

Casseroles for A Cause

Thank you for participating in our tenth Silver Spring Cares Casseroles for a Cause from January 11th-31st, 2023! Volunteering to make a casserole helps to keep the freezers full for many of our most vulnerable neighbors. Your effort saves organizations and volunteers time, money, and helps to eliminate any immediate food insecurity issues.

Look at you!

Read on below for our tried and true tips and tricks for a successful experience.

Step One: Get Ready

- **Choose a Recipe**

Here are some things to think about when choosing your recipe: *Would your family eat it? Would you be proud to serve this dish to your friends? Is there a healthier option? Is it easy to make? Will it freeze well?*

The most requested recipes by our partners are: Zippy Beef and Macaroni & Cheese but feel free to make your own favorite recipe. Making more than one casserole? Don't forget to double or triple your ingredients!

- **How will it Pan Out**



11 3/4" x 9 1/4" Casserole/Lasagna Pan(s). This size is the easiest for our organizations to store and reheat.



10" diameter Pie Pan(s). Don't have a lot of freezer space? Consider making a quiche for people to enjoy for breakfast!

Please use heavy duty aluminum foil to wrap your pan. Once your pan is wrapped consider wrapping it again in plastic wrap to ensure it stays fresh in the freezer. We know it sounds excessive but it really does help. **Pro-Tip: PLEASE DO NOT** use the plastic lids that are often included with the pans as they do not transport or stack well.

Let Your Friends Know How Great You Are & Invite Them To Participate

Whether you decide to cook by yourself or with some friends is entirely up to you. If you choose to cook with friends, consider asking them to bring some of the ingredients. Evite, Punchbowl, or Sign Up Genius are great online tools to invite and assign ingredients, but a simple email always works. It's a great activity for friends, family, your local scout troop, your book club. Be creative!

Step Two: Let's Get Cooking!

- First of all, have a great time! You are helping to feed our community from your own home. You can prepare your casserole any time that works for you. Your casseroles simply need to be frozen and labeled in order to be delivered to our partner organizations.
- Get that casserole selfie ready! We love photos! Email them, or post them on Instagram and Facebook them! Let's show the world how great Silver Spring is! Facebook & Instagram Hashtags: #silverspringcares #casserolesforacause
- Assemble and cook your casseroles. Let your casseroles cool completely. Once cool, cover with wax paper and then aluminum foil. Freeze overnight.
- Your dish **MUST** be clearly labeled. Please feel free to use the labels we included at the bottom of this document. .



If You've Requested Pick Up:

Once your casserole is frozen, you are ready for pick up! We will be in touch to schedule your pickup window.

If You're Delivering Directly to Shepherd's Table:

8106 Georgia Ave, Silver Spring, MD 20910

Monday - Friday: 8:30am to 11:00am and 1:00pm to 4:30pm

Weekends: 8:30am to 9:30am and 1:00pm to 4:30pm

- Please drop us a note to let us know you've delivered your casseroles to info@silverspringcares.org.

Need SSL Paperwork Signed?

We ask that you complete the required SSL Form and email info@silverspringcares.org for signature along with a photo of you and your finished casserole(s). Each casserole will earn 1 SSL hour; just be sure to get them all in your pic!

Want to Volunteer with Us?

We'd love help picking up and delivering casseroles! Email info@silverspringcares.org and let us know what day and time you would be available. You must have your own car.

Yes, it really is that easy! We hope you've had fun, and found this to be an easy and rewarding way to give back to our community. Thanks for making Silver Spring great by showing you care.

Thank You!

Silver Spring Cares

www.silverspringcares.org

Casserole All-Stars

Chicken and Broccoli

Ingredients needed:

- 8 oz. wide egg noodles, cooked and drained
- 2 packages frozen broccoli, cooked and drained
- 6 slices yellow cheese
- 2 cans cream of chicken soup, undiluted
- 4 chicken breasts, cooked

Cover aluminum pan bottom with cooked noodles. Arrange broccoli on top of noodles. Cut chicken into pieces and place over broccoli. Pour cream of chicken soup over chicken and top with cheese slices. Cook at 350-degrees for 45 minutes. Cool completely, cover with wax paper then with aluminum foil, label with casserole name and date and place in freezer.

Chicken and Noodles

Ingredients needed:

- 1 lb. Cooked noodles
- 1 10 oz. Box of frozen mixed vegetables
- 2 cans cream of mushroom soup
- 8-10 pieces of chicken
- 1 beaten egg
- 1 8oz. Can evaporated milk
- 2 tbsp. Parsley flakes
- 1 ½ cups grated cheddar cheese
- Salt and pepper to taste
- Bread crumbs

Cook frozen mixed vegetables partially. Stir in soup, milk, salt and pepper and parsley. Add cooked noodles to creamed vegetables. Pour into casserole pan. Sprinkle with cheese. Dip chicken pieces into egg and then cover with bread crumbs. Place chicken on top of casserole mixture and bake at 375- degrees for 1 hour. Cool, cover with wax paper then cover with aluminum foil and record date and casserole name. Freeze.

Zippy Beef

Ingredients needed:

- 1 lb. Ground beef
- 8 oz. elbow macaroni, cooked
- 1 can cream of mushroom soup (10 ½ oz.)
- ¾ cups milk
- 2 tbsp. Instant minced onion
- 2/3 cup ketchup
- ½ cup shredded cheddar cheese
- ¼ cup green pepper, chopped
- 1 tsp. Salt

Cook and stir meat until browned. Drain off fat. Mix together all remaining ingredients, except cheese, into casserole pan. Stir in meat. Top with cheddar cheese. Cover with aluminum foil and bake for 40 minutes at 350-degrees. Cool, cover with wax paper then cover with aluminum foil and record date and casserole name. Freeze.

Macaroni and Cheese (VEGETARIAN)

Ingredients needed:

- 2 cups elbow macaroni, uncooked
- 1/2 cup margarine
- 1 medium onion, chopped
- 1 tsp. Salt
- 1 tsp. Pepper
- 1/2 cup Flour
- 2 cups milk
- 10 oz. shredded cheddar cheese
- 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. Cool, cover with wax paper, cover with aluminum foil and record date and casserole name. Freeze.

Suggested Recipes for Breakfast:

Overnight Sausage & Egg Casserole

Ingredients:

- 6 slices of bread, cubed
- 1 lb sausage, browned and drained
- 2 cups shredded cheddar cheese
- 8 large eggs
- 2 cups milk
- 1 tsp dry mustard
- 1 tsp salt
- Pepper, to taste

INSTRUCTIONS

1. Spread the bread evenly into the bottom of a greased 9×13 inch baking dish.
2. Sprinkle the sausage and cheese evenly over the bread.
3. In a large measuring cup, combine the eggs, milk, dry mustard, salt and pepper.
4. Pour the egg mixture evenly over the ingredients in the pan.
5. Cover and chill overnight.
6. Prior to baking, preheat the oven to 325 degrees. Bake for 45-55 minutes, or until set. You may need to bake it for a little more or less time depending on your oven and how soft or “runny” you prefer the eggs to be. I don’t really like it to be runny, but I also don’t want it to dry out. To check it, use a fork or knife to stick in the middle and see how soft it still is.
7. Remove from oven when done

Garden Veggie Egg Bake

Ingredients:

- 5 large eggs
- 2 cups egg substitute
- 1/3 cup shredded pepper jack cheese
- 1/3 cup shredded cheddar cheese
- 1/4 cup grated Romano cheese
- 1/4 teaspoon of pepper
- 1 medium zucchini, chopped
- 2 cups fresh broccoli florets
- 2 cups coarsely chopped fresh spinach
- 1/2 cup shredded carrots
- 1/2 cup cherry tomatoes, quartered

Preheat oven to 350 deg. In a large bowl, whisk eggs, egg substitute, cheeses, pepper and pepper sauce. Stir in the vegetables. Transfer to an 11x7-in. baking dish coated with cooking spray.

Bake, uncovered, 45-50 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Vegetable Supreme Egg Bake

Ingredients:

- 1 tablespoon olive oil, plus more for the baking dish
- 8 ounces sliced white or brown mushrooms
- 2 cups shredded carrots
- 5 ounces baby spinach (about 5 packed cups)
- 2 cups frozen diced potatoes (do not thaw)
- 1 cup roasted red pepper strips
- 2 cups shredded sharp cheddar cheese
- 12 large eggs
- 2 cups half-and-half
- 2 teaspoons kosher salt
- ¼ teaspoon freshly ground black pepper

Instructions:

Arrange a rack in the middle of the oven and heat to 375°F. Coat a 9x13-inch baking dish with olive oil; set aside.

Heat the 1 tablespoon of oil in a large frying pan over medium-high heat until shimmering. Add the mushrooms and carrots and cook, stirring occasionally, until tender, about 5 minutes. Add the spinach and toss until wilted and almost all of the liquid is evaporated, about 5 minutes.

Remove from the heat and stir in the potatoes and red peppers.

Transfer to the baking dish and spread into an even layer. Sprinkle evenly with the cheese. Whisk the eggs, milk, salt, and pepper together in a large bowl. Pour over the vegetables. Bake until the top is slightly golden-brown and a knife inserted in the middle comes out clean, 50 to 55 minutes. Let cool for 5 minutes before slicing and serving.

Recipe Note: The casserole can be assembled and chilled overnight before baking.

Baked French Toast with Strawberries

Ingredients:

- 12 slices day-old French bread (1 inch thick)
- 6 large eggs
- 1-1/2 cup 2% milk
- 1 cup half-and-half cream
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup packed brown sugar
- 1/2 cup butter, melted
- 2 tablespoons maple syrup
- 4 cups chopped fresh strawberries

Instructions:

Place bread in a single layer in a greased 13x9-in. baking dish. In a large bowl, whisk eggs, milk, cream, syrup, vanilla, cinnamon and nutmeg; pour over bread. For topping, in a small bowl, mix brown sugar, butter and syrup; stir in pecans. Spread over bread.

Refrigerate, covered, overnight.

Preheat oven to 350°. Remove French toast from refrigerator while oven heats. Bake, uncovered, 40-50 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before serving. Serve with strawberries and additional syrup.

*Dish serves 12 people; strawberries can be optional

Garden Veggie Hash Browns

Ingredients:

- 3 tablespoons vegetable oil
- 1/3 cup chopped red onion
- 1 medium zucchini, coarsely chopped
- 8 stalks asparagus, cut into 1 ½ inch pieces
- ½ cup chopped red bell pepper
- 1 ½ cups small broccoli florets
- 1 package simply potatoes shredded hash browns
- ¼ teaspoon salt
- ¼ teaspoon garlic powder

Heat 1 tablespoon oil in 12-inch nonstick skillet. Add onion. Cook over medium heat, stirring occasionally, 2 to 3 minutes. Add zucchini, asparagus, red pepper and broccoli. Continue cooking 2 minutes, stirring occasionally, until vegetables are crisp and tender. Add 1 tablespoon oil and Simply Potatoes to skillet. Spread Simply Potatoes and vegetables in an even layer; press down lightly with spatula. Sprinkle with salt and garlic powder. Cook 6 to 7 minutes or until golden brown on the bottom. Drizzle with remaining 1 tablespoon oil. Turn Simply Potatoes over with spatula. Continue cooking 6 to 8 minutes or until Simply Potatoes are golden brown and tender, turning again if necessary.

*Dish serves 6 people



PREPARED ON

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CONTENTS

MEAL INCLUDES

- Dairy Eggs Fish Mushrooms
- Nuts/Seeds Onions Soy Wheat/Gluten

HEATING INSTRUCTIONS



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