



Camillus  
House

# CASSEROLE PROGRAM

3 Easy-to-Make Recipes that Feed up to 10 People

Join our '**Casserole Program**' and help Camillus House provide nutritious meals to persons who are hungry and/or homeless in our community. Last year, Camillus received 14,000 frozen prepared meals from individuals, religious groups and other organizational groups that participated in our "Casserole Program". Each casserole provides 10 meals!

Here's how it works: Camillus House will provide you and/or your group with aluminum containers, which you will use to prepare one or all three of the casserole recipes on this flyer. The casseroles are prepared at your home and frozen. The frozen casseroles can then be delivered to Camillus House. Camillus will pick-up donations of more than 50 casseroles.

## Contact Information:

To get started, call Frank Ferrara at 305-374-1065, ext. 432 or email at [frankf@camillus.org](mailto:frankf@camillus.org).

## Delivery & Pick-up Information:

Donations are accepted daily at our downtown shelter at 726 NE 1<sup>st</sup> Avenue between 7am to 7pm. Camillus House picks up larger quantity food donations such as 50 or more casseroles. For larger donation pick-up, call Bob Lozada at 305-374-1065, ext. 402 or email at [lozadab@camillus.org](mailto:lozadab@camillus.org).

## Turkey Chili

2 lbs. ground turkey	1 large onion, diced small
1 lb. elbow macaroni	4 cloves of garlic, minced
(2) 8-oz. cans of pinto beans drained	Olive oil
(1) 8-oz. can diced tomatoes with green peppers	2 tbsp. chili powder
(1) 26-oz. jar Publix 6-cheese tomato sauce	2 tbsp. of salt
	1 tbsp. ground black pepper

In a pot of salted boiling water, cook macaroni *al dente*, which means 2 minutes less than package cooking instructions. Immediately rinse and drain cooked pasta in cold water and put aside. In a frying pan brown the turkey over high heat with enough olive oil to coat the pan. Keep crumbling the turkey until all the redness is gone. Transfer to a bowl. In a frying pan with a little more olive oil sauté the onions and peppers until golden; add garlic until golden. Remove and place in the same bowl with the turkey. In a large pot stir in the beans, diced tomatoes, six-cheese tomato sauce, plus one jar of water from the tomato sauce jar. Add sautéed vegetables and turkey. Bring to a boil. Add chili powder and stir. Reduce heat to low and simmer 15 minutes stirring occasionally. Add 2 tbsp. of salt and 1 tbsp. of pepper. Add the cooked pasta to the mixture and transfer to the aluminum baking pan. **See cooling and freezing directions shown after third recipe on back side.**

(over, please)

## Ziti a la Bolognese

(2) 26-oz. jars Publix six-cheese tomato sauce  
1 lb. ziti macaroni  
1 large onion diced small  
2 celery stalks diced small  
4 tbsp. dry basil  
1 large carrot diced small

(3) 1/2 lbs. ground chuck beef  
4 tbsp. fresh parsley diced  
4 cloves of garlic diced fine  
13 oz. water (1/2 26 oz. jar)  
2 tbsp. of salt  
1 tbsp. ground black pepper  
Olive oil

Brown and crumble the meat in a hot frying pan coated with olive oil until redness is gone. Transfer the mixture to a bowl. In a hot frying pan with 1/4" of oil, sauté the onions, carrots, garlic and celery until golden; add to the bowl of meat. In a large pot, add the cooked and uncooked ingredients, bring to a boil and simmer for 30 minutes stirring occasionally. Cook the pasta in a large pot of salted boiling water. Cook *al dente* or 2 minutes less than package instructions. Combine the pasta and Bolognese sauce after adding salt and pepper. Transfer to the aluminum baking pan. **See cooling and freezing directions shown after third recipe on back side.**

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## Chicken Cacciatore

4-6 lbs. of chicken pieces  
(1) 26 oz. jars Publix six-cheese tomato sauce  
1 large onion diced small  
1 large green pepper diced small  
1 8-oz. package whole white mushrooms sliced  
4 cloves of garlic diced fine

4 tbsp. fresh Italian parsley chopped fine  
4 tbsp. dried or fresh oregano  
(1) 8-oz. chicken broth  
2 cups all-purpose flour  
1 tsp. crushed red pepper  
3 tbsp. salt  
2 tbsp. ground black pepper  
Olive oil

Wash the chicken pieces, dry with paper towel and place in a bowl with flour. Dredge each piece in flour and dust off excess. In a large hot frying pan, place 1/8" olive oil, add the chicken and brown each piece on medium to high heat. Remove each browned piece into a bowl. In a large pot with 1/8" olive oil sauté the onion, pepper, garlic and mushrooms until golden. Add the chicken pieces, chicken stock, tomato sauce, spices and herbs. Bring mixture to a boil. Lower the heat to a simmer and stir occasionally for 30 minutes. Transfer contents to the aluminum baking pan. **See cooling and freezing directions below.** For a less messy alternative, skip the flouring & browning of the chicken. Prepare the sauce on the stove and then place it in the tin with the raw chicken pieces. Preheat the oven to 350 degrees and bake with the lid on for 35-40 minutes excluding the chicken stock.

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### Cooling and Freezing Directions

Food-borne bacteria love food at room temperature. Therefore, it is crucial to expedite hot to cold temperature. When transferring cooked contents to the aluminum pan, leave 1/2" from the edge of the pan for expansion during freezing. For cooling: place the uncovered aluminum pan with hot contents into a larger pan containing half-ice, half cold water and two tablespoons of salt. As soon as the contents are no longer hot, cover the pan with the lid and seal all around. Label and date the lid. Place in the freezer.



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