

# Join Troop 219

## Casseroles for Camillus House



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Join Troop 219 in the Casserole Program and help Camillus House provide nutritious meals to persons who are hungry and/or homeless in our community.

***Our troop goal is to prepare 50 casseroles that will feed 500 people!***



### Here's How You Can Help:

Contact us to pick up aluminum pans with lid or purchase them from Dollar Tree, prepare one or all three of the casserole recipes in your home, freeze them, and deliver to us!

**When:** Thursday, December 7, 2017

**Time:** 7:00 pm – 8:00 pm

**Where:** David Fairchild Elementary located at **5757 SW 45th Street Miami, FL 33155**. Drive into the teachers' parking lot, there will be scouts to accept the casseroles and donations.

**Questions:** Contact Melissa Usma at [mgusma72@gmail.com](mailto:mgusma72@gmail.com)

*Travel size toiletries and feminine hygiene products are also greatly appreciated!*



## THREE EASY RECIPES THAT CAN FEED UP TO 10 PEOPLE!

### 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<br>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 below.*

### ZITI A LA BOLOGNESE

- |  |                                |
|--|--------------------------------|
| (2) 26-oz. jars Publix six-cheese tomato sauce | (3) 1/2 lbs. ground chuck beef |
| 1 lb. ziti macaroni                            | 4 tbsp. fresh parsley diced    |
| 1 large onion diced small                      | 4 cloves of garlic diced fine  |
| 2 celery stalks diced small                    | 13 oz. water (1/2 26 oz. jar)  |
| 4 tbsp. dry basil                              | 2 tbsp. of salt                |
| 1 large carrot diced small                     | 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 below.*

### **CHICKEN CACCIATORE**

4-6 lbs. of chicken pieces	4 tbsp. fresh Italian parsley chopped fine
(1) 26 oz. jars Publix six-cheese tomato sauce	4 tbsp. dried or fresh oregano
1 large onion diced small	(1) 8-oz. chicken broth
1 large green pepper diced small	2 cups all-purpose flour
1 8-oz. package whole white mushrooms sliced	1 tsp. crushed red pepper
4 cloves of garlic diced fine	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.

### **COOLING AND FREEZING DIRECTIONS**

Food-borne bacteria love food at room temperature. Therefore, it is crucial to expedite hot-to-cold temperature transfers. 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.