

Martin Luther King TEMS Casserole Project 2018

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 628 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 8. Also, we'll be handing them out as kids depart school on Friday, January 12th.
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, 1/16/18. Parent & student volunteers will be collecting at all school entrances. Please contact Leah LeComte (lalecomte@gmail.com) or Kara Frech (kmfrech17@verizon.net) if you need to make other arrangements.

Deliver frozen casseroles
to TEMS on
Tuesday, Jan 16, 2018!

Drop off the casserole between 7-8am on Tuesday, 1/16/18. 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.

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**

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**.

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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4 one pound cans **VEGETARIAN** baked beans
2 envelopes Lipton onion soup
1/3 cup water
4 teaspoons brown sugar
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Simply mix together, put in aluminum container. Cover tightly with aluminum foil.
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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.**

TEMS Casserole Project 2018

Deliver FROZEN casseroles to TEMS

Tuesday, January 16, 2018

Drop off at TEMS

between 7:00-8:00am

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