

## *Cooking for the Homeless - 4<sup>th</sup> Monday of the Month*

*January 2019 – June 2019*

*Mission: To provide meals for the homeless in Kansas City on the fourth Monday of each month.*

*Specifics: Simple meals are prepared in your own kitchen. The meals are heated, if necessary, in the church kitchen and then delivered to Uplift. The folks from Uplift take your nourishment to the folks who live in the streets. Please have your food in the church refrigerator no later than 3:00 on the dates listed or the Sunday prior to that day. Foil pans are available in the closet in the kitchen; help yourself.*

*The dates for the next 6 months are:*

*January 28   February 25   March 25   April 22   May 27   June 24*

*Questions?? Debbie Kremers 913-631-2742 or [Kremers6@aol.com](mailto:Kremers6@aol.com)*

*You are such a blessing to those in need! Thank you so much for your ministry!*

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*A prayer for the Poor and Neglected:*

*Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, Father, for the love of your Son, who for our sake became poor, Jesus Christ our Lord. Amen.*

*January 28*

*Chicken and Pasta Casserole – Serves 6-8*

*Recipe from Margie Lundy (from Margo Martindale, actress)*

1 fryer chicken, cut into pieces

(Easier would be to use already cooked rotisserie chicken – 2 cups)

3 cups dry spaghetti, broken into pieces

2 cans cream of mushroom soup

2 cups grated sharp cheddar cheese

¼ cup finely diced green pepper

¼ cup finely diced onion

1(4-oz) jar diced pimentos, drained

2 cups chicken broth (from pot)

1 cup chopped celery

Salt and pepper, to taste

2 Tbsp Worcestershire Sauce

½ cup sour cream

⅛ tsp cayenne Pepper

1 cup additional grated sharp cheddar cheese

If using the fryer chicken: Boil cut up fryer chicken until cooked. Remove from water and allow to cool enough so that you can pick 2 cups worth of chicken off the bones. Set broth aside.

Cook spaghetti in same chicken broth (or in water to which you have added a chicken bouillon cube) until al dente. Do not overcook.

When spaghetti is cooked, combine with remaining ingredients except additional 1 cup sharp cheddar.

Place mixture in aluminum pan (that has been sprayed with cooking spray) and top with remaining sharp cheddar.

I will bake at 350°F for 45 minutes until bubbly.

*February 25*

*Easy Italian Stew – Serves 8*

*Recipe from Jill & Glenn Crouch*

2 Tablespoons Kraft Zesty Italian Dressing

1 lb. bulk Italian Sausage

2 cans (14 ½ oz. each) fat-free reduced sodium chicken broth

1 pkg (16 oz) frozen stir-fry sliced red, green and yellow peppers

1 can (15 oz.) cannellini beans OR white northern beans, rinsed and drained

1 can (14 ½ oz.) Italian style diced tomatoes, undrained

1 cup elbow macaroni, uncooked

Shredded mozzarella cheese

Heat dressing in a large saucepan on medium heat. Add sausage, cook 8 – 10 minutes or until cooked through, stirring occasionally to break sausage into small pieces.

Add broth, stir-fry vegetables, beans and tomatoes; bring to a boil. Stir in macaroni.

Place in an aluminum pan that has been sprayed with cooking spray. I will finish the cooking at church.

Cheese is sprinkled on stew when served, so just send it along with your stew.

*March 25*

*Chinese Fried Rice – Serves 6*

Make your favorite recipe of Chinese fried rice. Sometimes I use a seasoning package as a starter. If you need a recipe, let me know. Usually I take 3 cups of rice (old is best), fry it in 2 T oil with some finely diced onion. I add any diced meat I have on hand (chicken or pork or beef), peas and carrots, water chestnuts, thinly sliced, whatever you want to add. When all is combined, add 2 fried eggs that have been chopped up (or push the rice to one side of the pan, add 2 beaten eggs and cook till hard, stir into rice). Then sprinkle on 2 T soy sauce and pepper.

*April 22*

*Pasta Dinner (from Margie Lundy)*

Frozen meatballs  
Tortellini pasta  
Marinara sauce  
Little Pearls Mozzarella Balls

Combine frozen meatballs and tortellini in aluminum casserole pan that has been sprayed with cooking spray; pour marinara over and drop those Little Pearls mozzarella balls on top. I will bake it at church.

*May 27*

*Mexican Soup – Serves 10-12*

2 lbs of lean ground beef (or sub ground chicken or turkey)  
1 large onion, chopped  
1 teaspoon garlic salt (or sub garlic powder)  
1 teaspoon cumin  
1 package dry ranch dressing mix  
2-3 tablespoons of taco seasoning  
2 15 oz cans Rotel (or two 15 oz cans of petite diced tomatoes and two 4 oz cans of chopped green chilies  
1 15 oz can diced tomatoes  
2 15 oz cans shoe peg white corn  
1 15 oz can black beans  
1 15 oz can pinto beans  
1 15 oz can ranch beans (or sub 1 can pinto beans)  
2 cups of water

Brown meat and onion on medium/high heat until beef is cooked thoroughly. Add garlic salt and cumin while browning the meat. Add all ingredients, including meat mixture into a large pot. (Don't even drain the beans.) Just dump it all in!  
Simmer for 1 hour. I will heat it up for the additional hour it needs to cook.  
Optional: serve with shredded cheese and tortilla chips so just send those along separately.

*June 24*

*Corn and Tomato Pasta Salad – Serves 8*

- 1 1/2 cups dried bow-tie pasta
- 2 fresh ears of corn or 1 cup whole kernel frozen corn
- 1 cup shredded, cooked chicken
- 1 large tomato, chopped (about 3/4 cup)
- 1/4 cup olive oil
- 3 tablespoons vinegar
- 2 -3 tablespoons purchased basil pesto or your homemade
- 1 tablespoon chicken broth or water
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
  
- 2 tablespoons finely shredded Parmesan cheese
- Snipped fresh basil (from your garden? Send the whole leaves, I will snip)

In a Dutch oven, cook pasta according to package directions. Add corn during the last 7 minutes of cooking pasta. Return to boil and continue cooking. When pasta is cooked and corn is crisp-tender, drain pasta and corn in a colander. (If using fresh ears, it may be easier to remove the ears with tongs, and then drain the pasta.) Rinse pasta and corn with cold water to stop cooking, and drain well again. If using fresh corn, cut the kernels off the cobs.

In a large bowl combine pasta, corn, chicken, and tomato.

For dressing: In a screw-top jar, combine the olive oil, vinegar, pesto, chicken broth, salt and pepper. Cover and shake well.

Pour dressing over pasta mixture; toss gently to coat. Chill, covered, for at least 2 hours or up to 24 hours. Sprinkle with Parmesan cheese and basil before serving.