

Recipes for Transition Projects Meal Providers



These are recipes used by TPI Meal Providers to provide meals at the Glisan Street Shelter and Clark Center.
When available, an estimated cost and number of servings are listed for you.

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Minestrone Transition Soup

Central Lutheran Church

Serves: 100

Ingredients:

12 lbs fresh hamburger (12% fat content)

2 Tbls dry basil

¼ cup salt

2 Tbls ground pepper

1 cup soup base

2 cups dried onion

4 lbs of chopped cabbage

5 lbs of chopped carrots

3 lbs of chopped celery

2 pks of frozen hash browns

1 #10 can kidney beans

1 #10 can tomato sauce

1 #10 can green beans

Directions:

1. While browning the hamburger, add the basil, salt, ground pepper, soup base and dried onion.
2. When the hamburger and dry ingredients are mixed and fully cooked, divide the mixture equally into two large cooking pots.
3. Add the cabbage, carrots, celery, hash browns, kidney beans, tomato sauce and green beans, putting half in each pot.
4. Add water to several inches above the meat and vegetable mixture. Stir and add more water if needed to make a good thick consistency. Bring each pot to a rolling boil for several minutes.
5. Add 3 ½ cups of dry macaroni to each pot. Turn burners down to low heat and simmer for one (1) hour. Turn burners off and let soup stand for a couple hours. Reheat just before serving.

Corn Bread and Clam Chowder

Bethany LDS Church

CORN BREAD

Serves: 90

Ingredients:

13 ½ cups Sugar
2 cups Corn Meal
27 cups Bisquick (or 27 cups Krusteaz Pancake Mix)
2 1/3 teaspoons Baking Powder
18 cups butter or margarine, melted
13 ½ cups Milk
27 Eggs

Directions:

1. Preheat oven to 350 degrees.
2. In a bowl, stir together all dry ingredients.
3. In another bowl, blend liquid ingredients well and add to dry ingredients.
4. Bake in ungreased pan for 30 minutes or until done.

CLAM CHOWDER

Serves: 90

Ingredients:

24 small cans of Clams
12 cups Onions, chopped
12 cups Celery, chopped
24 cups Potatoes, diced
9 cups Butter *or* 4 ½ cups Margarine and 4 ½ cups Butter
9 cups Flour
3 gallons of Half and Half
6 tablespoons Salt
2 tablespoons Sugar
1 teaspoons Pepper

Directions:

1. Add vegetables to a sauce pan and drain clam juice over vegetables.
2. Add enough water to vegetable to cover them, then cook vegetables until tender
3. In another pan, melt butter then add flour and cook.
4. Add milk to butter and flour mixture, then cook until thick and bubbly.
Add white sauce to vegetables and cook for 5-10 minutes, then add seasoning and serve.

Autumn Soup

Ellen H. from Bethany LDS Church

Serves: 90

Ingredients and Directions:

11 pounds Ground Beef
8 medium Onions, chopped

1) Brown the above ingredients in a pan, then add the following.

11 28 ounce cans of Tomatoes
1 cup Beef Bouillon
66 cups Water

2) Let ingredients simmer over medium heat for 30 minutes. Then add:

22 cups Carrots, chopped
22 cups Potatoes, chopped
22 cups Celery, chopped
1 ½ cups Salt
7 Bay Leaves
1 tablespoon Pepper

Cook until vegetables are tender, about 1 to 1 ½ hours. Add more water if needed to extend the recipe.

Hearty Chicken Noodle Soup

Bethany LDS Church

Serve: 90

Ingredients:

3 tablespoons Chicken Soup Base

27 cups Chicken Soup Stock

18 cups Carrots, chopped

18 cups Celery, chopped

6 ½ cups Onion, chopped

18 cans (90 ounces) Cream of Chicken Soup, 2 cans of soups equals about 10 ounces.

2 ¼ cup Evaporated Milk *or* 4 ½ cup Whole Milk

18 cups Chicken, cooked and diced

36 cups noodles, cooked

Salt and pepper to taste

Directions:

1. In a large pot, heat chicken soup base and stock together.

2. Add carrots, celery and onions to base and stock. Cook until vegetables are tender.

Add Cream of Chicken Soup and milk. Thicken with roux (2 tablespoons butter and 2 tablespoons (flour) if desired. Then add cooked chicken, noodles, salt and pepper. Cook until heated then serve.3

Egg Salad (for sandwiches)

Bethlehem Lutheran Church

Makes: 100 sandwiches

Cost: \$30.00

Ingredients:

10-11 loaves of bread

12 dozen large Eggs, hard boiled and shelled

1 bunch of Parsley, washed and finely chopped

3 large Onions, finely chopped

½ bunch of Celery, finely chopped

1 22 ounce jar of Sweet Relish

2 Green Peppers, finely chopped

1 ½ quart Mayonnaise or Miracle Whip

½ cup Mustard

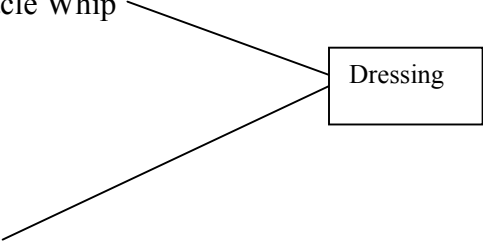
1/3 cup Sugar

Salt and Pepper to taste

1 cup Cider Vinegar

1 ½ teaspoon Curry Powder

2 teaspoons Paprika



Dressing

Directions:

- 1) Chop eggs, parsley, onions, celery and green peppers. In a large bowl, add chopped ingredients together with sweet relish and mix.
- 2) In another large bowl, mix together Dressing Ingredients.
- 3) Mix together, dressing ingredients and chopped ingredients.
- 4) On a slice a bread spread 1/3-1/2 cup of mixture and add second slice of bread.

Meat & Cheese Sandwich Meal

Holy Apostles Orthodox Mission

Serves: 90

Meal Consists of:

200 Meat and Cheese Sandwiches (2 a person with leftovers)

20 loaves of bread

4-5 pounds of cheese

8-9 pounds of various sliced meat

Bananas

Milk

Chocolate Chip Cookies

How to Prepare the Meal:

1. Sandwiches: Holy Apostles has 10 people make 20 sandwiches each. Each sandwich has 2 slices of meat, 1 slice of cheese and 2 piece of bread. Condiments are added by the residents.
2. Bananas: 1 case
3. Milk: 7 Gallons
4. Chocolate Chip Cookies (Costco carries yummy cookies)
5. Paper Cups, paper plates and napkins.

Taco Salad

Hillsdale Community Church

Serves: 100

Ingredients:

- 6 3 Pound Bags of Iceberg Salad Greens (From Costco)
- 1 gallon size can of Sliced Olives
- 5 pounds of grated Cheddar Cheese
- 6 large Walla Walla Onions, chopped
- 9 large Tomatoes, chopped
- 18 pounds of Ground Beef, Turkey, Chicken or and combination
- 6 11ounce cans of Kidney Beans, drained and rinsed
- 3 large bags of Tortilla chips, broken
- 3 large tubs of Sour Cream
- 4 large bottles of Salsa

Directions:

- 1- Brown the ground beef and let it cool.
- 2- To serve, combine one bag of salad greens and half a bag of tortilla chips. Guests then serve themselves and add the toppings they wish.

Pesto Pasta Salad

Bethlehem Lutheran Church

Serves: 110

Cost: \$25.00

Ingredients:

12 pounds of Elbow Macaroni

6 cups Canola or Mazola Oil

2 cups Cider Vinegar

6-7 cups grated Parmesan Cheese

3 tablespoons dry Basil

3 tablespoons Oregano

9 tablespoons Garlic Powder

3 tablespoons Mrs. Dash Seasoning

3 tablespoons ground black pepper

4-6 cans of tuna fish

In addition, choose 3 or 4 of the following:

8-10 Tomatoes. Chopped

4 Onions, chopped

4 Cucumbers, chopped

4-5 Zucchini, sliced

8 Carrots, chopped in rings or strips

3-4 Green Peppers, chopped

2 cans of Black Olives

1 head of Cauliflower or Broccoli, blanched and chopped

Directions:

1. Mix oil, vinegar, seasonings, spices and Parmesan cheese. Let stand 1-2 hours to allow the spices to mix together and "mellow". This is the Pesto Sauce.
2. Chop vegetables and divide into three 15x24x6" (approximate size) trays.
3. Heat water and cook 1/3 (4 bags) of macaroni at a time according to directions on package or until pasta is done. Rinse pasta with cold water and drain well. Add pasta equally to trays with vegetables.
4. Pour Pesto Sauce equally into trays with pasta and vegetables. Mix until pasta and vegetables are thoroughly covered.
5. Cover trays and keep chilled until ready to serve.

Turkey Macaroni Casserole

Bethlehem Lutheran Church

Serves: 140-145

Cost: \$40.00

Ingredients:

14 pounds of Elbow Macaroni

4 Pounds of American Cheese, sliced

3 pounds Onion, chopped

8-9 pounds Ground Turkey

1 gallons of Catsup

2 gallons of Tomato Puree

3 tablespoons Oregano

1 tablespoons Thyme

Salt

Pepper

Optional Ingredients:

2 bunches of celery

8-10 slices zucchini

Buy at Cub Foods: they will slice the cheese for you.

Buy at Costco

Directions:

- 1) Brown half of the ground Turkey at a time, in the oven at 325 degrees in a metal tray. Watch and stir the turkey often until brown. Then sauté the onions in the turkey drippings.
- 2) Divide the onions and turkey into three pans or trays.
- 3) Chop three pounds of the American Cheese and divide into the three pans and mix.
- 4) In a large bowl, mix tomato puree, catsup, spices, salt and pepper and add to three trays.
NOTE: When adding the tomato puree, rinse each can with 1 cup of water and add to mixture.
- 5) Cook the macaroni according to package and then add to trays evenly.
- 6) Mix well and add celery and zucchini.
- 7) Bake trays in oven at 325 degrees for 1 ½ to 2 hours. Stir the trays several times while cooking.
- 8) About 10 minutes prior to removing trays from oven, top with remainder of sliced American Cheese and cover with aluminum foil and punch one hole in foil, to allow steam to escape.
- 9) Serve.

Trinity Casserole

Trinity Episcopal Cathedral

Ingredients:

Casserole

12 pounds ground beef– lean
5 pounds of pre-grated cheese
5 pounds margarine
2 #10 cans spaghetti sauce; 2 #10 cans diced tomatoes
2 #10 cans kidney beans; 1 #10 can corn
1 case of elbow macaroni (as needed)

Bread

12 loaves Italian bread – un-sliced (order Fred Meyer 1 day prior)

Salad

1 gallon creamy ranch dressing
4 five-pound packages pre-washed tossed salad (1 box)

Drink

8 gallons of milk

Dessert

240 cookies (chocolate chip, peanut butter)

Directions:

1. Cook the noodles until soft.
2. Chop and oven cook the meat at 350° for 30 minutes.
3. Combine noodles and meat, add tomatoes, sauce, kidney beans and corn in four baking tins.
4. Top each one with shredded cheese and bake at 350° for another 10 minutes.
5. Salad: Toss the bags of salad into three oval tins and coat with ranch dressing.
6. Italian Bread: Slice the Italian bread length wise and butter both side, sprinkle with garlic salt, put back together wrap each loaf in foil and warm in a 200 degree oven.

Spaghetti with Beef and Sausage

St. Mark's Presbyterian Church

Ingredients:

6 lbs Ground beef
5 lbs Sweet Italian sausage
12-14 lbs Sautéed Onion
1-1.5 cups granulated garlic
1.5 cups mixed Italian Spices
1 #10 sized can of spaghetti sauce
4 #10 sized cans of tomato sauce
8 lbs of pasta

Directions:

1. Brown onion, beef and Italian sausage ahead of time.
2. Add the ingredients in Step 1 and the seasoning to the sauce. Simmer together.
3. Cook pasta according to directions on package.
4. Combine the sauce and pasta together and serve.

Pot Roast Italiano

Unity World Healing Center

Ingredients:

4-6 LB, beef pot roast
1 onion, sliced thin
1 (8 OZ.) can tomato sauce
2 (4 OZ.) canned mushrooms, or use equivalent of fresh
5-6 cloves of garlic, finely minced
1-1 1/2 cups pitted black olives, halved
1 TSP salt
1 TSP pepper
4 beef bouillon cubes

Serves 8-10, multiply by 9 to serve 90.

Directions:

1. Put beef pot roast in slow-cooking pot.
2. Combine remaining ingredients and pour over the roast.
3. Cover tightly and cook at low for 10-12 hours; at high for 5-6 hours.

Hawaiian Rice and Meatballs **with Veggies and Garlic Bread**

Oregon Health Sciences University-Association of Students for the Underserved

Ingredients:

30 lbs lean ground beef, chicken, or turkey or combination
12 cups old fashioned oats
18 eggs
5 cups fine chopped onions
6 tablespoon crushed garlic
Salt; pepper

Sweet and Sour Sauce

32 oz Ketchup
3 cups orange juice
3 cups of water
1 quart apple cider vinegar
1 "#10" can of cubed pineapple with it's juice
3/4 cup arrowroot or cornstarch to thicken sauce
1 and 1/2 cups brown sugar, or for taste

Rice

9 lbs uncooked brown rice

Veggies for Steaming

6 heads broccoli, 6 heads cauliflower, 10 lbs carrots

Garlic bread

9 loaves of baguette

Directions:

For the Meatballs:

1. Combine all meatball ingredients. Mix well. Roll into 3/4" to 1" round balls.
2. Place meatballs in baking pan. Bake at 350°F for 40 minutes, or until browned. There should be about 5 balls per person (for 90). While the meatballs cook, begin the sauce.

For the Sauce:

1. Mix all ingredients except the thickening agent and sugar, in a large saucepan.
2. Cook over low heat until simmering. Taste for sweetness and tartness.
3. Add sugar or more vinegar as needed.
4. Dissolve thickening agent in 1 1/2 cups of water, add this slowly to the simmering sauce, 1/2 cup at a time, while stirring constantly.
5. Stir and simmer an additional 15 minutes. The sauce should thicken enough to coat the back of a spoon.

For the Rice:

1. Follow the directions on the bag. Three 3-pound bags of uncooked brown rice should be enough for 90 people. You can prepare the rice the night before in small batches, and then refrigerated until use. We have not found a way to make LARGE batches of rice and cook it properly, so a little extra work means better quality.
2. Reheat the rice for 15 minutes at 350°F.

Apple Crisp

Bethany LDS Church

Serves: 90

Ingredients and Directions:

The Filling

72 cups Slices Apples
6 cups Sugar
3 tablespoons Cinnamon
2 1/3 cups Butter or Margarine

- 1) Preheat oven to 350 degrees.
- 2) Mix above ingredients in a buttered baking dish or pan.
- 3) Mix together the next 7 ingredients to make the crust.

The Crust

9 cups Flour
9 cups quick cooking Oatmeal
9 cups Brown Sugar
4 1/2 cups Butter or Margarine
2 1/4 teaspoons Baking Soda
2 1/4 teaspoons Baking Powder
2 1/4 teaspoons Salt

Sprinkle the crust over the apple mixture and bake at 350 degrees for 45 minutes to 1 hour. It can be served with whipped cream, plain cream, milk or ice cream.

Lyn's Spaghetti Pie

Oregon Food Bank

Serves: 90

Ingredients and Directions:

For Crust

4 pounds spaghetti
32 eggs
5 cups grated Parmesan
1 pound butter

Cook & drain spaghetti. Meanwhile, in mixing bowl stir together the eggs, Parmesan and butter. Add spaghetti. Spray 4 large pans with non-stick coating and divide spaghetti mixture evenly on bottom and up sides of pans.

For Filling

32 eggs
16 cups low-fat cottage cheese
8 pounds ground beef
16 medium onions, chopped
8 green peppers, chopped
64 ounces tomato sauce
12 tsp. dried Italian seasoning
Salt
2 pounds shredded mozzarella

Stir eggs and cottage cheese and spread over spaghetti crust. Cook, meat, onion and pepper in large skillet until meat is brown. Stir in tomato sauce and seasoning. Heat through and spoon over cottage cheese layer.

Bake at 350 for 20 minutes. Sprinkle with mozzarella cheese. Bake for 5 more minutes until cheese melts. Let stand for 5 minutes before cutting.