

**SUMC Guide To**

**Cooking for Hope Haven\***

**2024**

You don't like to cook! You can still help! Perhaps your act of service is being the lead and asking 5-6 friends to help you feed the 50 people at Hope Haven on a given date. Your contribution could be serving as the organizer/coordinator



Summer 2024

Since 1986, SUMC has helped the homeless of our community. Back then, 5 area churches started a PADS program, setting up cots in a different church each night. Today, Hope Haven offers a wide variety of programs aimed at helping people who are experiencing homelessness get on the path to permanent housing. Part of that involves providing a solid meal at the end of each day. SUMC is part of that program.

Today, SUMC provides supper for 50 people three times a month, on the second, third and fourth Monday of the month. We do it as an act of faith, as participation in God calls on each of us to love our neighbors. Jesus reminded us “when I was hungry you gave me to eat. When I was thirsty you gave me to drink.” (Matthew 25:35). We act and we serve to bring God’s love into the lives of others. In so doing, we create glimpses of God’s kingdom in the here and now. Three times a month, in a small way, we bring about a small transformation in this world.

You’ve heard the pleas from the pulpit that no one has signed up to cook. Somehow, with God’s help, we always manage to come through. But there’s a nagging fear that we may have to abandon this 25+ year ministry. That’s where YOU come in!!

There’s no right way to prepare a meal. Our participation has taken many forms. This book builds on the various formats people have used:

- 5 people taking on different elements of a planned menu, each doing their own part separately and delivering them to the church kitchen for a congregant to deliver on Monday afternoon
- Friends gathering in the church kitchen on Monday morning to dice and measure and cook and clean up (and laugh) and deliver the meal themselves
- 4 or 5 families cooking the same crock pot meal that serves 10, each delivering their share in ziplock bags directly to Hope Haven between Sunday afternoon and Monday at 4:00 pm for the residents to combine
- Friends gathering Sunday afternoon, having carefully planned how to cook for their group and have leftovers for 50, enjoying food, fellowship and service.
- One person writing a check for \$200-\$300 to buy and catered meal and administrative manager (aka Debbie) ordering the meal

No one approach works better than others. Each meets the need.

**How will You help???** To the many who have contributed to getting this book pulled together, THANK YOU for being God’s hands and feet! May we pray for more to join us!

PS If the SUMC kitchen scares you, fear not! There are people like MaryLou Eubanks willing to teach you how to use the appliances.



## THE BASICS

### WORKING BACKWARD FROM DINNER TIME AT HOPE HAVEN

WHAT: DELIVER FOOD FOR 50

WHEN: THE LAST 3 MONDAYS OF EVERY MONTH

TIME: NO LATER THAN 4:00 pm

- *Hope Haven residents and staff take whatever is provided and set out the food. We need to provide any necessary written instructions for finishing touches.*
- *We have a nice system to avoid using one-time use items. You can use the large trays and bowls in the kitchen and Hope Haven will return them to us at the time of our next drop-off.*
- *UMC has a DELIVERY VOLUNTEER. Have the food ready by 3:30 and he will get it there.*

If you are contributing something that does not need refrigeration or heating, it can be left on one of the kitchen counters, CLEARLY labeled as being for HOPE HAVEN – [DATE], as early as the previous Friday. (Unmarked food may get eaten!)

If you want to cook in the kitchen, you must schedule your event IN ADVANCE through the office. The building and its kitchen get used for LOTS of different events.

We do NOT need to provide beverages. Desserts, especially fresh fruit (apples, tangerines, watermelon...) are always appreciated.

Each menu in the front part of this book has been tried and tested. Grocery lists are provided. Costs quoted are from early 2024, shopping for all ingredients at WalMart, buying bulk when available, but not using sale prices. The goal has been to spend no more than \$4-5 per person fed, (\$200-\$250).

The recipes in Appendix 1 have not been tested or costed out. Any information you can share—including additional recipes—should be sent to [marylouebanks@gmail.com](mailto:marylouebanks@gmail.com) with HOPE HAVEN in the subject line.

**The following are generally available in the church kitchen.**

It is a good idea to check before you start to avoid unnecessary last-minute trips to the store. Meier on Peace Rd. is the closest if you do have to run out.

Pots, pans, steam table pans, measuring cups, cooking utensils, meat thermometer

Basic spices such as salt, pepper, seasoning salt, chili powder, cinnamon...

Cooking oil

Cooking spray

Foil

Plastic wrap

Miscellaneous sizes of zipper plastic bags

Plastic quart containers

Post-its, markers, tape

The stove has 6 burners. To the right of the stove is a tilt skillet. This is like a HUGE electric skillet for frying everything from pancakes to chili. It makes cooking for 50 much easier. It can be tilted to move food into containers or clear water used for cleaning. Instructions for its use and cleanup appear in Appendix 2.

**DETAILED MENUS, INCLUDING**

INTRO PARAGRAPH WITH SUGGESTED NUMBER OF  
PARTICIPANTS/LOCATION

SHOPPING LIST

COST

COOKING INSTRUCTIONS

OTHER DETAILS





## BREAKFAST FOR DINNER FOR 50

**THIS MEAL IS DESIGNED FOR A SINGLE PERSON OR A SMALL GROUP TO PREPARE IN THE CHURCH KITCHEN, IMMEDIATELY AFTER DOING THE GROCERY SHOPPING, STARTING TO COOK AROUND NOON THE SAME DAY THE MEAL WILL BE EATEN.**

### SUGGESTED MENU

EGG CASSEROLE  
 POTATO CASSEROLE  
 HAM SLICES  
 FRUIT SALAD  
 DESSERT

### GROCERY LIST

3 to 4 loaves of white or wheat bread – you need 36-45 slices	\$12.00
10 8-oz packages of shredded cheese @\$2.25/package (4 c for potatoes; 6 c for eggs)	22.50
3 cartons of 18 eggs (often as low as \$3.00 per carton)	12.00
1 Hormel pre-sliced quarter ham – 2 - 4 lbs (roughly \$5/lb)	20.00
2 gallons of milk	\$5.00
3 lbs of apples	\$3.50
4-5 lbs of grapes @ \$3.00/lb	15.00
5 lb bag of tangerines or other fruit in season	7.00
1 large (32 oz.) container of vanilla yogurt or 3-4 small cartons of fruit yogurt	6.50
1 4-lb bag of frozen, shredded hashbrowns	6.75
2 10.5 oz. cans of cream of chicken soup	2.00
15-16 oz sour cream	2.50
2 onions	2.00
Small box cornflakes	5.00
Butter – need 1/2 c. = 1 stick (2 stick package of Walmart brand is \$2.68)	<u>2.75</u>
<i>WITHOUT DESSERT!</i>	<b>\$112.50</b>

# BREAKFAST FOR DINNER FOR 50

## PAGE 1 OF 2 PREPARATION INSTRUCTIONS

This recipe can be done in your home kitchen, but it's far easier at the church because the oven is so large.

**Before you start the egg casserole, take the bag of hashbrowns out to thaw on the counter.**

### EGG CASSEROLE

**Take** three large steam table pans from inside the cabinet below the large utensils (opposite fridge). Spray lightly with cooking spray. You will find spray above the stove.

For each pan:

**Cube** 12-15 slices of bread into cubes and **cover** bottom of the pan. (Add slices as needed to cover well.)

**Top** bread layer with 2 cups of cheese

**Beat** 18 eggs and 4-2/3 cups of milk. Season with salt and pepper.

**Pour** 1/3 of this mixture over each pan of bread and cheese.

**Let stand** 10 minutes.

**Bake in a** conventional oven at 350 for 45-60 minutes or until set and brown.

## BREAKFAST FOR DINNER FOR 50

### PAGE 2 OF 2 PREPARATION INSTRUCTIONS

#### POTATO CASSEROLE

Note: Hashbrown potatoes should have been thawing on the counter or in the fridge.

**Dice** onions to yield 1 c. chopped onion

**Blend** together in a large bowl the thawed hashbrowns, sour cream, 4 c. shredded cheddar and diced onion and cream of chicken soup.

**Spoon** into a greased baking dish(es). –You will have to figure which pans to use based on what is available. 1 shallow steam table pan works. Cooking spray is available above the stove in the kitchen.

**Crush** cornflakes to yield 3-4. **Pour** into a mixing bowl. **Add** 1 stick (1/2 c) melted butter. **Spread** mixture over top. (Alternatively, pour cornflakes over potatoes and pour melted butter on the cornflakes. The butter crisps up the cornflakes.)

**Bake** at 350 degrees for 50-65 minutes until golden brown.

#### HAM

**Separate** ham slices into a shallow steam table pan. **Add** water per instructions on packaging. **Cover** with foil. **Write** a note with the time and temperature for heating. **Tape** your note to the foil and return to fridge. Hope Haven will be the only party to heat this part of the meal, so it doesn't dry out too much.

#### FRUIT SALAD

**Wash** all the fruit. **Cut** grapes in half. **Core and dice** the apples or whatever other fruits you select. **Peel and section** the tangerines. (Leave a few whole to send for those who don't like mixed fruit.) Mix fruit together in the largest bowl. **Add** the yogurt and **stir to coat** the fruit and stop it from going brown. **Place** in fridge.

## TURKEY QUINOA BURRITO SKILLET FOR 50

**THIS MEAL IS DESIGNED FOR ONE PERSON TO DO THE SHOPPING ON A FRIDAY OR SATURDAY. THAT PERSON LEAVES ALL THE INGREDIENTS FOR A GROUP OF 3-4 COOKS WHO PREPARE IT IN THE CHURCH KITCHEN ON SUNDAY OR MONDAY AND LEAVE THE PREPARED PANS IN THE REFRIGERATOR FOR DELIVERY BY THE CHURCH VOLUNTEER. DESSERT IS PREPARED BY HOMEBAKERS DONATING A BATCH OF COOKIES. THIS STEP NEEDS TO BE ARRANGED IN ADVANCE. CONTACTING BAKERS COULD BE ONE PERSON'S "CONTRIBUTION."**

### SHOPPING LIST

12 lbs. ground turkey –If bought frozen, it will need to be defrosted. Plan to shop two days before cooking day and slowly defrost the frozen rolls of turkey in the church fridge on a big cookie sheet to catch the condensation and any leaks.	\$30.60
12 oz dry quinoa, cooked (Can prepare in advance if you wish; sold in 16 oz bag) (	3.50
25 red or green bell peppers (1/2 pepper per person or about 8 lbs. or 5 packages of mixed mini bell peppers) – cut into large chunks (price will vary seasonally)	25.00
25 small to medium zucchini or blend of small zucchini and yellow squash –cut into 1/4“slices. This will be placed in Ziplock bags for Hope Haven to add as they finish reheating.	25.00
25 green onions (The green tops will go to Hope Haven in a container of your choice.)	5.00
5 packages taco seasoning mix	2.50
150 oz enchilada sauce (8 19-oz cans of Old El Paso Mild Red Enchilada)	10.50
24 oz cheddar or taco cheese blend (3 8-oz or 4 6-oz containers)	6.75
48 oz sour cream (4 16-oz containers) This will go to Hope Haven in its original packaging.	8.00
3 packages tortilla chips (approx. 25 oz total) – crushed in bag. This will go to Hope Haven in its original packaging.	8.00
1 box gallon zipper bags for zucchini slices (please consider leaving the extra for the next group who cooks)	<u>2.50</u> <b>\$127.25</b>

REMEMBER TO ARRANGE FOR **10 dozen donated homemade cookies** made and kept frozen in bakers' home freezer until day of meal.

Note: the cost of approximately \$127.25 is without dessert. You could buy dessert and still be below \$200-250.

## **TURKEY QUINOA BURRITO SKILLET FOR 50, COOKED IN CHURCH KITCHEN**

### **COOKING INSTRUCTIONS**

Start the quinoa. Use double the amount of water to the amount of quinoa. Put in 1 packet taco seasoning mix. Bring it to boil. Turn down to low and simmer uncovered 20 min. Stir occasionally. Remove. Let cool. Put in plastic container or Ziplock when cooled.

Chop the bell peppers into large chunks, removing seeds.

Chop the green onions, separating white parts from green tops.

Wash the squash. Do not peel. Slice into ¼" slices or chunks depending on size of squash. Place in Ziplock bags.

Using the tilt skillet in the SW corner of the kitchen, set at medium heat, fry chopped bell peppers and ground turkey with 2 packages Taco Seasoning until mostly browned. (It works fine to start the turkey and add the peppers as they get cleaned and chopped.)

Add white parts of green onions. Cook for 2 more minutes. Place green parts in Ziplock or other container for garnish.

Make sure meat reaches 165 degrees.

Add enchilada sauce and the remaining 2 packages of Taco Seasoning. Blend well.

Transfer for transport and serving into 2 large steam table pans. Let the dish cool in the fridge. Return several hours later to cover it. (If you cover it when still hot, condensation builds up and makes the dish mushy.)

The cooked quinoa and zucchini/yellow squash get added WHEN THE MIXTURE IS REHEATED at Hope Haven to avoid excessive softening

Send with instructions to serve with taco cheese, sour cream, crushed tortilla chips and green onion tops.

## **TURKEY QUINOA BURRITO SKILLET FOR 50**

*INCLUDE THESE INSTRUCTIONS WITH DELIVERY*

**HOPE HAVEN DINNER \_\_\_\_\_(date)**

### **TURKEY QUINOA SCRAMBLE**

#### **Turkey Quinoa Scramble - Instructions for Final Assembly Before Serving**

The meat and peppers have been thoroughly cooked. Reheat on stove top or in oven. When you start heating the meat and peppers mixture, remove the container of quinoa and the plastic bags of zucchini and/or yellow squash from the fridge and bring to room temperature.

Once meat mixture is thoroughly warm, add the quinoa and squashes. If veggies were cold, warm mixture again briefly. (It's nice if the squashes stay a bit crisp.)

Serve with taco cheese, sour cream, green onions and crushed tortilla chips as optional toppings.

Dessert is \_\_\_\_\_.

## **SLOW COOKER HONEY SESAME CHICKEN WITH RICE AND VEGGIE**

This meal is designed for different people to cook different parts and/or supply different elements that do not need cooking. This approach spreads around the work and the cost. Some people can sign up for lower and/or no-labor options and others can spend more and work more, each according to their abilities.

The main course recipe is designed to be done in 4 slow cookers in separate homes but *NOTE*: this is NOT a one-pot meal! Only the main course is done in slow cookers.

For Hope Haven's sake, with this recipe, it is easiest to combine everything at the church and have the meal delivered on Monday by the church volunteer. We suggest blending all the batches of chicken in one or two of the deep steam table pans, the vegetable in another. The rice is cooked in a single flat steam table pan. The carrots can go in their original packaging.

The suggestions for the menu are just that: suggestions. Pull together a balanced meal you would enjoy! The grocery list is done so each part can be purchased by one participant, but you can even break up the garnishes section among multiple people.

### **MENU SUGGESTION:**

Honey Sesame Chicken

Rice

Green beans in butter garlic sauce or plain, or other plain vegetable

Raw carrots

Dessert

Approximate Cost for 50 people:

Main course - \$27.25 x 4	\$112.00
Sides/garnishes	30.50
Dessert (e.g. 5 12-packs Neapolitan Ice Cream Sandwiches at \$2.88 per package)	14.40
<b>Total</b>	<b>\$156.90</b>

**GROCERY LIST FOR HONEY SESAME CHICKEN  
(FOR 4 SLOW COOKERS):**

Note: We assume you'll supply items at the bottom, preceded by an asterisk, from your own pantry. Check your shelves before shopping.

Approximate cost for:	1 Slow Cooker	50 people
4 to 5 lbs. boneless, skinless chicken breast	\$15.00	\$60.00
2/3 cup low-sodium soy sauce or tamari (using tamari makes this recipe for gluten-free)	5.50	22.00
1/2 cup honey	3.75	15.00
1/2 cup tomato paste	1.00	4.00
<b>Total</b>	<b>\$25.25</b>	<b>\$101.00</b>

\*black pepper, to taste

\*onion powder

\*cornstarch

\*rice wine vinegar

\*garlic 4 cloves per single batch

\*\*\*sesame oil

\*\*\*sriracha sauce

Don't have these last two in your pantry? Check the church pantry or ask a neighbor (great excuse to share about SUMC and this ministry) or buy a bottle and share it. A 20 oz bottle of sriracha is about \$5.00 with LOTS left over. One 5 FL oz bottle of sesame oil is 10 T, i.e., enough for all the batches of this recipe, and costs about \$3.50.

**GROCERY LIST FOR SIDES AND GARNISHES: (TO SERVE 50)**

1 5-lb bag rice	\$3.50
6 lbs. of green beans at \$2.00-\$3.00 per pound	18.00
4 1-lb bags of baby carrot at \$2.00 per bag	8.00
1 head garlic	1.00
<b>Total</b>	<b>\$30.50</b>

Also needed:

\*2/3 stick of butter

\*olive oil or other cooking oil

\*salt

**GROCERY LIST FOR DESSERT**-see suggestion on previous page



## SLOW COOKER SESAME HONEY CHICKEN

	1 slow cooker	To serve 50
boneless, skinless chicken breast	4-5 lbs.	16-20 lbs.
black pepper, to taste		
low-sodium soy sauce (tamari for gluten-free)	2/3 cup	2 2/3 cups
honey	1/2 cup	2 cups
tomato paste	1/2 cup	2 cups
rice wine vinegar	6 tablespoons	1 1/2 cups
cloves garlic, minced	4	16
water	2 tablespoons	1/2 cup
sesame oil	2 teaspoons	2 tbsp. + 2 tsp.
onion powder	2 teaspoons	2 tbsp. + 2 tsp.
sriracha hot chili sauce	1-2 teaspoons	4-8 teaspoons
Cornstarch	2 heaping tablespoons	8+ tablespoons
Water	1/2 cup	2 cups

### Directions:

Place the chicken in the slow cooker and season with black pepper. In a medium bowl, **combine** soy sauce (or tamari), honey, tomato paste, vinegar, garlic, 1 tbsp water, sesame oil, onion powder and sriracha hot chili sauce. **Pour** over chicken and **cook** on LOW 3-4 hours.

**Remove** chicken, leaving the sauce in the slow cooker. **Shred** chicken with two forks; **set aside**.

In a small bowl, **dissolve** cornstarch in remaining 1/2 cup water; **add** to the slow cooker and **stir** to combine. **Cover** and **cook** on HIGH until slightly thickened, about 15 to 20 minutes; **return** chicken to the slow cooker and mix well.

**Serve** chicken and sauce over rice.

# GARLIC BUTTER GREEN BEANS

Ingredients for vegetable for 50

- 6 pounds of green beans, cleaned and trimmed
- 6 tablespoons unsalted butter
- 3 tablespoons good olive oil
- 6 to 9 garlic cloves, sliced
- Kosher salt
- Freshly ground black pepper

## COOKING INSTRUCTIONS

Blanch the beans in a large pot of boiling salted water for just 1 1/2 minutes. Drain immediately and immerse in a large bowl of ice water to stop the cooking. When they are cool, drain and set aside.

Heat the butter and olive oil in batches in a very large sauté pan over medium heat. Add the garlic and cook for 1 to 2 minutes, tossing occasionally, until lightly browned. For each batch of garlic sauce, add the equivalent ratio of the blanched green beans, sprinkle with salt and pepper, and toss. Combine all batches together. Hope Haven will reheat the string beans.

Make sauce all at once or make it in 2 or 3 batches.

	1 BIG batch	2 Batches - each batch	3 batches – each batch
Butter	6 tablespoons	3 tablespoons	2 Tablespoons
Olive Oil	3 tablespoons	1 ½ tablespoon	1 Tablespoon
Garlic	6 to 9 cloves	4-5 cloves	3 cloves
Kosher salt			
Black pepper			

## BAKED RICE FOR 50

### INGREDIENTS FOR 50

1 5-lb bag of long grain white rice  
20 cups (5 quarts of boiling water)  
3 Tablespoons kosher salt

Baking rice takes more water than stove top cooking. Use a 20-3/4" x 12-3/4" x 4" steam table pan from the church kitchen. It can be delivered in that pan and Hope Haven will return the pan (or a similar one) to SUMC. This size pan allows space for the rice to expand.

**Preheat oven to 350 degrees.**

**Spread** rice in pan.

**Carefully pour** salted water into flat pan.

**Cover** tightly with two layers of foil.

**Bake** in preheated oven for 45 min.

**Cautiously remove foil.** Steam will escape and you will re-use the foil for shipping to Hope Haven. **Fluff** the rice.

## **JOE VILLA'S CHILI FOR A CROWD – SERVES 50\***

This is not so much a menu as “an old standard” and we need your help to figure out dear Joe’s notes.

For this recipe, Joe worked with Gordon Food Service at 6955 Garrett Lane in Rockford. The phone number is 815-399-9420. Joe’s note says, “Give 2 days’ notice.”

The church’s customer number is 2102616.

John Mohr was the manager in the fall of 2023.

### **GROCERY LIST**

10 lbs ground beef – There’s a note that says “Hy-Vee”, so it looks like this has to be bought at a local store. Everything else appears to come from Gordon’s.

2 lbs. onions

2 108 oz dark kidney beans

2 103 oz fancy diced tomatoes

2 cans fancy crushed tomatoes’

Oregano

Black pepper

Chili powder ( Joe wrote: ½ of 16 oz container??)

Cornbread mix – The internet display of the label did not permit viewing of the instructions for how many eggs and milk. Be prepared to do a little extra shopping!

Whether you shop at Gordon’s Food or Wal-Mart or Costco, please send comments on issues, costs, etc. to [marylouebanks@gmail.com](mailto:marylouebanks@gmail.com) with the subject line Hope Haven.

## **Instructions for making Joe Villa's chili fast in the church kitchen**

Use the tilt skillet in the SW corner of the kitchen (See Appendix 2 for instructions.) Spray the surface with cooking spray.

Cook up the ground beef and onions, add seasonings. Drain off excess fat by using the tilt table feature to skim it into a container. Add the tomatoes and beans and bring to a simmer.

Add some fresh veggies and figure out dessert.

Let the office know your costs, please, so we can update this book.

## APPENDIX 1

The following recipes are simply recipes. No grocery list, no costs, no instructions.

In the spirit of community, let's improve this resource. Please send comments on issues, costs, etc. to [marylouebanks@gmail.com](mailto:marylouebanks@gmail.com) with the subject line Hope Haven, so we can make future work easier for future cooks.

“Whatever you do the least of these brother and sisters of mine, you did for me.”

Matthew 25:40



## **PIZZA CASSEROLE (Main course only)**

**To feed 50, triple this recipe and place in 2 steam table pans or 3-4 9"x13" pans. This recipe can be done easily by one person in the church kitchen or done in 2 homes divided, 1 family making 2 batches, the other a single batch. Remember to TRIPLE the recipe accordingly.**

**You will do the preparation and assembly, but NOT the baking. Hope Haven will bake that day. Please place a note alerting them to bake at 375 degrees for 20-30 minutes and then uncover and bake an additional 10 or more until cheese on top is melted. Baking times will vary based on the size of the pans used.**

### **GROCERY LIST FOR ONE BATCH**

24 oz penne or rigatoni pasta cooked 2 minutes less than indicated on package. It will bake in the oven and soften further.

3 lbs ground Italian sausage (mild or blend of mild and spicy, but avoid TOO spicy, there will be kids eating this)

3 small onions, finely chopped

9 cloves of garlic, minced

3 jars of marinara sauce

6 c of mozzarella cheese, divided

18 oz pepperoni slices

9.75 oz can of sliced black olives

### **COOKING INSTRUCTIONS FOR ONE BATCH**

Brown the sausage, onions and garlic in a large skillet. When the meat is cooked through, add the sauce, half the mozzarella cheese, half the pepperoni and half the olives. Stir to mix.

Add the pasta.

Transfer the mixture to baking dishes and top with remaining cheese, pepperoni and olives.

Cover with foil and put a note on each pan as indicated above.



## **BACON CHEESEBURGER CASSEROLE (Main course only)**

**To feed 50, triple this recipe and place in 2 steam table pans or multiple 9"x13" pans. This recipe can be done easily by one person in the church kitchen or done between 2 families, 1 family making 2 batches, the other a single batch. You figure out how to TRIPLE the recipe based on who's cooking.**

**You will do the preparation and assembly, but NOT the baking. Hope Haven will bake the day of delivery. Please place a note alerting HH to bake at 375 degrees for 40 minutes.**

**Remember to alert the office in advance if you need the volunteer to deliver!**

### **GROCERY LIST FOR ONE BATCH**

3 32 oz. packages of frozen tater tots (keep frozen)

3 lbs. ground beef

3 small onions, finely chopped

3 tablespoons instant bouillon powder

3 10.5 oz cans cream of bacon or cream mushroom or cream of onion soup

1.5 c. sour cream

6 c shredded cheddar cheese

18 slices of bacon, cooked and chopped

### **COOKING INSTRUCTIONS FOR ONE BATCH**

Grease a 9" x 13" pan with nonstick cooking spray. Set aside.

Brown the beef and onions in a large skillet until no longer pink. Mix well.

Pour half the tater tots in the bottom of the prepared pan.

Top with beef mixture. Top with 2 c. cheese and half the bacon.

Add remaining tater tots and remaining cheese and bacon.

Cover with foil and put a note on each pan to bake at 350 degrees for 40 minutes and let stand 5 minutes before cutting and serving.



## **SLOPPY JOES FOR 50**

### **Grocery list**

9 lbs. ground beef  
2-1/2 large onions, diced  
2-1/2 large green peppers, diced  
37.5 tomato sauce  
5 c. ketchup  
7-1/2 T light brown sugar  
3-3/4 T chili powder  
3-4 T yellow mustard  
Hamburger buns  
Salt and pepper to taste

### **COOKING INSTRUCTIONS**

Brown beef. Drain grease. Add onions and peppers. Cook until they soften. Add all the rest. Simmer 15-20 minutes.

Provide buns and other items as desired.

## **APPENDIX 2**



## HOW TO USE THE TILT SKILLET

There are 3 switches to flip:

A black knob on the front left panel.

A switch underneath the front left panel (a safety feature to avoid curious little hands accidentally turning on the skillet)

A on the switch located on the West wall, behind the rolling rack of pans, up at about the 6 ft mark. This operates the hood fan.

When the two top switches have been flipped, a red light will appear. There are painted temperature indicators on the knob that are fairly close to actual. You can adjust as you go if needed.

There is a large wooden paddle \_\_\_\_\_ that is a food quality tool for stirring in this size appliance.

*To clean the tilt skillet*, turn it off so it cools a little and as it cools scrape it as clean as you can off larger chunks. Turn it back on low. Add small amounts of water and scrape the bottom and sides. Use the crank on the front to tilt the table forward, BUT FIRST, place a large paint bucket where the spout will come down. Scrape the water into the bucket. This is done most easily as a buddy project, one person scraping, one person holding the paint bucket. **Drain** the contents of the bucket into a colander lined with a layer or two of paper towels underneath it. The colander will catch the chunks. The paper towels will capture the grease. PLEASE DO NOT dump grease down the drain.

In general, please leave the kitchen clean, if not cleaner, than you found it!