

## **SHELTER MEAL FOR 15-20 PEOPLE**

Volunteers: 5-7 people

Time needed: 60-90 minutes

Delivery: Call Rachel's Table (508-799-7699) the week before to get the name of a shelter and directions to get there.

Food purchases: This can be handled in different ways:

- Everyone can be assigned specific things to bring.
- 1 or 2 people can purchase everything and other people can pay them a portion of the price.
- 1 or 2 people can purchase everything and submit receipts for reimbursement if a fund exists for this.

Supplies needed:

- Large plastic zip-lock bags for salads
- 9"x13" aluminum pans for main dish
- Aluminum foil
- Plastic gloves for food preparation
- Bathroom scale for weighing food (Rachel's Table reports food donations by weight)
- Rachel's Table labels
- Large paper bags and/or large cardboard banana or mushroom tray from grocery store to transport food

Menu:

- Green salad
- Salad dressing (buy two different kinds)
- Fruit salad
- Main dish
- Dessert – brownies, cookies, cake (baked beforehand by volunteer or made that day)

Reporting to Rachel's Table: After you've prepared everything, weigh it on the scale. Call Rachel's Table with the total.

***Consider doing a monthly Shelter Meal! It only takes a few people an hour to do, and the rewards are great!***

## RECIPES

Green Salad: Cut up and place in zip-lock bags.

3 heads of lettuce

2 peppers, assorted colors

4-5 stalks of celery

2 cucumbers

2 containers grape tomatoes

1 lb. carrots, cut small or grated

Buy 2 different bottles of salad dressing and box of croutons to bring with salad.

Fruit Salad: Use good variety of fruit depending on what's in season, such as:

1 large cantaloupe

1 honeydew melon

1 fresh pineapple or 2 large cans pineapple chunks, drained

4-5 bananas

2 containers strawberries

1 large bunch green grapes

Other fruits such as pears, papaya, nectarines, oranges or cans of mandarin oranges

Cut all fruit into chunks and place in large zip-lock bags.

Main dishes: See attached examples of dairy main dishes, which may be the easiest to do in the synagogue's kosher kitchen. You can also make other easy meals such as beefaroni, chili, beef stew, chicken dishes, etc. if you can do meat meals.

Package main dishes in 9"x13" aluminum pans covered with aluminum foil for easy transport.

## Baked Three-Cheese Ziti

For 15-20 people

- 2 lbs. ziti
- Vegetable oil
- 3 medium onions chopped
- 3-4 gloves garlic, minced
- 2 tsp basil
- 2 tsp oregano
- 2 tsp salt
- 1 tsp pepper
- 2 28 oz. cans crushed tomatoes
- 4 cups grated mozzarella (reserve some for top)
- 2 cup grated Parmesan or Romano cheese (reserve some for top)
- 2 cups ricotta cheese

1. Cook pasta according to directions on package. Drain.
2. Saute onion and garlic in oil until soft and lightly brown.
3. In a large bowl, combine tomatoes, seasonings, and onions. Stir.
4. Add three cheeses. Stir well.
5. Add pasta. Stir well.
6. Transfer mixture to 9"x13" greased aluminum pans. Sprinkle reserved cheese on the top.
7. Cover tightly with aluminum foil (use enough so it doesn't leak during transport). Attach Rachel's table label that lists the date and the following baking directions written on the label:

Bake covered at 400° for 25 minutes. Uncover and bake 5-10 minutes until cheese melts and is golden.

## BAKED VEGETARIAN LASAGNA

For 15-20 people

For three pans:

- 2 packages of lasagna noodles
  - 2 large containers of ricotta cheese
  - 4 eggs
  - Salt, pepper, and other seasonings to taste
  - 3 bags of grated mozzarella cheese (or buy hunk of cheese and grate)
  - 2 jars of Parmesan cheese
  - 3 medium onions, chopped
  - 3-4 cloves garlic, minced
  - 2 small packs of mushrooms, sliced
  - 3 jars of marinara sauce
1. Cook noodles according to package directions. Add oil to water to prevent noodles from sticking.
  2. Mix ricotta, eggs, salt and pepper.
  3. Saute onions, garlic, and mushrooms. Add to marinara sauce. Season to taste.
  4. Put sauce in bottom of ungreased 9 x 13 pan just to cover the bottom.
  5. Add two layers in this order:
    - noodles
    - ricotta cheese
    - mozzarella cheese
    - Parmesan cheese
    - sauce
  6. Top with another layer of noodles. Cover with sauce. Sprinkle with cheeses.
  7. Cover tightly with aluminum foil (use enough so it doesn't leak during transport). Attach Rachel's Table label that lists the date and the following baking directions written on the label:

Bake covered at 350° for 45 minutes. Uncover and bake 10-15 minutes until top cheese melts. Let stand 15 minutes at room temperature.

## VEGETABLE LASAGNA ROLL-UPS

For 15-18 people

- 3 boxes plain lasagna
  - 4 lbs. ricotta cheese
  - 1 lb. shredded mozzarella cheese
  - 1 lb. finely chopped mushrooms
  - 3 medium onions, chopped
  - 3-4 cloves garlic, minced
  - 10 oz. frozen chopped spinach, thawed
  - 3 28 oz. cans diced and/or pureed tomatoes
  - salt and pepper
  - oregano
  - pepper
  - 3 or 4 9" x 13" aluminum pans
1. Cook lasagna according to directions, adding oil to water to prevent sticking. Drain, rinse with hot water, and lay out on paper towels.
  2. Saute mushrooms.
  3. Combine ricotta cheese, ½ the mozzarella cheese, mushrooms, and spinach in a bowl for the filling.
  4. Saute onions and garlic. Combine with tomatoes for the sauce. Season to taste.
  5. Place small amount of sauce on the bottom of a 9" x 13" aluminum pan to cover the bottom.
  6. To assemble roll-ups, spread filling on each lasagna noodle. Roll up. Place in pan with seam on the bottom. Sprinkle with remaining mozzarella cheese. Cover with sauce.
  7. Cover tightly with aluminum foil to prevent leakage during transport.
  8. Attach Rachel's Table label that lists the date and the following baking directions written on the label:  
Bake covered at 350° for 20 minutes. Remove foil. Bake 15-20 minutes more or until hot.

## Broccoli Ziti Bake

Serves 15

### Ingredients:

2 heads fresh broccoli  
3 medium onions, sliced  
12 ounces fresh mushrooms, sliced  
24 ounces lowfat Mozzarella cheese, shredded  
10 tablespoons grated Romano cheese  
3 tablespoons olive oil  
3 eggs, beaten  
1 1/4 teaspoon thyme  
1 1/4 teaspoon dry basil  
1 1/2 teaspoon salt  
1 teaspoon black pepper  
5 cloves garlic, crushed  
2 pounds ziti pasta, cooked  
4 jars marinara spaghetti sauce

### Directions:

1. Cut the broccoli into 2 inch bite size pieces. Microwave for about 6 minutes until just tender. Do not over cook them.
2. Heat the olive oil in a medium skillet. Add the onion, garlic, thyme, basil, mushrooms and black pepper. Saute until limp and all water has gone. Add to spaghetti sauce
3. Add the eggs to the cooked ziti and stir to blend. Stir in the broccoli.
4. Put a small amount of sauce on the bottom of three 9 x 12 baking dishes. Add half the pasta. Sprinkle the layer with half of the Mozzarella cheese and Romano cheese. Add more sauce. Add the remaining half of pasta to the baking dish and sprinkle with the cheeses. Top with more sauce and leftover cheese.
5. Bake covered in a preheated 350° F oven for 30 minutes.