

ENCHILADA CASSEROLE

1 kg hamburger (family pack)	2 pkgs El Paso Taco mix (25% less salt)
2 (28 oz) cans diced tomatoes	1 cup catsup
18 medium flour tortillas	3 (14 oz) cans, refried beans
500 ml sour cream	1 med brick cheddar cheese, grated

Brown the beef and drain the fat. Add the taco mix, tomatoes and catsup (do not add water).

In a large roaster (available in the church main kitchen):

Spread one third of the meat mixture on the bottom. Place 6 tortillas, spaced evenly, on top.

Spread one half of the refried beans on top of the tortillas.

Spread half of the sour cream on top of the beans.

Spread half of the cheese on top of the sour cream.

Spread half of the remaining taco mixture on top of the cheese.

Repeat layers of tortillas, refried beans, sour cream and cheese. Add the last layer of tortillas.

Top with the remaining hamburg mixture. Cover with aluminum foil. Bake at 350 degrees for an hour.

SHEPHERD'S PIE

4 - 5 lbs. Ground beef	3 cups of 2 % milk
5 - 6 lbs. potatoes	1 kg bag frozen mixed vegetables
2 envelopes onion soup mix	

In large pan, brown ground beef. Drain excess fat and return to heat, adding onion soup mix and 2 - 3 cups of milk. Add salt & pepper to taste. Stir in frozen vegetables.

Place meat mixture in large casserole (foil) pan (lightly greased). Boil and mash potatoes until smooth. Spread over meat mixture and dot with butter or cheese. Place in oven at 350 degrees until potatoes are lightly browned on top or gravy begins to bubble through. Serves approx. 20.

COTTAGE CHEESE BEEF BAKE

½ large pkg white. noodles - boil and drain	
½ large pkg whole wheat noodles - boil and drain	2 15 oz. cans tomato sauce
3 lbs. ground beef, browned and drained	1 tsp. marjoram or savory
1 cup chopped onion, browned with the meat	½ tsp. salt
1 large green pepper, browned with the meat	½ tsp. pepper
3 cups 1 % cream style cottage cheese	½ cup light Parmesan cheese
1 large pkg. light cream cheese, softened	2 eggs beaten

Stir tomato sauce and spices into meat/onion/green pepper mixture. Add noodles. Place half of the mixture in a large, greased foil roasting pan. Combine cottage cheese, cream cheese and eggs in a small bowl then spread over the meat mixture. Top with remaining meat mixture. Sprinkle with Parmesan. Bake, uncovered at 350 degrees for 45 minutes.

SPAGHETTI PIE

½ 900g package white spaghetti	½ 900g pkg whole wheat spaghetti - or any combination	
3 lbs. Ground beef	2 lrg. cans tomato sauce	
½ cup margarine, non-hydrogenated	2 onions, chopped	1 large can tomato paste (or 2 small)
3 beaten eggs	1 green pepper	1 tsp. Garlic powder
½ cup light Parmesan cheese	1 cup mozzarella cheese	1 tblsp. Sugar
3 cups 1 % cream style cottage cheese	1 tblsp. Oregano	

Cook and drain spaghetti, mix in margarine eggs and parmesan cheese. Brown meat, onions and green pepper; drain fat. Stir tomato sauce, paste, sugar and spices into meat mixture. Pour ½ of spaghetti into a large, greased roaster. Spread ½ of the cream style cottage cheese. Pour ½ of the meat mixture over all. Repeat layers. Bake 350 degrees for 30 min. Sprinkle with mozzarella cheese after the casserole is fully cooked. Serves about 15.

MEAT LOAF AND POTATOES

2 kg lean ground beef (1 large family pack)	1 ½ cups multi-grain oatmeal
2 Cups Italian Tomato sauce	4 eggs
1 Cup fine ground bread crumbs	1 onion chopped fine
1 Tblspn salt	4 Tblspn Worcestershire sauce

Mix all ingredients together well. In foil roaster form into large, flat loaf. Bake at 350 degrees for 1 ½ hours.

Choose either:

10 lbs of potatoes, cooked and mashed OR 2 large boxes of Dr. Oetker (Shirrif's) Scallop Potato mix (4 packets in all). Mix in a large roaster according to package directions.

Meat Loaf and Veggies - this is the summer version of the above recipe:

Make the same meatloaf but take a break and forget the potatoes! We will buy the veggies.

POTATO SALAD, COLD MEATS and LETTUCE

Use approximately 10 pounds of potatoes to make your favourite recipe which should feed 15 - 20 people. Also bring two pounds of sliced meat (salami, ham, etc.) and one large, or two small, heads of lettuce.

SCALLOP POTATOES, HAM and PEAS

Use at least 10 pounds of potatoes to make your favourite recipe which An alternative is to make two of the large boxes (4 packets) of instant scallop potatoes. Please also bring a large package of frozen peas. You are not responsible for the hams, which will be purchased with Sunday Supper Funds.

BARBEQUE/POTATO SALAD and HAMBURGERS

Use ten pounds of potatoes and your favourite recipe to make a potato salad which will feed about 15 - 20 people. If you purchase ready-made salad, please ensure it is enough. Also, bring 20 frozen, store-made hamburger patties, defrosted. Plan on being at the church no later than 4:15pm, as we will have the barbeques going and will have the cook-out on the front lawn. We will provide the buns. This is a fun meal.

CHICKEN CASSEROLE

3 cups grated cheddar cheese	1 ½ cups of 2% milk
3 cups each of uncooked macaroni - white and whole wheat	3 cans low fat mushroom soup
1 cooked BBQ chicken (from deli)	1 cup light mayonnaise
900 g bag frozen mixed vegetables	1 cup bread crumbs

De-bone the chicken and chop. Place in a large bowl. Add soup, milk and mayonnaise, stirring well. Cook the macaroni, cheese and frozen vegetables. Add to bowl. Place in greased roaster, sprinkle with bread crumbs and bake at 350 degrees for 1 hour. Remember to bring hot!

BEEF STEW

5 lbs. boneless beef cut in large chunks	1 large (28 oz.) can tomato sauce
3 onions quartered	8 large potatoes, peeled & chunked
1 med. turnip peeled & cut in chunks	2 lbs carrots, peeled & sliced
1 tsp. each basil, oregano, rosemary, thyme	1 Tblspn sugar
3 cans of tomato soup	4 - 6 cups of water

Dust meat with flour, sear in a large pot on the stove. Add tomato sauce, soup, 4 cups of water, herbs, onions and sugar. Simmer 2 hours. Add vegetables and cook another 1 ½ hours adding water as needed.

HAM AND BROCCOLI BAKE

2 20 oz. pkg frozen cut broccoli	6 cups cubed fully cooked ham
2 10 ¾ oz cans of low fat cream of celery soup	2 cups each of quick-cooking rice, white and brown
2 soup cans of 2 % milk (2 ½ cups)	2 10 ¾ oz. cans cream of low fat mushroom soup
1 Tablespoon Worcestershire Sauce	2 cups shredded cheddar cheese (8 ounces)
¼ cup non-hydrogenated margarine	

Cook frozen broccoli and rice, drain well. In a saucepan cook onion in margarine until tender. In a large mixing bowl combine soups, milk, and cheese. Add drained broccoli, onion, ham, rice and Worcestershire sauce/ Mix well. Place in a large greased foil pan. Bake covered for 1 hour at 350 degrees. Garnish with watercress or parsley if desired. Serves 15 - 20.

HOT DOGS AND CHILLI

ARK brings the hot dogs - you bring 2 dozen hot dog buns and the chilli.

CHILLI

2 KG lean ground meat (1 large family pack)	4 stalks celery, chopped
2 large cans kidney beans (540 ml)	2 large onions, chopped
6 Tablespoons chilli powder	4 carrots, grated
1 tablespoon ground cumin	2 large cans chopped tomatoes, (796 ml)
1 cup ketchup	Salt and pepper taste
water	1 large can chick peas or garbanzo beans

In a large soup pot, cook hamburger, add chopped celery and onions. Drain grease. Add beans and peas. Mash with the potato masher (just do it). Add grated carrots, tomatoes, spices and ketchup. Simmer for one hour, stirring often and adding water if chilli begins to stick to the bottom of the pot. Transfer to one of the aluminum foil pans that are available in the main kitchen. Take to St. Andrew's hot.

ORIENTAL CHICKEN BAKE

1 deli chicken, deboned and chopped	4 cans cream of mushroom soup	
1 540 ml can pineapple chunks, liquid included	2 284ml cans sliced mushrooms, liquid from 1 can	
2 large onions	3 stalks celery	1 750gm frozen peas
2TBL soy sauce	4 packages chow mein noodles	

Combine all ingredients except chow mein noodles. Fold in 2 packages of noodles, place in a roasting pan. Spread the remainder on top. Bake, covered, at 350 for an hour. Remove foil and bake 30 min longer.

BEEF GOULASH

1 large onion, chopped	1 can chick peas
2 lbs lean ground beef	4 Tblsp flour
2 cloves of garlic, chopped	½ cup water
½ tsp pepper	1 tsp salt
3 tsp red wine vinegar	2 bay leaves
3 Tblsp oil	1 Tblsp paprika
1 package of macaroni (900 gm) (can be 1.2 each of white and whole wheat)	

In a 4 Quart pot, saute the onions in oil for about 3 minutes or till soft. Toss the raw hamburger in flour then brown. Add the remaining ingredients. Cover the pot and simmer on low for 90 minutes. Layer into a greased roasting pan, noodles, goulash, etc. Heat through in the oven at 350 degrees.

VEGETARIAN LASAGNA

4 Tbsp olive oil	2 diced onions	8 cloves of garlic, minced
2 Tbsp hot pepper flakes	4 zucchini, diced	3 sweet red peppers, diced
2 bay leaves	1 tsp each of dried thyme and oregano	1 tsp each salt and pepper
2 cans whole tomatoes	½ cup chopped parsley	4 eggs
1 tsp. Ground nutmeg	2 containers of 1% cottage cheese	6 cups shredded mozzarella cheese
2 cups grated light Parmesan cheese	600g lasagna noodles	

In a large pan heat the oil over medium heat, cook onion, garlic and pepper flakes until softened.

Add zucchini, red peppers, bay leaf, thyme, oregano, salt and pepper. Cook, stirring for about 10 min.

Stir in tomatoes, breaking into smaller pieces; bring to a boil. Reduce heat, cover and simmer, stirring occasionally until thickened (about 30 min). Discard the bay leaf. Stir in basil and parsley.

In a bowl, beat the eggs with the nutmeg; stir in the cottage cheese, 3 cups of the mozzarella and Parmesan. Set aside.

In a large pot of boiling, salted water, cook the noodles until almost tender (6 min.). Drain and transfer to cold water. Drain again and arrange one-third of the noodles in a single layer of a greased 13 X 9 in baking pan. Cover with two cups of the vegetable sauce.

Top with one third of the remaining noodles, spread with one-third of the remaining vegetable sauce, then dot with half of the cheese filling. Starting with the noodles, repeat layers, once.

Top with the remaining noodles, spread with remaining sauce. Sprinkle with mozzarella cheese.

Cover loosely with foil. Bake at 375 degrees for 20 min. Uncover and bake until bubbly and heated through (25 min). Let stand for 10 min.

ORIENTAL CHICKEN BAKE - NEW

1 deli style cooked chicken, deboned and diced	4 cans low fat cream of mushroom soup
1 540 ml can pineapple chunks	2 248 ml cans of sliced mushrooms, drained
2 large onions chopped	1 750 gr bag of frozen peas
2 tablespoons soy sauce	3 stalks of celery, sliced
4 packages chow mein noodles	

Combine all ingredients except noodles. Fold in two packages of the noodles, and place in a roasting pan. Spread the remainder of the noodles on top. Bake, covered, at 350 degrees for one hour. remove foil covering and continue baking for another 30 minutes.