & 17

#### April Recipe #7 Hungry Jack Casserole

Pan pickup on April 4 & 5  
Pan drop-off on April 18 & 19

#### December Recipe #9 Spaghetti and Meat Sauce

Pan pickup on December 7 & 8  
Pan drop-off on December 21 & 22

#### May Recipe #10 Florentine Ravioli Casserole

Pan pickup on May 2 & 3  
Pan drop-off on May 16 & 17

#### January Recipe #14 Four Cheese, Pasta & Beef

Pan pickup on January 11 & 12  
Pan drop-off on January 25 & 26

#### June Recipe #6 Hot Dog and Bean Casserole

Pan pickup on June 6 & 7  
Pan drop-off on June 20 & 21

## CASSEROLE MINISTRY RECIPES – UPDATED AUGUST 2019

### #1 Rockburn Creek Chili

3 lbs ground beef	1 large onion, chopped
2 cloves garlic, minced	2 TBSP chili powder
1 tsp. oregano	2 1 lb. cans tomatoes
1 tsp. salt	1 tsp. ground cumin
2 1 lb. cans kidney beans	

- In a large Dutch oven, cook meat, onions, and garlic until the meat is no longer red. Stir frequently and drain.
- Add tomatoes (do not drain) and beans (do not drain).
- Add remaining ingredients and mix well.
- Cover and simmer for one hour. Transfer chili to aluminum pan.
- **Cover, cool and freeze for 24 hours before dropping off at church.**

### #2 Saucy Meatball Supper

2 11-oz. cans cream of mushroom or cheddar cheese soup

Meatballs: Purchase frozen pre-cooked meatballs (approx 32 oz) or *to make meatballs, use the following:*

3 lbs. ground beef	2 tsp. salt	1 cup chopped onion
dash of pepper	4 eggs	2 cups (4 slices) bread crumbs
½ cup milk	4 Tbsp. snipped parsley	1 tsp. crushed/dried oregano leaves

- To make meatballs, combine ground beef, chopped onion, eggs, milk, salt, pepper, bread crumbs, parsley, and oregano; mix well. Shape into 1-inch balls.
- In large skillet sprayed with vegetable spray, brown meatballs (fresh or frozen) on all sides. Drain off excess fat.
- Combine 2 11-oz. cans cream of mushroom or cheddar cheese soup with 1 cup of water. Add to meatballs in skillet. Cook covered over low heat 10-15 minutes. Pour in aluminum casserole pan.
- Bake uncovered at 350 degrees for 40 minutes.
- **Cover, cool and freeze for 24 hours before dropping off at church.**

### #3 Texas Hash Casserole

2 lbs ground beef	2 tsp. salt
2 large yellow onions, chopped	¼ tsp pepper
1 large green pepper, chopped	2 Tbsp. chili powder
1 large can tomato puree (29 oz)	4 cups cooked rice

- In large skillet, cook and stir meat, onions, and peppers until meat is brown and vegetables are tender. Drain off fat.
- Stir in tomato puree, rice, salt, pepper and chili powder.
- Pour into ungreased pan. (Drain off some juice if casserole is too moist.) Do not bake.
- **Cover and freeze for 24 hours before dropping off at church.**

#### **#4 Zippy Beef**

2 lbs. ground beef  
16 oz. elbow macaroni  
½ cup green pepper, chopped  
1 tsp. salt  
1 can cream of mushroom soup (10 ½ oz)

2 tbsp. instant minced onion  
1 can tomato sauce (15 oz.)  
¾ cup milk  
2 cups shredded sharp cheddar cheese

- Cook and stir meat until browned. Drain off fat.
- Cook elbow macaroni according to package directions.
- In a large bowl, mix cooked meat and macaroni, and remaining ingredients.
- Cover with aluminum foil and bake for 40 minutes at 350 degrees.
- ***Cover with pan lid, cool and freeze for 24 hours before dropping off at church.***

#### **#5 Chicken and Rice**

1 cup rice  
1 cup water  
2 cans cream of mushroom soup  
1 small can of sliced mushrooms  
4 chicken breast halves, cut in thirds  
1 package dry onion soup mix  
1 tsp. paprika

- Mix together rice, water, soup and sliced mushrooms. Pour into casserole pan.
- Place chicken pieces on top and sprinkle with paprika and onion soup mix.
- Cover tightly with aluminum foil and bake for 45 minutes at 350 degrees. Remove foil and bake for another 15 minutes.
- ***Cover with aluminum pan cover and freeze for 24 hours before dropping off at church.***

#### **#6 Easy Breezy Hot Dog and Bean Casserole**

##### ***DO NOT BAKE***

3 – 28 oz. cans of VEGETARIAN baked beans (drain the liquid from two cans)  
2 envelopes of Lipton Onion Soup Mix  
1/3 cup water  
4 tsp. brown sugar  
2 tsp. prepared mustard  
2 pkgs. of 10 All Beef or Turkey hot dogs, sliced (No pork)

- In a large bowl, mix all ingredients well and place in aluminum casserole pan.
- ***Cover and freeze for 24 hours before dropping off at church.***

## **#7 Hungry Jack Casserole**

2 lbs. ground beef  
2 tsp. salt  
1 small onion, diced  
3 (16 oz. each) cans pork and beans  
¾ cup barbeque sauce  
1 (12 oz. each) can kidney beans  
2 cans Hungry Jack biscuits  
1 cup shredded cheddar cheese

- Brown ground beef in a large skillet and drain.
- Stir in onion, salt, barbeque sauce, and beans. Simmer for 5-10 minutes.
- Pour into casserole pan.
- Cut biscuits in half lengthwise (through the middle) and place over mixture.
- Sprinkle with cheese.
- Bake uncovered at 375 degrees for 25 minutes.
- ***Cover with aluminum foil cover and freeze for 24 hours before dropping off at church.***

## **#8 Macaroni and Cheese** (Vegetarian)

16 oz. box of elbow macaroni	½ cup flour
2 cups milk	½ cup margarine
1 medium onion, chopped	1 tsp. salt
10 oz. shredded cheddar cheese	1 tsp. pepper
1 cup bread crumbs	

- Cook macaroni according to directions on box. Drain and set aside.
- Sauté onions in margarine, and add salt and pepper.
- Slowly stir in flour. Cook over low heat until mixture is smooth and bubbly. Stir in milk.
- Add in cheese and continue stirring until melted. Remove from heat.
- Stir in cooked macaroni and pour into casserole pan.
- Top with bread crumbs.
- Bake at 375 degrees for 30 minutes.
- ***Cover and freeze for 24 hours before dropping off at church.***

## **#9 Spaghetti with Meat Sauce**

2 lbs. ground beef	1 cup parmesan cheese, grated or shredded
1 large (24-28 oz.) jar of spaghetti sauce	½ cup chopped onion
1 lb. of spaghetti, cooked and drained	½ cup chopped green pepper (optional)
1 small can of chopped mushrooms	

- Cook spaghetti according to package directions. Drain and set aside.
- In a large skillet, sauté onion, green pepper, mushroom, and meat.
- Stir in spaghetti sauce and simmer for 5-10 minutes.
- Put cooked spaghetti into casserole pan and mix in the spaghetti meat sauce.
- Sprinkle with parmesan cheese.
- ***Cover and freeze for 24 hours before dropping off at church.***

## **#10 Florentine Ravioli Casserole**

- 1 24 - 26 oz. jar spaghetti sauce
- 1 24 - 30 oz. bag of frozen small cheese ravioli, unthawed
- 1 large bag frozen chopped spinach, thawed and squeezed dry
- 1 16 oz. bag shredded mozzarella
- 1 cup shredded parmesan cheese

- Heat oven to 350 degrees.
- Coat dish with cooking spray and spoon in one third sauce.
- Arrange half the ravioli on the sauce.
- Scatter the spinach over them.
- Top with half the cheese.
- Cover with another layer of ravioli and the remaining sauce and cheese.
- Cover and bake 25 minutes; uncover and bake 5 to 10 minutes more.
- ***Cover with aluminum foil cover and freeze for 24 hours before dropping off at church.***

## **#11 Easy Lasagna Casserole**

- 2 lb. ground beef or ground chuck
- 1 - 8 oz. package oven ready (no boil) lasagna noodles (9)
- 1 - 24 oz. container of cottage cheese (small or large curd)
- 1 - 24 oz. jar of "traditional" pasta sauce
- 1 - 16 oz. pkg shredded mozzarella cheese
- 4 oz. grated parmesan cheese

- Brown beef in large pan: add salt & pepper, a ½ tsp. garlic powder, 1 tsp. chopped or minced onion flakes and ½ tsp. oregano.
- Add whole jar of pasta sauce (add a little water to jar and shake to get all sauce). Simmer for 20 minutes. Let cool.
- Spread ½ cup of sauce on bottom of pan. Place 3 uncooked lasagna noodles over sauce (do not overlap). Spread cottage cheese on each noodle. Then spread meat sauce. Cover with mozzarella cheese.
- Layer noodles, cottage cheese, meat sauce and mozzarella in the same manner two more times.
- Evenly sprinkle parmesan cheese on the top.
- Cover with foil and bake for 20 minutes in a 350 degree oven. Remove foil and bake for another 10 minutes uncovered.
- ***Cover with casserole pan lid and freeze at least 24 hours before dropping off at church.***

## **#12 Baked Ziti**

- 1 16 oz. package ziti (or penne pasta)
- 1 pound mild Italian TURKEY sausage (no pork, please)
- ½ pound ground beef
- ½ cup chopped onion
- 3 cups pasta or spaghetti sauce (approx. 28 oz)
- 1 16 oz package sliced mozzarella cheese
- ¼ cup grated Parmesan cheese

- Cook pasta according to package directions. Drain and set aside.

- Remove sausage from casing. Cook sausage, ground beef and onion in a skillet over medium heat, stirring until meat crumbles. Drain and return to the skillet.
- Stir pasta sauce and ziti into meat mixture. Lightly grease the aluminum pan. Layer ziti/meat mixture and mozzarella cheese so that there are 3 ziti layers and 2 cheese layers. Sprinkle Parmesan cheese over the top ziti layer.
- ***Cover with aluminum pan cover and freeze for 24 hours before dropping off at church.***

### **#13 Three Cheese Mostaccioli Casserole**

2 lb. ground beef or ground chuck  
 1 lb. package of mostaccioli or penne pasta  
 1 - 24 oz. jar of "traditional" pasta sauce  
 1 - 8 oz. pkg shredded mozzarella cheese  
 1 - 8 oz. pkg shredded monterey jack cheese  
 1 - 8 oz. pkg shredded cheddar cheese

- Brown beef in large pan: add salt & pepper, a ½ tsp. garlic powder, 1 tsp. chopped or minced onion flakes and ½ tsp. oregano.
- Add whole jar of pasta sauce (add a little water to jar and shake to get all sauce). Simmer for 20 minutes. Cool.
- Boil mostaccioli for 11 minutes (put a little olive oil in the water). Drain. Cool.
- Spread enough sauce to cover bottom of pan. Layer some of the mostaccioli, then sauce, then sprinkle all three cheeses. Then layer the remaining mostaccioli, sauce, and sprinkle all three cheeses.
- Bake uncovered for 30 minutes in a 350° oven, or until cheese is melted and bubbly.
- ***Cool, seal with foil casserole lid and freeze at least 24 hours before dropping off at church.***

### **#14 Four Cheese, Pasta and Beef Casserole**

2 lbs. ground beef  
 1 lb. package of penne pasta  
 2 – 14.5 oz. cans of Del Monte Stewed Tomatoes (Italian Style)  
 1 cup sliced green onions  
 1 – 6 oz. cream cheese  
 1 – 8 oz. pkg shredded swiss cheese  
 1 – 8 oz. pkg shredded sharp cheddar cheese  
 1 – 8 oz. pkg shredded parmesan cheese

- Brown ground beef in large pan and drain off fat. Add stewed tomatoes and cook uncovered until slightly thickened. Stir in onions and cream cheese.
- Cook penne according to package directions. Drain. Cool.
- In a large bowl, mix meat mixture and penne. Mix in the remaining three cheeses. Pour into casserole pan and cover with foil.
- Bake for 30 minutes in a 350° oven. ***Then cover with aluminum foil cover and freeze for 24 hours before dropping off at church.***