

# Martin Luther King TEMS Casserole Project 2019

*Sponsored by the TEMS PTO*

Once again, we will be making casseroles to help feed the homeless. Last year TEMS students, faculty and their families made a record 713 casseroles that were delivered to soup kitchens and shelters from Philadelphia to lower Chester County. Our efforts were greatly appreciated since many freezers had been depleted over the holidays.

**Here's how YOU** can participate in this rewarding service project:

1. **PREPARE**... Purchase your own or pick-up a disposable foil pan approx. 12x10x21/2. Pans will be available in the TEMS office the week of January 14th. Also, we'll be handing them out as kids depart school on Friday, January 18th.
2. **MAKE**... Gather family or friends to make your casserole. There are great recipes to choose from. **Please remember to use Pork Free products in all casseroles.**
3. **FREEZE it for 24 hours** – Casseroles **MUST** be frozen when delivered to school. **Please do not bring casseroles that are not fully frozen to school.**
4. **LABEL**... **Tape or write the name of casserole on the top of the pan.** It's important that you indicate which casserole you made and the **date** it was made.

**DELIVER**... Drop off the casserole between 7:00am and 8:00am on Tuesday, 1/22/18. Parent & student volunteers will be collecting at all school entrances. Please contact Leah LeComte ([lalecomte@gmail.com](mailto:lalecomte@gmail.com)) or Kara Frech ([kmfrech17@verizon.net](mailto:kmfrech17@verizon.net)) if you need to make other arrangements.

**Deliver FROZEN  
casseroles  
to TEMS on  
Tuesday, Jan 22,  
2019!**

*Drop off the casserole between 7:00-8:00 am on Tuesday, 1/22/19. Parent & student volunteers will be collecting at all school entrances.*

*Please contact Leah LeComte 215-850-2140 or Kara Frech 610-212-2337 if you have any questions.*

## Chicken Casserole

*This is served by Bethesda and the Bernadine Center*

- 8 oz. elbow macaroni
- 1 8-oz. can mushroom, drained
- 1 can cream of celery soup
- 1 can cream of mushroom soup
- 1/4 c. green pepper, diced
- 1 4-oz. jar sliced pimento
- 3 c. cooked and chopped chicken, breast meat
- 3 chicken bouillon cubes dissolved in 1 c. boiling water
- 1 1/2 c. milk

Cook macaroni according to package directions in a large pot. Drain. Add the remaining ingredients and bring to a boil, stirring often. If the mixture becomes too thick, add 1/2 cup hot water. Put in a casserole pan and **freeze for 24 hours.**

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## Hamburger Casserole

*This is served by Bethesda and the Bernadine Center*

- 2 lbs. ground beef
- 1 c. chopped onion
- 12 oz. package medium noodles, cooked
- 2 16-oz. cans corn, drained
- OR
- 1 24 Oz. bag frozen corn
- 2 10 oz. cans cream of mushroom soup

- 2 10 oz. cans cream of chicken soup
- 2 cups sour cream

Brown beef and onions together. Add corn, soups, and sour cream. Stir in cooked noodles. Put in casserole pan and **freeze for 24 hours.**

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## Easy Breezy Hot Dog & Bean Casserole

**DO NOT COOK**

- In an aluminum casserole pan 10 x 12 x 2 1/2
  - 4 one pound cans **VEGETARIAN** baked beans
  - 2 envelopes Lipton onion soup
  - 1/3 cup water
  - 4 teaspoons brown sugar
  - 2 teaspoons prepared mustard
  - 2 pounds **PORK FREE** hot dogs sliced (beef, chicken or turkey)
- Simply mix together, put in aluminum container. Cover tightly with aluminum foil. Mark **PORK FREE** HOT DOG. **Freeze for 24 hours.**

## Tuna Noodle Casserole

*This is served by Bethesda and the Bernadine Center*

- 12 oz. package medium noodles, cooked
- 4 5oz. cans of tuna, drained
- 1 cup mayonnaise

- 2 cups chopped celery
- 2/3 cups chopped green pepper
- 1 tsp. salt
- 2 10-oz. cans cream of celery soup
- 1 cup milk
- 4 oz. shredded sharp cheddar cheese

Combine first six ingredients in a large pot. In a separate pot, blend together the soup and milk and heat (do not boil). Add the cheese to the soup/milk mixture and stir until the cheese melts. Add the soup/milk/cheese mixture to the noodle mixture, mixing well. Pour into a casserole pan and **freeze for 24 hours.**

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