



MY SISTER'S  
PLACE  
WOMEN'S  
CENTER

CATHOLIC CHARITIES IN ACTION

Casserole  
Recipe  
Book

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# Instructions

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Please:

- Freeze casseroles after cooking and cooling and before delivery if possible.
- Clearly label casseroles with meal name, ingredients, reheat instructions, and date the casseroles were made.
- Deliveries can be made at 411 Cathedral Street, Baltimore, MD 21201, 7 days a week from 1–4 p.m.

**Questions? Want to volunteer? Contact [volunteermspwc@cc-md.org](mailto:volunteermspwc@cc-md.org)**

# Sausage Hash Brown Casserole

## Ingredients

Servings: 4

- 1 pound turkey sausage
- ½ (30 oz.) or 15 oz. package frozen hash brown potatoes, thawed
- 1 cup shredded Cheddar cheese
- 1 ½ teaspoons salt, divided
- ½ teaspoon ground black pepper
- 1 cup milk
- 3 large eggs, beaten
- 1 cup peppers and onions, diced (may use frozen package that has been thawed)

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a half-casserole baking dish or deep-dish pie plate.
2. Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
3. Stir hash browns, cooked sausage, Cheddar cheese, vegetables, 1/2 teaspoon salt, and black pepper together in a large bowl. Whisk milk, eggs, and remaining salt together in another bowl. Pour hash brown mixture into prepared baking dish; pour egg mixture evenly over hash brown mixture.
4. Bake in the preheated oven until bubbling and golden, about 45 minutes.
5. Allow to sit until cool, then freeze.

# Baked French Toast

## Ingredients

Servings: 12

- 1 pound loaf French bread, cut diagonally in 1 inch slices
- 8 eggs
- 2 cups milk
- 1 ½ cups half-and-half cream
- 2 teaspoons vanilla extract
- ¼ teaspoon ground cinnamon
- ¾ cup butter
- 1 ⅓ cups brown sugar
- 3 tablespoons light corn syrup

## Directions

1. Butter a 9x13-inch baking dish. Arrange the slices of bread in the bottom. In a large bowl, beat together eggs, milk, cream, vanilla, and cinnamon. Pour over bread slices, cover, and refrigerate overnight.
2. The next morning, preheat oven to 350 degrees F (175 degrees C). In a small saucepan, combine butter, brown sugar, and corn syrup; heat until bubbling. Pour over bread and egg mixture.
3. Bake in preheated oven, uncovered, for 40 minutes.
4. Allow to sit until cool, then freeze.

# Brunch Enchiladas

## Ingredients

Servings: 10

- 1 pound cooked smoked turkey, chopped
- $\frac{3}{4}$  cup sliced green onions
- $\frac{3}{4}$  cup chopped green bell peppers
- 3 cups shredded Cheddar cheese, divided
- 10 (7") flour tortillas
- 5 eggs, beaten
- 2 cups half-and-half cream
- $\frac{1}{2}$  cup milk
- 1 tablespoon all-purpose flour
- $\frac{1}{4}$  teaspoon garlic powder
- 1 dash hot pepper sauce

## Directions

1. Place turkey in food processor, and pulse until finely ground, or dice up as finely as possible. Mix together turkey, green onions, and green peppers. Spoon  $\frac{1}{3}$  cup of the ham mixture and 3 tablespoons shredded cheese onto each tortilla, then roll up. Carefully place filled tortillas, seam side down, in a greased 9x13-inch baking dish.
2. In a medium bowl, mix together eggs, cream, milk, flour, garlic powder, and hot pepper sauce. Pour egg mixture over tortillas. Cover and refrigerate overnight.
3. The next morning, preheat oven to 350 degrees F (175 degrees C).
4. Bake, uncovered, in preheated oven for 50 to 60 minutes, or until set. Sprinkle casserole with remaining one cup shredded cheese. Bake about 3 minutes more, or until cheese melts. Let stand a least 10 minutes before serving.
5. Allow to sit until cool, then freeze.

# Breakfast Pizza

## Ingredients

Servings: 8

- 1 pound breakfast turkey sausage
- 1 (8 oz.) package refrigerated crescent rolls
- 1 cup frozen hash brown potatoes, thawed
- 1 cup shredded cheddar cheese
- 5 eggs
- ¼ cup milk
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup grated Parmesan cheese

## Directions

1. Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside. Preheat oven to 375 degrees F (190 degrees C).
2. Brown sausage and drain. Separate crescent roll dough into 8 triangles. Place in an ungreased 12-inch pizza pan with points toward the center, or a regular sheet pan with sides if no pizza pan is available. Press together to form a crust. Bottom of crust should be sealed and outside edge should be slightly raised. Put crust into the oven and bake for 5 minutes.
3. Remove crust from oven. Spoon sausage over crust. Sprinkle with hash browns and top with Cheddar cheese.
4. Beat together eggs, milk, salt, and pepper; pour over crust. Sprinkle with Parmesan cheese.
5. Bake in preheated oven until eggs are set, about 25 to 30 minutes.
6. Allow to sit until cool, then freeze.

# Sweet Potato Breakfast Casserole

## Ingredients

Servings: 12

- 1 (8 oz.) package non-pork sausage links OR vegetarian sausage links
- ½ cup water, or more as needed
- 4 cups shredded sweet potatoes
- ¼ cup butter, melted
- 1 ½ (8 oz.) packages shredded, reduced-fat mild Cheddar-mozzarella cheese blend
- ½ cup finely chopped onion
- 1 cup finely sliced fresh spinach leaves
- 1 (16 oz.) container low-fat small curds cottage cheese
- 8 jumbo eggs

## Directions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13-inch baking dish.
2. Place sausage in a large skillet and pour in about 1/4 inch of water; cook sausage over medium heat until water evaporates and sausages are evenly browned, 10 to 15 minutes. Crumble cooked sausages into a bowl.
3. Mix sweet potatoes and butter together in a bowl; evenly spread into the bottom of the prepared 9x13-inch dish.
4. Stir Cheddar-Mozzarella cheese blend, onion, spinach, cottage cheese, eggs, and crumbled sausage together in a large bowl; spoon over sweet potato layer.
5. Bake casserole in the preheated oven until a toothpick inserted in the center comes out clean and eggs are set, about 1 hour. Cool 5 minutes before serving.
6. Allow to sit until cool, then freeze.

# Cheesy Ham and Hash Brown Casserole

## Ingredients

Servings: 12

- 1 (32 oz.) package frozen hash brown potatoes
- 8 oz. cooked, diced ham
- 2 (10.75 oz.) cans condensed cream of potato soup
- 1 (16 oz.) container sour cream
- 2 cups shredded sharp Cheddar cheese
- 1 ½ cups grated Parmesan cheese

## Directions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13-inch baking dish.
2. In a large bowl, mix hash browns, ham, cream of potato soup, sour cream, and Cheddar cheese. Spread evenly into prepared dish. Sprinkle with Parmesan cheese.
3. Bake one hour in the preheated oven, or until bubbly and lightly brown.
4. Allow to sit until cool, then freeze.



# King Ranch Chicken

## Ingredients

Servings: 8

- 1 tablespoon vegetable oil
- 1 white onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 (10.75 oz.) can condensed cream of mushroom soup
- 1 (10.75 oz.) can condensed cream of chicken soup
- 1 (10 oz.) can diced tomatoes with green chile peppers (such as ROTEL)
- 1 cup chicken broth
- 2 tablespoons sour cream
- 2 teaspoons ground cumin
- ½ teaspoon dried oregano
- ¼ teaspoon chipotle chili powder
- 1 cooked chicken, torn into shreds or cut into chunks (a 3 lb. cooked chicken will yield approximately 16 oz. of meat)
- 8 oz. shredded Cheddar cheese
- 10 corn tortillas, cut into quarters

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Heat oil in a large skillet over high heat. Saute onion, red bell pepper, and green bell pepper in hot oil until warmed through, about 2 minutes.
3. Combine onion-pepper mixture, cream of mushroom soup, cream of chicken soup, diced tomatoes, chicken broth, sour cream, cumin, oregano, and chipotle chili powder together in a large bowl and stir until sauce is well-combined.
4. Spread a few tablespoons of the sauce in the bottom of a 9x13-inch baking dish. Spread 1/2 the chicken over the sauce. Spread about half the sauce over the chicken and top with 1/3 the cheese. Spread a layer of tortillas over the cheese. Spread remaining 1/2 the chicken over the tortillas, and top with almost all of the remaining sauce, reserving 1/2 cup sauce. Top with 1/3 the cheese, remaining tortillas, the reserved 1/2 cup sauce, and remaining 1/3 cheese.
5. Bake casserole in the preheated oven until bubbling, about 40 minutes. Increase the oven temperature to broil. Broil the casserole until top is golden, 2 to 3 minutes more.
6. Allow to sit until cool, then freeze.

# Chicken Enchiladas

## Ingredients

Servings: 6

- 1 tablespoon butter
- ½ cup chopped green onions
- ½ teaspoon garlic powder
- 1 (4 oz.) can diced green chiles
- 1 (10.75 oz.) can condensed cream of mushroom soup
- ½ cup sour cream
- 1 ½ cups cubed cooked chicken breast meat
- 1 cup shredded Cheddar cheese, divided
- 6 (12") flour tortillas
- ¼ cup milk

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.
2. In a medium saucepan over medium heat, melt the butter and sauté the green onion until tender (about 3 to 4 minutes). Add the garlic powder, then stir in the green chiles, cream of mushroom soup, and sour cream. Mix well. Reserve ¾ of this sauce and set aside. To the remaining ¼ of the sauce in the saucepan, add the chicken and ½ cup of shredded Cheddar cheese. Stir together.
3. Fill each flour tortilla with the chicken mixture and roll up. Place seam side down in the prepared baking dish.
4. In a small bowl combine the reserved ¾ of the sauce with the milk. Spoon this mixture over the rolled tortillas and top with the remaining ½ cup of shredded Cheddar cheese. Bake in the preheated oven for 30 to 35 minutes, or until cheese is bubbly.
5. Allow to sit until cool, then freeze.

# Chicken Taco Casserole

## Ingredients

Servings: 8

- 4 cups shredded, cooked chicken
- 2 (10.75 oz.) cans condensed cream of chicken soup
- 1 cup light sour cream
- 1 (10 oz.) can diced tomatoes and green chiles, undrained (such as ROTEL)
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (1 oz.) envelope reduced-sodium taco seasoning mix
- 5 cups coarsely crushed tortilla chips
- 2 cups shredded Cheddar cheese
- Chopped tomato
- Sliced green onion

## Directions

1. Heat the oven to 350 degrees F. Lightly grease a 13x9x2-inch baking dish. Stir the chicken, soup, sour cream, tomatoes, and green chiles, beans and seasoning mix in a large bowl.
2. Layer half the chicken mixture, 3 cups tortilla chips, and half the cheese in the baking dish. Layer with the remaining chicken mixture and tortilla chips. Cover the baking dish.
3. Bake for 30 minutes. Uncover the baking dish. Sprinkle with the remaining cheese.
4. Bake, uncovered, for 10 minutes or until hot and bubbling and the cheese is melted. Sprinkle with the chopped tomato, green onion, and cilantro before serving, if desired.
5. Allow to sit until cool, then freeze.

# Chicken, Stuffing, and Green Beans

## Ingredients

*Servings: 6*

- 2 cups cooked, cubed chicken breast meat
- 1 (10.75 oz.) can condensed cream of chicken soup
- 1 (14.5 oz.) can green beans, drained
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 1 (12 oz.) package dry bread stuffing mix (such as Stove Top)
- 1 cup shredded Cheddar cheese

## Directions

1. In a medium bowl combine the chicken, soup, beans, salt, and pepper; mix well and set aside. Prepare stuffing according to package directions.
2. Preheat oven to 375 degrees F (190 degrees C).
3. Spoon chicken mixture into a 9x13-inch baking dish, top with prepared stuffing and sprinkle with cheese.
4. Bake, covered, for 25 minutes; remove cover and bake another 5 minutes to brown the cheese.
5. Allow to sit until cool, then freeze.

# Chicken Pot Pie Casserole

## Ingredients

Servings: 8

- 1/3 cup butter, cubed
- 1-1/2 cups sliced fresh mushrooms
- 2 medium carrots, sliced
- 1/2 medium onion, chopped
- 1/4 cup all-purpose flour
- 1 cup chicken broth
- 1 cup 2% milk
- 4 cups cubed cooked chicken
- 1 cup frozen peas
- 1 jar (2 ounces) diced pimentos, drained
- 1/2 teaspoon salt

### **BISCUIT TOPPING:**

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/2 teaspoon cream of tartar
- 1/2 cup cold butter, cubed
- 2/3 cup 2% milk

## Directions

1. Preheat oven to 400°. In a large saucepan, heat butter over medium heat. Add mushrooms, carrots, and onion; cook and stir until tender.
2. Stir in flour until blended; gradually stir in broth and milk. Bring to a boil, stirring constantly; cook and stir 2 minutes or until thickened. Stir in chicken, peas, pimentos, and salt; heat through. Transfer to a greased 11x7-inch baking dish.
3. For biscuit topping, in a large bowl, whisk flour, baking powder, sugar, salt, and cream of tartar. Cut in butter until mixture resembles coarse crumbs. Add milk; stir just until moistened. You may use pre-made biscuits (from a can or frozen and thawed)
4. Turn onto a lightly floured surface; knead gently 8-10 times. Pat or roll dough to 1/2-inch thickness; cut with a floured 2-1/2-inch biscuit cutter. Place over chicken mixture.
5. Bake, uncovered, 15-20 minutes or until biscuits are golden brown.
6. Allow to sit until cool, then freeze.

# Cheeseburger Casserole

## Ingredients

Servings: 10

- 5 small potatoes
- 2 lbs. ground beef (browned)
- 2 cans cream of mushroom soup
- 1 ½ cups of milk
- 1 ½ cups of shredded cheese

## Directions

1. Preheat oven to 350 degrees.
2. Brown your ground beef and set aside.
3. Peel and slice potatoes and set aside.
4. In a mixing bowl, combine cream of mushroom soup, milk, salt, and pepper to taste. Mix well. Set aside.
5. Spray a 9x13-inch baking dish with non stick spray.
6. Layer in the pan with potatoes, beef, soup, and cheese. Then repeat. Top with remaining cheese.
7. Cover with foil and bake for 1 hour.
8. Remove foil and bake another 30 minutes until potatoes are fork tender.
9. Allow to sit until cool, then freeze.

# Sloppy Joe Grilled Cheese Casserole

## Ingredients

Servings: 6

- 1 lb. lean ground beef
- 1 yellow onion, diced
- 1 cup ketchup
- 1 tbsp. Worcestershire sauce
- ¼ cup brown sugar
- 2 tsp. onion powder
- 12 slices of bread
- ½ cup margarine
- 4 cups Mozzarella cheese, shredded

## Directions

1. Preheat oven to 400 degrees F.
2. Cook ground beef and diced onions in a large frying pan over medium-high heat with a dab of butter or margarine.
3. While the beef is cooking, combine the ketchup, Worcestershire sauce, brown sugar, and onion powder into a small mixing bowl. Stir well.
4. Once the beef is fully cooked, drain the grease from the frying pan.
5. Pour the sauce over the ground beef and stir until all of the meat is coated in sauce.
6. Spread one side of each of the 12 slices of bread with margarine.
7. Cut each slice of bread in half.
8. Place half of the bread slices, margarine side down, in the bottom of a greased 9x13-inch baking dish.
9. Sprinkle 2 cups of shredded Mozzarella on top of the bread.
10. Spoon the meat mixture over the cheese and spread it out evenly.
11. Sprinkle the remaining 2 cups of shredded mozzarella on top of the meat.
12. Place the remaining pieces of bread, margarine side up, on top of the cheese.
13. Place the dish in the oven and bake until the bread is golden brown on top (26 to 30 minutes).
14. Allow to sit until cool, then freeze.

# Mexican Quesadilla Casserole

## Ingredients

Servings: 8

- Cooking spray
- 1 lb. ground beef
- ½ cup chopped onion
- 1 (15 oz.) can tomato sauce
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (14.5 oz.) can diced tomatoes with lime juice and cilantro (such as ROTEL)
- 1 (8.75 oz.) can whole kernel sweet corn, drained
- 1 (4.5 oz.) can chopped green chiles, drained
- Taco seasoning packet
- 6 flour tortillas
- 2 cups shredded Cheddar cheese

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Prepare a 13x9-inch baking dish with cooking spray.
2. Heat a large skillet over medium-high heat. Cook and stir beef and onion in the hot skillet until beef is completely browned, 5 to 7 minutes; drain and discard grease.
3. Stir tomato sauce, black beans, diced tomatoes with lime juice and cilantro, corn, and chopped green chiles into the ground beef mixture; season with chili powder, cumin, garlic, oregano, and red pepper flakes. Reduce heat to low and cook mixture at a simmer for 5 minutes.
4. Spread about 1/2 cup beef mixture into the bottom of the prepared baking dish; top with 3 tortillas, overlapping as needed. Spread another 1/2 cup beef mixture over the tortillas. Sprinkle 1 cup Cheddar cheese over beef. Finish with layers of remaining tortillas, beef mixture, and Cheddar cheese, respectively.
5. Bake in preheated oven until heated throughout and the cheese is melted, about 15 minutes. Cool 5 minutes before serving.
6. Allow to sit until cool, then freeze.



# Hot Tamale Pie

## Ingredients

Servings: 8

- Cooking spray
- 2 lbs. ground beef
- 2 cups diced poblano peppers
- 1 teaspoon salt
- 1 (16 oz.) jar salsa
- ½ teaspoon dried oregano
- 1 teaspoon ground dried chipotle pepper
- 2 (8.5 oz.) boxes dry corn muffin mix
- 2 eggs
- 2/3 cup milk, divided
- 4 oz. shredded Cheddar cheese, divided
- 4 oz. shredded Monterey Jack cheese, divided
- 8 oz. frozen corn, thawed

## Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Spray a 9x13-inch casserole dish with cooking spray.
3. Cook and stir ground beef in a Dutch oven over medium-high heat until meat starts to brown and release juices, about 5 minutes.
4. Reduce heat to medium and stir in poblano peppers, salt, salsa, oregano, and chipotle powder; cook and stir until seasoned beef is crumbly and no longer pink, about 10 minutes.
5. Mix one package of corn muffin mix in a large bowl with 1 egg and 1/3 cup of milk. Whisk to combine. In a separate large bowl, mix the second package of corn muffin mix with 1 egg, 1/3 cup of milk, and half the Cheddar and Monterey Jack cheeses.
6. Spread the prepared corn muffin mixture without cheese into the prepared baking dish. Sprinkle corn over the muffin mix, followed by remaining half of the cheeses, then the beef mixture.
7. Spoon the corn muffin mix with cheese on top of the beef and carefully spread over the top with a fork, leaving about half an inch from the edges of the pan.
8. Bake in the preheated oven for 50-60 minutes, until golden brown.
9. Allow to sit until cool, then freeze.

# Black Bean Casserole

## Ingredients

Servings: 8

- 2 cups cooked brown rice (any kind works)
- 1 (15 oz) can black (or pinto) beans
- 2 cups frozen (or canned) sweet corn
- 2 tablespoons milk
- ½ lime, juiced
- ¼ cup green bell pepper, diced
- ¼ cup purple onion, diced
- 4 oz. cream cheese, cubed
- chopped cilantro (fresh or frozen)
- 1 tablespoon cumin
- 1 tablespoon smoked paprika
- 1 tablespoon garlic, minced
- 1 tablespoon chili powder
- salt/pepper to taste

## Directions

1. Preheat oven to 425 degrees F and prepare baking dish with non-stick spray.
2. Add all ingredients in large mixing bowl and stir until evenly combined.
3. Transfer mixture to greased baking dish.
4. Bake for 30-35 minutes or until golden brown.
5. Allow to sit until cool, then freeze.

# Creamy Veggie Pasta Bake

## Ingredients

Servings: 8

- 20 oz. cherry tomatoes (2 pints)
- 1/2 small white onion, minced
- 1/4 cup sun dried tomatoes
- 1/4 cup olive oil
- 3 cloves fresh garlic, minced
- 1 tsp. Italian seasoning
- salt and pepper, to taste
- 8 oz. cream cheese
- 2 cups fresh spinach, gently torn
- basil (optional garnish)
- 8 oz. pasta of choice, cooked

## Directions

1. Preheat the oven to 400°F.
2. Pour the cherry tomatoes, onions, sun dried tomatoes, olive oil, garlic, Italian seasoning, salt and pepper into an oven-safe casserole dish. Stir to combine.
3. Place the cream cheese in the center.
4. Bake, uncovered, for 35-40 minutes. (Bake until the cheese is golden and looks like it's about to fall apart).
5. Meanwhile, cook pasta of choice according to package directions.
6. Remove the casserole dish from the oven. Smash the tomatoes down using a spoon and stir the cream cheese until it creates a sauce.
7. Stir in the spinach until wilted and then stir in cooked pasta noodles.
8. Allow to sit until cool, then freeze.

# Baked Pesto Rigatoni

## Ingredients

Servings: 10

### PASTA

- 1 lb. whole wheat rigatoni
- 2–3 cups chopped heirloom tomatoes
- 1/2 cup water
- 1/2 cup shredded cheese of choice, such as Asiago or Romano

### PESTO (or use store-bought option)

- 2 cups spinach
- 1 cup kale
- 1 cup basil
- 3/4 cup almonds or pine nuts
- 1/2 cup olive oil
- 1/4 cup Parmesan or Asiago cheese
- 1/2 teaspoon salt
- 3 large cloves garlic
- juice of 1 lemon (optional)

## Directions

1. Bring a large pot of water to boil. While the water is boiling, chop up the tomatoes. Add the pasta to the water and cook according to package directions.
2. While the pasta is cooking, place all the pesto ingredients in the food processor until smooth. You may have to push the spinach down periodically to get everything moving. You should end up with 2 heaping cups of pesto.
3. Preheat the oven to 400 degrees F. Toss the cooked noodles with the chopped tomatoes, pesto, and enough water to make it a little saucy.
4. Transfer to a baking dish and sprinkle with the cheese. Cover loosely with well-oiled aluminum foil and bake for 10-15 minutes or until the cheese is melted.
5. Allow to sit until cool, then freeze.

# Green Bean Casserole

## Ingredients

Servings: 10

- 1 pound green beans
- 1 tablespoon cornstarch
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1 pound cremini mushrooms, thinly sliced
- 1 onion, diced
- 1/4 teaspoon dried thyme
- 1/4 teaspoon freshly grated nutmeg
- Kosher salt and freshly ground black pepper, to taste
- 1/2 cup milk
- 1/2 cup heavy cream
- 2 teaspoons Worcestershire sauce
- 1/2 cup FRENCH'S® Original French Fried Onions, or more, to taste

## Directions

1. Preheat oven to 350 degrees F. Lightly oil baking dish or coat with nonstick spray.
2. In a large pot of boiling salted water, blanch green beans until bright green in color and tender crisp, about two minutes. Drain well and cool in a bowl of ice water. Drain well and set aside.
3. In a small bowl, whisk together cornstarch and 2 tablespoons water; set aside.
4. Melt butter in a large skillet over medium high heat. Add garlic, mushrooms, onion, thyme, and nutmeg. Cook, stirring occasionally, until tender, about 3-4 minutes; season with salt and pepper, to taste. Stir in milk, heavy cream, and Worcestershire.
5. Bring to a boil; reduce heat and stir in cornstarch mixture until thickened, about 2-3 minutes. Stir in green beans.
6. Add green bean mixture to prepared baking dish. Sprinkle with fried onions. Place into oven and bake until bubbly and golden brown, about 15 minutes.
7. Allow to sit until cool, then freeze.

# Pre-Prepared Meal Ideas

**You're welcome to bring in something that is not a casserole dish, or buy pre-made food to donate.**

**See ideas & suggestions below.**

- Taco: Ingredients such as prepared taco meat, flour tortillas, and veggies (lettuce, tomato, onions) and sour cream delivered in separate containers. Add rice and beans for a nice side.
- Pizza
- Chicken and rice
- Meatballs and rice
- Individual luncheon meat sandwiches with toppings (as such as lettuce, tomato, mayonnaise, mustard, etc., delivered in separate containers)
- Salad and dressing (on the side)
- Pasta, potato and macaroni salad
- Pasta dishes such as lasagna, fettucine alfredo, spaghetti, ravioli, etc. (with sauce on the side)
- Chowders, soups & stews (mainly for the winter season)
- Chili & sides
- Prepared meats: fried chicken, pork chops, steak, Carnitas, etc.