

Aid for Friends



Recipes and Instructions

Volume 8

Doylestown Presbyterian Church

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Aid for Friends

Aid for Friends (AFF), a food program for the needy, disabled, and elderly homebound, is an interdenominational outreach program which encompasses Philadelphia, Bucks, Chester, Delaware, and Montgomery counties. It has been in operation since 1974. AFF at DPC began in January 1993 and continues under the care of the Mission Committee.

Revised: October 9/2014

PINEAPPLE DELIGHT

1/4 pound butter
1 cup sugar
8 eggs
12 slices of bread, remove crusts and cube
2 1-lb. cans crushed pineapple and juice

Cream together butter and sugar. Add eggs and beat. Gently stir in bread and pineapple. Pour into greased 9 x 13 pan and bake at 350° for 1 hour.

MASHED SWEET POTATOES

4 to 5 pounds sweet potatoes peeled and cut into 2 inch pieces.
4 tablespoons butter
1 cup low fat 1 % milk
1 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon ginger
1/4 teaspoon nutmeg

Put the sweet potatoes in large pot and add just enough cold water to cover them. Bring to a boil and cook 15 to 20 minutes or until tender. Drain potatoes and return to pot. Add remaining ingredients and mash until smooth and well combined.

FRUIT COMPOTE

Choose Fruit: 4 cups blueberries, 3 tablespoons flour or cornstarch, 1/2 cup sugar, 1/8 teaspoon salt, 1 cup water. Heat until thickened.

or

8 peaches or apples, peeled, and sliced, 1/4 teaspoon cinnamon, 1/4 teaspoon cloves, 1 tablespoon lemon juice sprinkled over.

Pour fruit in 9 x 12 baking dish. Sprinkle with crushed vanilla wafers or granola. Bake at 350° for 30 minutes.

TEX MEX CASSEROLE

3/4 pound ground turkey or lean ground beef
 2 tablespoons oil 1 cup chopped onions
 1 cup chopped zucchini 2/3 cup water
 2/3 cup fresh or frozen corn kernels 2 cups jarred mild tomato salsa
 1 package low sodium taco seasoning
 1 15-oz can black beans, rinsed and drained
 8 6-inch corn or whole wheat tortillas
 1 1/2 to 2 cups shredded reduced fat Monterey Jack or Mexican blend cheese.

Preheat oven to 350°. Spray a 9 x 13 dish with cooking spray. In a large skillet heat oil over medium heat. Add meat and cook until no longer pink. Stir in onions, zucchini and cook until tender. Stir in taco seasoning, 2/3 water and corn. Simmer until thickened, then add black beans.

Spread 1/2 cup of salsa in the bottom of the baking dish. Lay 4 tortillas over the salsa and spoon half the meat mixture on top. Cover with 3/4 cup of salsa and 1 cup shredded cheese. Top with 4 more tortillas and the remaining salsa. Scatter the remaining shredded cheese over the top. Bake the casserole until the cheese is melted and bubbling, about 25 minutes.

TOMATO PUDDING

1/2 cup chopped onion
 3 tablespoons butter or oil
 8 cups (4 #1 cans) tomatoes
 1/3 cup brown sugar
 3 cups croutons or cubed, stale (day old) bread
 1/3 cup melted butter
 4 tablespoons brown sugar
 1/2 teaspoons salt

Cook onion in 4 tablespoons melted butter until soft. Combine onion mixture with tomatoes and 1/2 cup brown sugar and pour into 9 x 13 pan. To croutons, add 1/3 cup melted butter, 4 tablespoons brown sugar, and salt. Mix gently. Sprinkle over tomato mixture. Bake for 20 to 25 minutes at 375°.

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GENERAL INSTRUCTIONS

Preparing Food for Aid for Friends

Thank you very much for volunteering to help with Aid for Friends. We hope the following guidelines will be helpful to you as you prepare food for the program.

1. If you are preparing a casserole, choose one of the recipes contained in this booklet and prepare according to directions. It is important that each casserole contain enough to feed **12** people. In most cases, the recipe will be made in a 9 x 13 dish.
2. Meats such as ham, turkey breast, meatloaf, or pork loin must be thoroughly cooked and cooled. These items do not have to be pre-sliced. When you bring your casserole to the Andrews Hall Kitchen, it will be divided into 12 individual serving trays and frozen for the Aid for Friends clients.
3. It is **most important** that food be prepared **NO EARLIER** than the Sunday afternoon before the Tuesday morning packing, so food will not spoil. **REMEMBER:** When the food is frozen after being packed on Tuesday morning, it will not kill bacteria in food; it will simply stop bacterial growth. Please be careful to **observe strict cleanliness** in preparing your food.
4. Food must come to us **COLD!** Be sure casserole is **REFRIGERATED** as soon as it is prepared or cooked. **DO NOT FREEZE.** If you prepare your casserole just before coming on Tuesday morning, we will refrigerate it until it is packed.
5. The monthly packing day is usually the third Tuesday morning of each month from 9:30 to 11:00 a.m. in the Andrews Hall Kitchen. The exception is the Martin Luther King National Day of Service, when packing is the third Monday in January.

JANE'S FAMOUS SPANISH RICE

1 lb. hamburger	4 cups water
1 cup chopped onion	1 1/2 c. chopped green pepper
2 cups brown rice	1 tablespoon ketchup
32 ounces stewed tomatoes	2 teaspoons chili powder
1 tablespoon dried oregano leaves	2 teaspoons salt
1 1/2 teaspoon Worchester sauce	

In a large pot sauté hamburger until partially cooked, add onion and peppers. Cook 5 to 10 minutes. Add rice. Cook another 10 minutes, stirring every few minutes. Add remaining ingredients. Bring to almost a boil, stir, cover and simmer for 30 minutes stirring occasionally. Remove from heat and let stand until cool enough to put in a container for the refrigerator.

SPINACH LASAGNA

1 to 2 tablespoons olive oil	1 onion
1 - 2 cloves garlic, minced	
2 pounds ricotta or cottage cheese	
1/4 pound Parmesan cheese	
2 10 oz. packages of frozen spinach, thawed and drained	
3 eggs, beaten	
Salt and pepper	
2 - 3 tablespoons chopped, fresh parsley	
3/4 to 1 pound mozzarella cheese	
1 pound noodles	
1 1/2 quarts tomato sauce for spaghetti	

Chop onion and sauté with garlic in oil. Combine ricotta, Parmesan, spinach, sautéed onion, and beaten eggs. Mix well. Season with salt, pepper, and chopped parsley. Grate mozzarella coarsely and cook noodles to al dente. Butter a 9 x 13 lasagna pan. Arrange a layer of noodles on bottom, spread with a layer of ricotta mixture and part of the mozzarella, then cover with sauce. Repeat layers once or twice more. End with sauce. Cover with foil. Bake at 350° for 40 minutes.

TUNA NOODLE CASSEROLE

- 1 large 12 oz. can tuna, drained and chopped
- 5 cups dry noodles, cooked
- 1/2 cup celery and onion, chopped and sautéed until tender
- 2 cans cream of mushroom soup
- 2/3 cup milk
- 1 10 oz. box frozen peas

Mix all ingredients together and put into a 9 x 13 pan.

WHITE VEGETABLE LASAGNA

- 1 box lasagna noodles
- 1 cup 4 oz. fontina cheese, shredded
- 1 10 oz. package frozen chopped spinach
- 1 carrot shredded
- 1 cup zucchini, shredded
- 3 cups 24 oz. part-skim milk ricotta cheese
- 1 egg
- 1 medium onion, chopped
- 2 tablespoons oil
- 2 tablespoons all-purpose flour
- 1/4 teaspoons nutmeg
- 1 cup chicken broth
- 1/2 cup Parmesan cheese, grated

Cook lasagna noodles according to package directions, drain. Combine fontina cheese, vegetables, 2-1/2 cup of ricotta, and the egg. Place layer of lasagna on bottom of 9 x 13 dish. Spread with 1/2 of cheese mixture. Repeat layers ending with lasagna. Sauté onion in oil until tender. Add flour and nutmeg. Stir in chicken broth and 1/2 cup of ricotta. Cook and stir until mixture comes to a boil. Spoon over lasagna. Sprinkle with Parmesan cheese. Cover and bake at 350° for 45 minutes.

6. Bring casseroles and other foods, clearly marked with the recipe name AND with your name, to the Andrews Hall Kitchen on Tuesday morning **BEFORE** 9:30 a.m. or with you if you are coming to pack meals. Andrews Hall will be open beginning at 7 a.m. Be sure to put food in **REFRIGERATOR - NOT FREEZER. Frozen vegetables** should arrive **by noon on Monday** so they can be precooked before the packing.
7. Your dish may be picked up on Tuesday afternoon or the following Sunday morning from the Andrews Hall Kitchen. Please try to remember your dish - over time we accumulate a large quantity of forgotten dishes.
8. If you have any questions, please call a member of the Committee or the Church office (215-348-3531).

COMMITTEE FOR AID FOR FRIENDS

at Doylestown Presbyterian Church

Jane Aker.....	215-343-3271
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APPLESAUCE and VEGETABLES

If you are preparing or bringing applesauce or vegetables, please follow these guidelines:

You may bring your **canned** applesauce to the Andrews Hall Kitchen any time prior to the packing. If you have **frozen vegetables**, PLEASE bring them by NOON the day (Monday) before the packing so they can be pre-cooked the night before. Put vegetables in the FREEZER; put applesauce on the counter. If you are **preparing** applesauce or vegetables, the same guidelines for casseroles, found in the front of this book, apply. We also need canned stewed tomatoes and yams.

APPLESAUCE: Please bring 48 oz. of jarred, canned, or home-made applesauce this yields a 4-ounce (1/2 cup) serving for 12 people.

FROZEN VEGETABLES: Bring 48 oz. of frozen vegetables (enough for a 4-ounce serving for 12 people).

FRESH VEGETABLES: Bring 48 oz. **cooked, ready-to-eat** vegetables a 4-ounce (1/2 cup) serving for 12 people.

1. Don't overcook - vegetables should be crisp-tender. They will cook further when reheated.
2. Use as little water as possible -- when you throw away the water, you also throw away some nutrients and flavor.
3. If boiling vegetables, bring water to boil first -- cuts cooking time and vitamin loss.
4. REFRIGERATE as soon as cooking is complete. Bring **COLD** to Andrews Hall Kitchen.

RECOMMENDED VEGETABLES: Carrots, peas, mixed vegetables, green beans.

MACARONI AND CHEESE

3 cups elbow macaroni, uncooked
6 tablespoons butter
6 tablespoons flour
4 cups milk
1 teaspoon salt
4 cups shredded sharp cheese

Cook macaroni using package directions; drain. Melt butter; blend in flour. Add milk; cook and stir until thick. Add salt, dash of pepper, and cheese. Stir until cheese melts. Mix with macaroni. Turn into a 9 x 13 pan. Bake at 350° for 45 minutes.

NOTE: If making for home use, sprinkle tomato slices with salt and arrange on top before baking, or sprinkle with paprika before serving.

CHICKEN ALFREDO AND RICE CASSEROLE

2 10-ounce containers of refrigerated light Alfredo pasta sauce
1 cup milk
4 cups cooked brown rice or wild rice
4 cups cubed cooked chicken
1 1/2 cups frozen peas
1/2 cup chopped bottled or deli roasted red sweet peppers
2 tablespoons snipped fresh basil or 1 teaspoon dried basil
1 1/2 cup soft bread crumbs
2 tablespoons butter, melted

Preheat oven to 350°. In a large bowl combine pasta sauce and milk. Stir in rice, chicken, peas, sweet peppers, and basil. Transfer to a sprayed 3-quart baking dish or large foil pan. Bake, covered 30 minutes. Uncover and stir. Combine bread crumbs and melted butter; sprinkle atop. Bake uncovered 20 to 25 minutes more or until heated through and crumbs are golden brown. Let stand 5 minutes before serving.

SWEET AND SOUR PORK

3 to 4 pounds oz cooked pork cut in 2 x 1/2 strips
1 tablespoon oil
1 1/2 cups drained pineapple chunks (1/2 cup of juice reserved)
3/4 cup water
3 tablespoons brown sugar
1/4 teaspoon ground ginger
3 tablespoons cornstarch
1/4 cup cider vinegar
2 tablespoons soy sauce
1 green pepper cut into strips
1 medium onion sliced

Heat oil in medium skillet; add meat and sauté 1 minutes. Add water, juice brown sugar, ginger, vinegar, and soy sauce to skillet. Cook until thickened. Add pineapple chunks, peppers and onions. Bring to boil and cook for 5 minutes. Serve with rice.

MACARONI AND BEEF OR TURKEY

1 1/2 pounds ground beef or turkey
1/4 cup chopped onions
1 large can sliced mushrooms
1 cup green pepper, chopped
4 cups spaghetti sauce
3 cups whole wheat macaroni, cooked
4 oz. grated Parmesan cheese

Cook macaroni according to directions on package. Brown meat and onion in skillet; drain off excess fat. Add green peppers and mushrooms; cook slightly. Add spaghetti sauce; cook 10 minutes. Layer macaroni and meat/sauce mixture in 9 x 13 dish. Bake at 350° for 1/2 hour or until bubbly. Bring grated cheese in separate container to sprinkle on top of 12 meals.

AMISH STYLE CHICKEN CASSEROLE

12 oz. Pennsylvania Dutch brand egg noodles
1/4 cup butter or margarine
1 1/2 cups thinly sliced mushrooms (or 1 can sliced)
1/2 cup flour 1 1/2 cups milk
3 cups chicken broth (can use canned)
1/4 cup pimento, cut into strips
1 teaspoon salt (cut if broth is salted) 1/4 teaspoon pepper
3 cups cooked chicken (or turkey), cut up
1/2 cup Parmesan cheese

Cook noodles according to package directions; drain. In a large skillet, melt butter and cook mushrooms until tender. Blend in flour; gradually add broth, milk, pimento, salt and pepper, stirring constantly until sauce is thickened. Combine noodles, chicken, and sauce. Bring Parmesan cheese in a separate container to sprinkle over casserole for packing. Makes 12 servings. NOTE: If making for home use, put noodles, chicken, and sauce in a greased 9 x 13 casserole. Sprinkle cheese over top. Bake 20 minutes at 350°.

BARBECUE CHICKEN

Bake or grill 12 pieces of chicken (legs, thighs, or breasts) in barbecue sauce until cooked.

OVEN FRIED CHICKEN (EASY)

Melt 1/4 cup margarine or butter in shallow baking pan in an preheated oven. Dip 12 pieces of chicken in seasoned flour. Place in a baking pan in single layer, skin side down. Bake for 30 minutes at 400°. Turn skin side up and continue baking until tender, about 30 minutes.

BROCCOLI (VEGETABLE) CASSEROLE

In a greased 9 x 13 dish, layer:

- 1 precooked 1-1/4 pound frozen bag of broccoli, cauliflower, or mixed vegetables
- 2 cans stewed tomatoes, chopped and drained
- 2 cups shredded cheddar cheese

In a separate bowl, mix together:

- 1 cup Bisquick
- 1 tsp. salt
- 1 tsp. pepper
- 1 cup milk
- 6 eggs

Pour batter on top. Poke batter into veggies with a knife to make it all fit. Bake at 350° uncovered for 30-40 minutes until top is golden.

CLASSIC QUAKER OATS MEATLOAF

- 1 1/2 pounds lean ground beef or turkey
- 3/4 cup oats
- 1/2 cup catsup
- 1 egg, lightly beaten
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup finely chopped onions
- 1 tablespoon Worcestershire sauce

Sauce: 1/2 cup onion, 1 cup catsup mixed with 4 tablespoons brown sugar, 4 tablespoons cider vinegar, 2 tablespoons Worcestershire sauce; heat mixed ingredients, but do not boil. Heat oven to 350°. Combine all ingredients in large bowl; mix lightly but thoroughly. Bake 50 to 55 minutes or until meatloaf is to medium doneness (160° for beef, 170° for turkey), until not pink in center and juices show no pink color. Twenty minutes before meatloaf is done, drain accumulated grease/liquid. Cover with sauce and continue cooking until done. Let stand 5 minutes before slicing.

CAPE COD CHICKEN

- 6 chicken breasts, boned, skinned and halved
- 2 packages dry onion soup mix
- 1 16-oz bottle Catalina or California salad dressing
- 2 cans whole cranberry sauce.

Mix soup mix, dressing and cranberry sauce together. Spread half the mixture in a large baking dish. Lay chicken on the mixture. Spoon the remaining mixture over the chicken breasts. Cover and refrigerate overnight. To serve, bake uncovered at 350° for 1 hour or until chicken is cooked.

HOT CHICKEN SALAD (*TUNA)

- 5 cups chicken, cooked & cut up (2½ lb. boneless chicken)
- 2 cans cream of chicken soup
- 1 cup mayonnaise
- 1 1/2 cups diced celery
- 1 1/2 cups raw rice, cooked
- 1 1/2 onions, cut up
- 1 1/2 tablespoons lemon juice
- 1 can water chestnuts, sliced
- Buttered bread crumbs or toasted almonds

Mix all ingredients together. REFRIGERATE. In a separate container, bring a sufficient quantity of buttered bread crumbs or toasted almonds to sprinkle on top of 12 meals when packed.

(* Can substitute 6 small cans of tuna for chicken, and cream of celery soup for the cream of chicken soup.)

NOTE: If making for home use, place in 9 x 13 pan and bake 30 to 40 minutes at 350°.