

## Dinner Menus and Recipes for 2022

<b>Sunday</b>	Turkey Chili, Cheddar Cornbread, Corn Salad, Ice Cream Bars
<b>Monday</b>	Cheesy Chicken and Broccoli Casserole, Rice, Steamed Broccoli, Choice of Cake
<b>Tuesday</b>	Dinner Provided by St. Marks
<b>Wednesday</b>	Beefy Tomato and Pasta Casserole, steamed mixed veggies, dinner rolls, Fruit Pie/Crisp
<b>Thursday</b>	Chicken Pot Pie, green beans, broccoli cheddar soup, Brownies/Blondies
<b>Friday</b>	Dinner provided by Hanna's Catering.
<b>Saturday</b>	Meatloaf, mashed potatoes, glazed carrots, Cookies

## Hypothermia Shelter Recipes and Notes for 2022

- All recipes are written to serve 8-10 people, and we need to have enough to serve up to 30. The plan is to have four batches of each item and one batch of the vegetarian option per meal.
- You will notice no fresh leafy salads—guests have not been choosing these items, so we are not going to provide them this year.
- Please coordinate with other meal prep volunteers for your meal service in terms of recipes and quantities. In the past, some groups have divided up between main courses, sides, etc. However, this year it might be easier to prep an entire meal.
- Store bought and use of frozen items is encouraged. Many of our Holy Comforter cooks are very talented and like to make items from scratch. However, please feel free to purchase pre-made desserts or use frozen vegetables in sides.
- We need to keep the recipes consistent throughout each meal so as to avoid perception that some guests received different/better choices than others.
- Pork should be avoided in entrees.
- Recipes are intentionally somewhat under seasoned – many guests need lower sodium options and prefer less spicy food. Salt, pepper, and hot sauce will be provided.

## **SUNDAY NIGHT**

### **Turkey Chili**

*(Serves 8)*

1 tablespoon olive oil  
1 cup chopped sweet onions  
1 tablespoon minced garlic  
1/4 cup chopped yellow bell peppers  
1 pound ground turkey  
1 (28-ounce) can crushed organic tomatoes, undrained  
1 (16-ounce) can red kidney beans, drained and rinsed  
1 tablespoon chili powder  
1 tablespoon sugar  
2 cups low-sodium chicken stock  
1/2 teaspoon garlic powder  
1 teaspoon hot sauce (recommended: Tabasco)  
1 1/2 teaspoons sea salt  
1 teaspoon dried basil  
1/2 teaspoon dried oregano

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#### Directions

1. In a large skillet, saute onions, garlic and bell peppers in olive oil over medium heat until onions are translucent. Add ground turkey and cook until browned.
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2. Add remaining ingredients and stir well to combine. Reduce heat to low and simmer for 1 hour, stirring occasionally.

### **Vegetarian Chili con Frijoles (1 batch)**

*(Serves 8)*

2 TBSP. Canola oil or olive oil  
2 Yellow onion, chopped  
1 Green pepper, chopped  
1 Jalapeño pepper  
4 Garlic cloves, finely chopped  
2 cans black beans – rinsed and drained  
5 TBSP. Chili powder  
2 tsp. Ground cumin  
1 tsp. Dried oregano  
2 tsp. Ground coriander  
4 cups Chopped tomatoes and juices  
2 cup Kidney beans, rinsed and drained  
2 tsp. Ground black pepper  
2 tsp. Salt

1. In a saucepan, warm oil over medium heat. Add onion, green pepper, and jalapeño. Stir occasionally for 5–7 minutes, until softened. Add garlic and cook for 1 minute more.
2. Add the chili powder, cumin, oregano, and coriander and cook for 1 minute more.
3. Add the tomatoes and their juices and bring to a simmer. Add beans, salt and pepper.
4. Reduce heat and cover. Cook for about 35 minutes, stirring occasionally.
5. Adjust seasonings and serve warm.

### **Cheddar Cornbread**

(or you can substitute with store-bought or regular cornbread mix such as [Jiffy](#))

*(serves 12 large pieces)*

- |     |       |   |
|-----|-------|---|
| 3   | cups  | all-purpose flour   |
| 1   | cup   | yellow cornmeal   |
| ¼   | cup   | sugar   |
| 2   | TBSP. | baking powder   |
| 2   | tsp.  | kosher salt   |
| 2 ¼ | cups  | milk  |
| 3   |       | eggs, lightly beaten  |
| 1/2 | lb    | (2 sticks) unsalted butter, melted, plus extra to grease the pan              |
| 8   | oz    | aged extra-sharp Cheddar, grated, divided                                     |
| 1/3 | cup   | chopped scallions, white and green parts, plus extra for garnish, 3 scallions |

1. Combine the flour, cornmeal, sugar, baking powder, and salt in a large bowl. In a separate bowl, combine the milk, eggs, and butter. With a wooden spoon, stir the wet ingredients into the dry until most of the lumps are dissolved. Don't overmix! Mix in 2 cups of the grated cheddar and the scallions, and allow the mixture to sit at room temperature for 20 minutes.
2. Meanwhile, preheat the oven to 350 degrees F. Grease a 9 by 13 by 2-inch baking pan.
3. Pour the batter into the prepared pan, smooth the top, and sprinkle with the remaining grated Cheddar and extra chopped scallions. Bake for 30 to 35 minutes, or until a toothpick comes out clean. Cool and cut into large squares. Serve warm or at room temperature.

### **Corn Salad – serves 8**

- 6 tablespoons apple cider vinegar
- 3 tablespoons white sugar
- 2 tablespoon olive oil
- 2 tablespoon water

2 pinches salt and ground black pepper  
2 (15.25 ounce) can sweet corn, drained  
½ cup chopped green bell pepper  
½ cup chopped red bell pepper  
½ cup chopped sweet onion  
2 cups chopped cherry or grape tomatoes

Whisk together the apple cider vinegar, sugar, olive oil, water, salt, and pepper in a large bowl. Add the corn, green and red bell peppers, onion, and tomato, and lightly toss. Cover and refrigerate until ready to serve.

### **Ice Cream Bars**

Purchase ready-made Ice Cream Bars and novelties Serve 30.

## **MONDAY NIGHT**

### **Cheesy Chicken and Broccoli, steamed broccoli, rice**

*(Serves 8)*

#### **INGREDIENTS:**

- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 cups milk
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- 8 oz sharp cheddar cheese, shredded
- 4 cups cooked brown rice
- 2 cups shredded or cubed cooked chicken
- 2 cups fresh broccoli florets
- $\frac{1}{4}$  cup seasoned bread crumbs

1. Pre-heat the oven to 350. Lightly mist a 9x13 baking dish with cooking spray and set aside.
2. Melt the light butter in a medium saucepan over medium-low heat. Add the flour to the butter one tablespoon at a time and stir to combine. Add the milk a little at a time and whisk the flour mixture into the milk until smooth. Add the salt and pepper and stir to combine. Turn the heat up to medium and add the cheddar cheese to the milk mixture. Whisk together for 5-6 minutes until smooth and thick.
3. Combine the rice, chicken and broccoli florets in the prepared baking dish. Pour the cheese sauce over the top and stir the mixture together until well combined. Spread evenly across the casserole dish. Place the bread crumbs in a dry skillet over medium heat and brown bread crumbs for a few minutes, stirring frequently until golden. Sprinkle the toasted bread crumbs over top of the casserole and bake in the oven for 30-35 minutes until hot and bubbly.

### **Cheesy Beanie, Broccoli and Rice Casserole**

*(Serves 8)*

#### **INGREDIENTS:**

- 3 tablespoons butter
- 3 tablespoons all-purpose flour

- 2 cups milk
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 8 oz sharp cheddar cheese, shredded
- 4 cups cooked brown rice
- Replace with 2 cans white or garbanzo beans, rinsed, drained
- 2 cups fresh broccoli florets
- ¼ cup seasoned bread crumbs

#### DIRECTIONS:

1. Pre-heat the oven to 350. Lightly mist a 9x13 baking dish with cooking spray and set aside.
2. Melt the light butter in a medium saucepan over medium-low heat. Add the flour to the butter one tablespoon at a time and stir to combine. Add the milk a little at a time and whisk the flour mixture into the milk until smooth. Add the salt and pepper and stir to combine. Turn the heat up to medium and add the cheddar cheese to the milk mixture. Whisk together for 5-6 minutes until smooth and thick.
3. Combine the rice, beans and broccoli florets in the prepared baking dish. Pour the cheese sauce over the top and stir the mixture together until well combined. Spread evenly across the casserole dish. Place the bread crumbs in a dry skillet over medium heat and brown bread crumbs for a few minutes, stirring frequently until golden. Sprinkle the toasted bread crumbs over top of the casserole and bake in the oven for 30-35 minutes until hot and bubbly.

## Peas and Carrots

*(Serves 8-10)*

### Ingredients

- 4 one-pound bags frozen peas and carrots
- 2 tbsp butter
- 1 tsp salt
- ½ tsp pepper

Keep frozen until just before cooking.

1. Place 1 cup of frozen peas and carrots in 1 cup of boiling water. Cover and bring quickly to a second boil.
2. Reduce heat, and simmer for 6-8 minutes or until desired tenderness.
3. Drain carefully. Lightly season

### Cake

Volunteer may use own recipe or box mix and prepare or purchase a ready-made. Serve 30.



## **TUESDAY NIGHT**

Dinner Provided by St. Marks

## **WEDNESDAY NIGHT**

### **Beefy Tomato Casserole**

*(Serves 8)*

#### **Ingredients**

2 lb lean ground beef

6 cloves garlic, minced

2 teaspoon dried oregano

2 teaspoon dried basil

2 onion, chopped

2 green bell pepper, chopped

1 teaspoon salt

1/2 teaspoon black pepper

2 (14 ounce) cans diced canned tomatoes, undrained

2 (8 ounce) cans tomato sauce

16 ounces uncooked elbow macaroni or 16 ounces bow tie pasta

16 ounces shredded mozzarella cheese

1/2 cup parmesan cheese

- 1** Cook noodles until al dente, 8-10 minutes, and drain.
- 2** Preheat oven to 350F.
- 3** Cook ground beef with garlic, oregano, basil, onion, green pepper, and salt and pepper until beef is browned, cooked through, and veggies are tender.

- 4 Drain any fat.
  - 5 Add tomatoes and tomato sauce to beef mixture, then simmer 5-10 minutes.
  - 6 Mix beef mixture with cooked macaroni and place in 2 9x13-inch casserole dishes or lasagna pans.
  - 7 Top casserole with mozzarella and Parmesan cheeses.
2. Bake at 350F for 20 minutes, or until cheese is melted and casserole is bubbly.

### **Vegetarian "Beeny" Tomato Casserole (1 pan)**

*(Serves 8)*

#### **Ingredients**

white or black beans – 2 cans rinsed and drained

6 cloves garlic, minced

2 teaspoon dried oregano

2 teaspoon dried basil

2 onion, chopped

2 green bell pepper, chopped

1 teaspoon salt

1/2 teaspoon black pepper

2 (14 ounce) cans diced canned tomatoes, undrained

2 (8 ounce) cans tomato sauce

16 ounces uncooked elbow macaroni or 16 ounces bow tie pasta

16 ounces shredded mozzarella cheese

1/2 cup parmesan cheese

#### **Directions**

- 1 Cook noodles until al dente, 8-10 minutes, and drain.
- 2 Preheat oven to 350F.
- 3 Cook garlic, oregano, basil, onion, green pepper, and salt and pepper until veggies are tender.
- 4 Add tomatoes and tomato sauce and beans to veggie mixture, then simmer 5-10 minutes.

- 5 Mix veggie-bean mixture with cooked macaroni and place in 2 9x13-inch casserole dishes or lasagna pans.
- 6 Top casserole with mozzarella and Parmesan cheeses.
7. Bake at 350F for 20 minutes, or until cheese is melted.

### **Steamed Vegetable Medley (frozen medley can substituted)**

*(Serves 8)*

#### **Ingredients**

- 3 cups cauliflower florets
- 2 cup carrot, sliced diagonally
- 1 medium red onion, sliced and separated into rings
- 2 cup sliced fresh mushrooms
- 2 tablespoons butter
- 1 tablespoon lemon juice
- 1/4 teaspoon dried basil, crushed
- 1/4 teaspoon dried marjoram, crushed

#### **Directions**

1. Place the cauliflower, carrots and onion in steamer basket.
2. Cover and steam over boiling water for 10 minutes.
3. Add mushroom and steam 5 minutes more or until vegetables are just tender.
4. Meanwhile, melt butter.
5. Add lemon juice, basil and marjoram.
6. To serve, place vegetables in serving bowl.
7. Pour lemon mixture over vegetables and toss to coat.

### **Fruit Pie/Crisp**

Volunteer may use own recipe or and prepare or purchase a ready-made. Serve 30.

## **THURSDAY NIGHT**

### **CHICKEN POT PIE CASSEROLE**

#### **INGREDIENTS**

1 lb Chicken Breast

12 oz Frozen Peas and Carrots, thawed

2 cup Frozen Diced Potatoes, thawed (like Hash Browns or Potatoes OBrien)

1 Onion diced

2 can Cream of Chicken Condensed Soup

1 cup Water

2 cans Refrigerated Crescent Rolls.

1/2 tsp Poultry Seasoning

Salt and Pepper to taste.

#### **DIRECTIONS**

Bake chicken breasts until cooked through. Allow to cool.

Cook diced onions until transparent. Set aside.

Dice chicken into 1/2" cubes.

Preheat oven to 350.

Grease a 11x13" baking dish.

Unroll 1 can of crescent rolls and pinch perforations to seal into a sheet. Press into bottom and up sides of prepared disk. Don't worry if sides do not go all the way up.

Bake for 20 minutes or until crust is light brown.

Allow to cool.

In a large skillet, combine chicken cubes, diced onion, water, potatoes and peas and carrots.

Stir and cook over medium heat until ingredients are warm (5-10 minutes).

Add soup and poultry seasoning and continue heating for another 5 minutes. If sauce looks too thick, slowly add a little more water until desired consistency is reached.

Pour chicken mixture over baked crust and spread evenly.

Unroll other can of crescent rolls and pinch perforations to seal into a sheet. Place over top of chicken mixture and press into sides of dish.

Bake for 25 minutes or until top is golden brown.

### **Sautéed Green Beans (note frozen can be substituted)**

1/4 cup water

1 lb green beans, ends trimmed

Good pinch of coarse salt

1 tablespoon olive oil

2 tablespoons unsalted butter

4 garlic cloves, minced

Cracked black pepper, to season

1-2 tablespoons fresh squeezed lemon juice

#### **INSTRUCTIONS**

Heat a large sauté pan over medium-high heat.

Combine beans and water together with a good pinch of salt (about 3/4 teaspoon). Bring to a boil and cook for 3 minutes.

Drain beans and set aside.

Heat oil and butter together in the same pan. When butter has melted, sauté the green beans, moving them around in the pan to coat in the oil/butter mixture (about 1 minute). Add the garlic, another pinch of salt, and pepper and sauté until garlic is fragrant (30 seconds).

Immediately take off the heat, squeeze over lemon juice through, mix through and serve.

### **Vegetable Soup**

Purchase pre-prepared vegetable soup such as [Progresso Vegetable Classics](#). Please ensure vegetarian compliant/no meat stock or broth. Serve 10.

### **Brownies/Blondies**

Volunteer may use own recipe or box mix and prepare or purchase a ready-made. Serve 30.

## **FRIDAY NIGHT**

**Dinner Provided by Hanna's Catering**

## **SATURDAY NIGHT**

### **Meatloaf**

*(Serves 8)*

#### **Ingredients**

2 tablespoon good olive oil  
4 cups chopped yellow onions (3 onions)  
1 teaspoon dried thyme leaves  
2 ½ teaspoons kosher salt  
1 teaspoon freshly ground black pepper  
4 tablespoons Worcestershire sauce  
½ cup canned chicken stock or broth  
1 ½ tablespoon tomato paste  
3 1/2 pounds ground chuck (81 percent lean)  
¾ cup plain dry bread crumbs (recommended: Progresso)  
3 large eggs, beaten  
1/2 cup ketchup (recommended: Heinz)

1. Preheat the oven to 325 degrees F.
2. Heat the olive oil in a medium saute pan. Add the onions, thyme, salt, and pepper and cook over medium-low heat, stirring occasionally, for 8 to 10 minutes, until the onions are translucent but not brown.
3. Off the heat, add the Worcestershire sauce, chicken stock, and tomato paste. Allow to cool slightly.
4. In a large bowl, combine the ground chuck, onion mixture, bread crumbs, and eggs, and mix lightly with a fork. Don't mash or the meat loaf will be dense. Shape the mixture into a rectangular loaf on a sheet pan covered with parchment paper. Spread the ketchup evenly on top.
5. Bake for 1 1/2 hours, until the internal temperature is 160 degrees F and the meat loaf is cooked through. (A pan of hot water in the oven, under the meat loaf, will keep the top from cracking.)  
Serve hot.

## Vegetarian Meatloaf

### Ingredients

2 cups water

1 teaspoon salt

1 cup dry lentils (or 2 ½ cup cooked lentils)

1 small onion, diced

1 cup quick-cooking oats

¾ cup grated cheddar cheese or ¾ cup swiss cheese, cheese or ¾ cup monterey jack cheese or ¾ cup American cheese

1 egg, beaten

4 ½ ounces spaghetti sauce or 4 ½ ounces tomato sauce

1 teaspoon garlic powder

1 teaspoon dried basil

1 tablespoon dried parsley

½ teaspoon seasoning salt

¼ teaspoon black pepper

### Directions

1. Add salt to water and boil in a saucepan.
2. Add lentils and simmer covered 25-30 minutes, until lentils are soft and most of water is evaporated (skip these steps if using cooked lentils).
3. Remove from fire.
4. Drain and partially mash lentils.
5. Scrape into mixing bowl and allow to cool slightly.
6. Stir in onion, oats and cheese until mixed.
7. Add egg, tomato sauce, garlic, basil, parsley, seasoning salt and pepper.
8. Mix well.
9. Spoon into loaf pan that has been generously sprayed with Pam (non-stick cooking spray) or well-greased.

10. Smooth top with back of spoon.
11. Bake at 350 degrees for 30- 45 minutes until top of loaf is dry, firm and golden brown.
12. Cool in pan on rack for about 10 minutes.
13. Run a sharp knife around edges of pan then turn out loaf onto serving platter.

### **Mashed Potatoes**

*(Serves 8)*

#### **Ingredients**

- 3 lbs (680 g) Yukon Gold potatoes, peeled and cut lengthwise into quarters
  - 1 teaspoon salt
  - 8 Tbsp (60 ml) heavy cream
  - 4 Tbsp (30 g) butter
  - 2 Tbsp milk (or more)
  - Salt and Pepper
1. Place the peeled and cut potatoes into a medium saucepan. Add cold water to the pan until the potatoes are covered by at least an inch. Add a half teaspoon of salt to the water. Turn the heat on to high, and bring the water to a boil.
  2. Reduce the heat to low to maintain a simmer, and cover. Cook for 15 to 20 minutes, or until you can easily poke through them with a fork.
  3. While the potatoes are cooking, melt the butter and warm the cream. You can heat them together in a pan on the stove or in the microwave.
  4. When the potatoes are done, drain the water and place the steaming hot potatoes into a large bowl. Mash the potatoes with a potato masher or put through a ricer.
  5. Pour the heated cream and melted butter over the potatoes. Then use a strong wooden spoon (a metal spoon might bend) to beat further. Add milk and beat until the mashed potatoes are smooth. Don't over-beat the potatoes or the mashed potatoes will end up gluey.
  6. Add salt and pepper to taste.



## Glazed Carrots

*(Serves 8)*

- 2 lb. Carrots, peeled
- 4 TBSP. Butter
- 2 TBSP. Sugar
- Dash Ground ginger
- Salt and freshly ground pepper to taste
- Water
- 2 TBSP. Fresh Italian parsley, chopped for garnish

1. Cut carrots into chips, rotating the carrot in 75° turns to make the chips irregular (or use precut “baby” carrots).
2. In a sauté pan, melt butter over medium heat. Add the carrots, sugar, ginger, salt and pepper to taste. Cook for 1-2 minutes. Add just enough water to cover carrots, raise the heat to high, cover, and cook until the water is boiling and the carrots are bright orange, about 5 minutes.
3. Uncover the carrots and continue cooking over medium high heat until the water evaporates, another 5–7 minutes. Continue to cook a few minutes longer, or until the butter and sugar form a glaze on the carrots.
4. Garnish with parsley and serve immediately.

**(Cookies no nuts, please)**

Homemade or store bought. Because of potential allergies, no nuts, please. Serve 30.