



# ***Casserole Recipe Book***

## Please:

- Freeze casseroles before delivery if possible
- Clearly label casseroles with ingredients and date casseroles were made
- Deliveries can be made at 411 Cathedral Street, Baltimore, MD 21201
- 7 days a week from 9am-11.30am, 1pm-4.30pm

# BREAKFAST CASSEROLES



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## **Sausage Hash Brown Casserole**

Ingredients (4 servings): 60-80 servings needed per breakfast shift; below x 20

1 pound pork sausage

½ (30 oz.) package frozen hash brown potatoes, thawed

1 cup shredded Cheddar cheese

1 ½ teaspoons salt, divided

½ teaspoon ground black pepper

1 cup milk

3 large eggs, beaten

1 cup peppers and onions, diced (can use frozen that has been thawed)

1. Preheat oven to 350 degrees F (175 degrees C). Grease a half-casserole baking dish or deep-dish pie plate.
2. Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
3. Stir hash browns, cooked sausage, Cheddar cheese, vegetables, 1/2 teaspoon salt, and black pepper together in a large bowl. Whisk milk, eggs, and remaining salt together in another bowl. Pour hash brown mixture into prepared baking dish; pour egg mixture evenly over hash brown mixture.
4. Bake in the preheated oven until bubbling and golden, about 45 minutes.

## **Baked French Toast**

Ingredients (12 servings):

1 pound loaf French bread, cut diagonally in 1 inch slices

8 eggs

2 cups milk

1 ½ cups half-and-half cream

2 teaspoons vanilla extract

¼ teaspoon ground cinnamon

¾ cup butter

1 1/3 cups brown sugar

3 tablespoons light corn syrup

Directions:

1. Butter a 9x13 inch baking dish. Arrange the slices of bread in the bottom. In a large bowl, beat together eggs, milk, cream, vanilla and cinnamon. Pour over bread slices, cover, and refrigerate overnight.
2. The next morning, preheat oven to 350 degrees F (175 degrees C). In a small saucepan, combine butter, brown sugar and corn syrup; heat until bubbling. Pour over bread and egg mixture.
3. Bake in preheated oven, uncovered, for 40 minutes.

## **Brunch Enchiladas**

Ingredients (10 servings):

1 pound cooked ham, chopped

$\frac{3}{4}$  cup sliced green onions

$\frac{3}{4}$  cup chopped green bell peppers

3 cups shredded Cheddar cheese, divided

10 (7") flour tortillas

5 eggs, beaten

2 cups half-and-half cream

$\frac{1}{2}$  cup milk

1 tablespoon all-purpose flour

$\frac{1}{4}$  teaspoon garlic powder

1 dash hot pepper sauce

Directions:

1. Place ham in food processor, and pulse until finely ground, or dice up as finely as possible. Mix together ham, green onions, and green peppers. Spoon  $\frac{1}{3}$  cup of the ham mixture and 3 tablespoons shredded cheese onto each tortilla, then roll up. Carefully place filled tortillas, seam side down, in a greased 9x13 baking dish.
2. In a medium bowl, mix together eggs, cream, and milk, flour, garlic powder, and hot pepper sauce. Pour egg mixture over tortillas. Cover, and refrigerate overnight.
3. The next morning, preheat oven to 350 degrees F (175 degrees C).
4. Bake, uncovered, in preheated oven for 50 to 60 minutes, or until set. Sprinkle casserole with remaining 1 cup shredded cheese. Bake about 3 minutes more, or until cheese melts. Let stand a least 10 minutes before serving.

## **Breakfast Pizza**

Ingredients (8 servings):

1 pound breakfast sausage

1 (8 oz.) package refrigerated crescent rolls

1 cup frozen hash brown potatoes, thawed

1 cup shredded cheddar cheese

5 eggs

¼ cup milk

½ teaspoon salt

¼ teaspoon ground black pepper

¼ cup grated Parmesan cheese

Directions:

1. Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Preheat oven to 375 degrees F (190 degrees C).
2. Brown sausage and drain. Separate crescent roll dough into 8 triangles. Place in an ungreased 12 inch pizza pan with points toward the center, or a regular sheet pan with sides if no pizza pan is available. Press together to form a crust. Bottom of crust should be sealed and outside edge should be slightly raised. Put crust into the oven and bake for 5 minutes.
3. Remove crust from oven. Spoon sausage over crust. Sprinkle with hash browns and top with cheddar cheese.
4. Beat together eggs, milk, salt and pepper; pour over crust. Sprinkle with parmesan cheese.
5. Bake in preheated oven until eggs are set, about 25 to 30 minutes.

## Sweet Potato Breakfast Casserole

Ingredients (12 servings):

1 (8 oz.) package sausage links OR vegetarian sausage links

½ cup water, or more as needed

4 cups shredded sweet potatoes

¼ cup butter, melted

1 ½ (8 oz.) packages shredded, reduced-fat mild Cheddar-mozzarella cheese blend

½ cup finely chopped onion

1 cup finely sliced fresh spinach leaves

1 (16 oz.) container low-fat small curds cottage cheese

8 jumbo eggs

Directions:

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13-inch baking dish.
2. Place sausage in a large skillet and pour in about 1/4 inch of water; cook sausage over medium heat until water evaporates and sausages are evenly browned, 10 to 15 minutes. Crumble cooked sausages into a bowl.
3. Mix sweet potatoes and butter together in a bowl; evenly spread into the bottom of the prepared 9x13-inch dish.
4. Stir Cheddar-mozzarella cheese blend, onion, spinach, cottage cheese, eggs, and crumbled sausage together in a large bowl; spoon over sweet potato layer.
5. Bake casserole in the preheated oven until a toothpick inserted in the center comes out clean and eggs are set, about 1 hour. Cool 5 minutes before serving.

## **Cheesy Ham and Hash Brown Casserole**

Ingredients (12 servings):

1 (32 oz.) package frozen hash brown potatoes

8 oz. cooked, diced ham

2 (10.75 oz.) cans condensed cream of potato soup

1 (16 oz.) container sour cream

2 cups shredded sharp Cheddar cheese

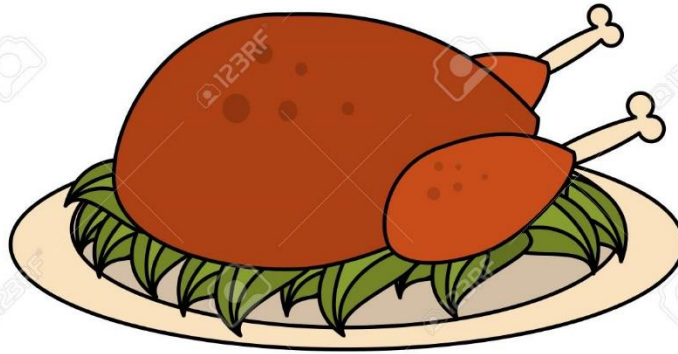
1 ½ cups grated Parmesan cheese

Directions:

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
2. In a large bowl, mix hash browns, ham, cream of potato soup, sour cream, and Cheddar cheese. Spread evenly into prepared dish. Sprinkle with Parmesan cheese.
3. Bake 1 hour in the preheated oven, or until bubbly and lightly brown. Serve immediately.



# CHICKEN



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## King Ranch Chicken

Ingredients (8 servings):

1 tablespoon vegetable oil

1 white onion, diced

1 red bell pepper, diced

1 green bell pepper, diced

1 (10.75 oz.) can condensed cream of mushroom soup

1 (10.75 oz.) can condensed cream of chicken soup

1 (10 oz.) can diced tomatoes with green chile peppers (such as RO\*TEL)

1 cup chicken broth

2 tablespoons sour cream

2 teaspoons ground cumin

½ teaspoon dried oregano

¼ teaspoon chipotle chile powder

1 cooked chicken, torn into shreds or cut into chunks

8 oz. shredded Cheddar cheese

10 corn tortillas, cut into quarters

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Heat oil in a large skillet over high heat. Saute onion, red bell pepper, and green bell pepper in hot oil until warmed through, about 2 minutes.
3. Combine onion-pepper mixture, cream of mushroom soup, cream of chicken soup, diced tomatoes, chicken broth, sour cream, cumin, ancho chile powder, oregano, and chipotle chile powder together in a large bowl and stir until sauce is well-combined.
4. Spread a few tablespoons of the sauce in the bottom of a 9x13-inch baking dish. Spread 1/2 the chicken over the sauce. Spread about half the sauce

over the chicken and top with  $\frac{1}{3}$  the cheese. Spread a layer of tortillas over the cheese. Spread remaining  $\frac{1}{2}$  the chicken over the tortillas, and top with almost all of the remaining sauce, reserving  $\frac{1}{2}$  cup sauce. Top with  $\frac{1}{3}$  the cheese, remaining tortillas, the reserved  $\frac{1}{2}$  cup sauce, and remaining  $\frac{1}{3}$  cheese.

5. Bake casserole in the preheated oven until bubbling, about 40 minutes. Increase the oven temperature to broil. Broil the casserole until top is golden, 2 to 3 minutes more.

## Chicken Enchiladas

Ingredients (6 servings):

1 tablespoon butter

½ cup chopped green onions

½ teaspoon garlic powder

1 (4 oz.) can diced green chiles

1 (10.75 oz.) can condensed cream of mushroom soup

½ cup sour cream

1 ½ cups cubed cooked chicken breast meat

1 cup shredded Cheddar cheese, divided

6 (12") flour tortillas

¼ cup milk

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.
2. In a medium saucepan over medium heat, melt the butter and saute the green onion until tender (about 3 to 4 minutes). Add the garlic powder, then stir in the green chiles, cream of mushroom soup and sour cream. Mix well. Reserve 3/4 of this sauce and set aside. To the remaining 1/4 of the sauce in the saucepan, add the chicken and 1/2 cup of shredded Cheddar cheese. Stir together.
3. Fill each flour tortilla with the chicken mixture and roll up. Place seam side down in the prepared baking dish.
4. In a small bowl combine the reserved 3/4 of the sauce with the milk. Spoon this mixture over the rolled tortillas and top with the remaining 1/2 cup of

shredded Cheddar cheese. Bake in the preheated oven for 30 to 35 minutes, or until cheese is bubbly.

## Chicken Taco Casserole

Ingredients (8 servings):

4 cups shredded, cooked chicken

2 (10.75 oz.) cans Campbell's Condensed Cream of Chicken Soup

1 cup light sour cream

1 (10 oz.) can diced tomatoes and green chiles, undrained (such as RO\*TEL)

1 (15 oz.) can black beans, rinsed and drained

1 (1 oz.) envelope reduced-sodium taco seasoning mix

5 cups coarsely crushed tortilla chips

2 cups shredded Cheddar cheese

Chopped tomato

Sliced green onion

Directions:

1. Heat the oven to 350 degrees F. Lightly grease a 13x9x2-inch baking dish. Stir the chicken, soup, sour cream, tomatoes and green chiles, beans and seasoning mix in a large bowl.
2. Layer half the chicken mixture, 3 cups tortilla chips and half the cheese in the baking dish. Layer with the remaining chicken mixture and tortilla chips. Cover the baking dish.
3. Bake for 30 minutes. Uncover the baking dish. Sprinkle with the remaining cheese.
4. Bake, uncovered, for 10 minutes or until hot and bubbling and the cheese is melted. Sprinkle with the chopped tomato, green onion and cilantro before serving, if desired.

## **Chicken, Stuffing, and Green Beans**

Ingredients (6 servings):

2 cups cooked, cubed chicken breast meat

1 (10.75 oz.) can condensed cream of chicken soup

1 (14.5 oz.) can green beans, drained

1 teaspoon garlic powder

Salt and pepper to taste

1 (12 oz.) package dry bread stuffing mix

1 cup shredded Cheddar cheese

Directions:

1. In a medium bowl combine the chicken, soup, beans, salt and pepper; mix well and set aside. Prepare stuffing according to package directions.
2. Preheat oven to 375 degrees F (190 degrees C).
3. Spoon chicken mixture into a 9x13 inch baking dish, top with prepared stuffing and sprinkle with cheese.
4. Bake, covered, for 25 minutes; remove cover and bake another 5 minutes to brown the cheese.

## **Chicken Pot Pie Casserole**

Ingredients:

1/3 cup butter, cubed

1-1/2 cups sliced fresh mushrooms

2 medium carrots, sliced

1/2 medium onion, chopped

1/4 cup all-purpose flour

1 cup chicken broth

1 cup 2% milk

4 cups cubed cooked chicken

1 cup frozen peas

1 jar (2 ounces) diced pimientos, drained

1/2 teaspoon salt

**BISCUIT TOPPING:**

2 cups all-purpose flour

4 teaspoons baking powder

2 teaspoons sugar

1/2 teaspoon salt

1/2 teaspoon cream of tartar

1/2 cup cold butter, cubed

2/3 cup 2% milk

Preheat oven to 400°. In a large saucepan, heat butter over medium heat. Add mushrooms, carrots and onion; cook and stir until tender.

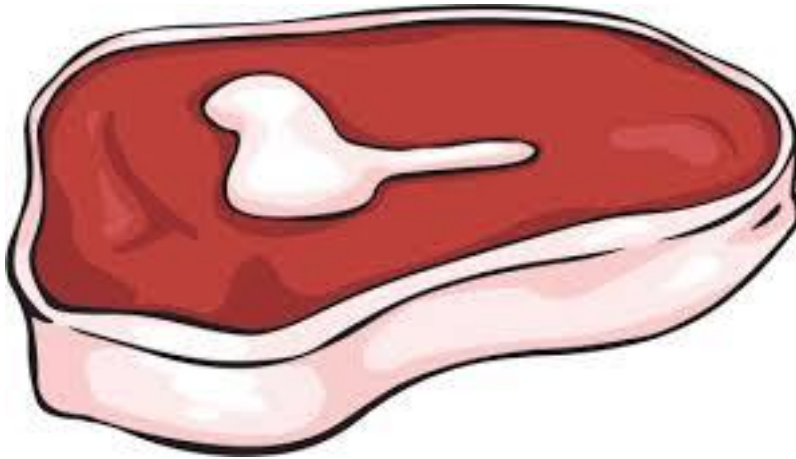


Stir in flour until blended; gradually stir in broth and milk. Bring to a boil, stirring constantly; cook and stir 2 minutes or until thickened. Stir in chicken, peas, pimientos and salt; heat through. Transfer to a greased 11x7-in. baking dish.

For topping, in a large bowl, whisk flour, baking powder, sugar, salt and cream of tartar. Cut in butter until mixture resembles coarse crumbs. Add milk; stir just until moistened.

Turn onto a lightly floured surface; knead gently 8-10 times. Pat or roll dough to 1/2-in. thickness; cut with a floured 2-1/2-in. biscuit cutter. Place over chicken mixture. Bake, uncovered, 15-20 minutes or until biscuits are golden brown.

# BEEF



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## Hamburger Casserole

Ingredients (10 servings):

5 small potatoes

2 lbs. ground beef (browned)

2 cans cream of mushroom soup

1 ½ cups of milk

1 ½ cups of shredded cheese

Directions:

1. Preheat oven to 350 degrees.
2. Brown your ground beef and set aside.
3. Peel and slice potatoes and set aside. We use this easy mandolin slicer to cut our potatoes quickly.
4. In a mixing bowl, combine cream of mushroom soup, milk, salt and pepper to taste. Mix well. Set aside.
5. Spray a 9x13 baking dish with non stick spray.
6. Layer in the pan, potatoes, beef, soup, and cheese. Then repeat. Top with remaining cheese.
7. Cover with foil and bake for 1 hour.
8. Remove foil and bake another 30 minutes until potatoes are fork tender.
9. Allow to sit until cool, then freeze.

## Sloppy Joe Grilled Cheese Casserole

Ingredients ( 6 servings):

1 lb. lean ground beef

1 yellow onion, diced

1 cup ketchup

1 tbsp Worcestershire sauce

¼ cup brown sugar

2 tsp. onion powder

12 slices of bread

½ cup margarine

4 cups mozzarella cheese, shredded

Directions:

1. Preheat oven to 400 degrees F.
2. Cook ground beef and diced onions in a large frying pan over medium-high heat with a dab of butter or margarine.
3. While the beef is cooking, dump the ketchup, Worcestershire sauce, brown sugar and onion powder into a small mixing bowl. Stir well.
4. Once the beef is fully cooked, drain the grease from the frying pan.
5. Pour the sauce over the ground beef and stir until all of the meat is coated in sauce.
6. Spread one side of each of the 12 slices of bread with margarine.
7. Cut each slice of bread in half.
8. Place half of the bread slices, margarine side down, in the bottom of a greased 9x13 inch baking dish.
9. Sprinkle 2 cups of shredded mozzarella on top of the bread.
10. Spoon the meat mixture over the cheese and spread it out evenly.
11. Sprinkle the remaining 2 cups of shredded mozzarella on top of the meat.
12. Place the remaining pieces of bread, margarine side up, on top of the cheese.

13. Place the dish in the oven and bake until the bread is golden brown on top (26 to 30 minutes).

## Mexican Quesadilla Casserole

Ingredients (8 servings):

Cooking spray

1 lb. ground beef

½ cup chopped onion

1 (15 oz.) can tomato sauce

1 (15 oz.) can black beans, rinsed and drained

1 (14.5 oz.) can diced tomatoes with lime juice and cilantro (such as RO\*TEL)

1 (8.75 oz.) can whole kernel sweet corn, drained

1 (4.5 oz.) can chopped green chiles, drained

Taco seasoning packet

6 flour tortillas

2 cups shredded Cheddar cheese

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Prepare a 13x9-inch baking dish with cooking spray.
2. Heat a large skillet over medium-high heat. Cook and stir beef and onion in the hot skillet until beef is completely browned, 5 to 7 minutes; drain and discard grease.
3. Stir tomato sauce, black beans, diced tomatoes with lime juice and cilantro, corn, and chopped green chiles into the ground beef mixture; season with chili powder, cumin, garlic, oregano, and red pepper flakes. Reduce heat to low and cook mixture at a simmer for 5 minutes.
4. Spread about 1/2 cup beef mixture into the bottom of the prepared baking dish; top with 3 tortillas, overlapping as needed. Spread another 1/2 cup beef mixture over the tortillas. Sprinkle 1 cup Cheddar cheese over beef. Finish with layers of remaining tortillas, beef mixture, and Cheddar cheese, respectively.

5. Bake in preheated oven until heated throughout and the cheese is melted, about 15 minutes. Cool 5 minutes before serving.

## Hot Tamale Pie

Ingredients (8 servings):

Cooking spray

2 lbs. ground beef

2 cups diced poblano peppers

1 teaspoon salt

1 (16 oz.) jar salsa

½ teaspoon dried oregano

1 teaspoon ground dried chipotle pepper

2 (8.5 oz.) boxes dry corn muffin mix

2 eggs

2/3 cup milk, divided

4 oz. shredded Cheddar cheese, divided

4 oz. shredded Monterey Jack cheese, divided

8 oz. frozen corn, thawed

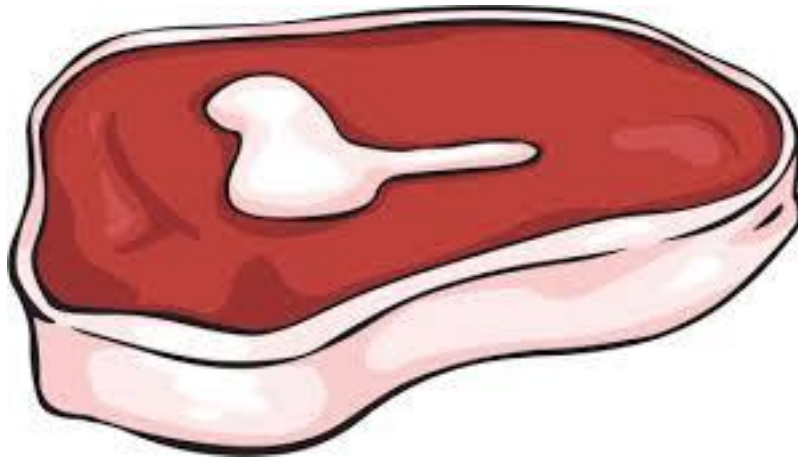
Directions:

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Spray a 9x13-inch casserole dish with cooking spray.
3. Cook and stir ground beef in a Dutch oven over medium-high heat until meat starts to brown and release juices, about 5 minutes.
4. Reduce heat to medium and stir in poblano peppers, salt, salsa, oregano, and chipotle powder; cook and stir until seasoned beef is crumbly and no longer pink, about 10 minutes.
5. Mix one package of corn muffin mix in a large bowl with 1 egg and 1/3 cup of milk. Whisk to combine. In a separate large bowl, mix the second package of corn muffin mix with 1 egg, 1/3 cup of milk and half the Cheddar and Monterey Jack cheeses.



6. Spread the prepared corn muffin mixture without cheese into the prepared baking dish. Sprinkle corn over the muffin mix, followed by remaining half of the cheeses, then the beef mixture.
7. Spoon the corn muffin mix with cheese on top of the beef and carefully spread over the top with a fork, leaving about half an inch from the edges of the pan.
8. Bake in the preheated oven for 50-60 minutes, until golden brown.

# PORK



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## Cheesy Pork and Rice

Ingredients (4 servings):

- 2 tbsp olive oil
- 1 lb. boneless pork sirloin chops, cut into bite-sized pieces
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 cup uncooked white rice (I use Jasmine)
- 1 tbsp Italian Seasoning
- 1 cup frozen peas and carrots
- 2 cups chicken broth
- 1/2 cup sour cream
- 1 1/2 cups shredded cheddar cheese

### INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium heat. Saute the pork with the garlic and onions, until the pork is browned and the onions are tender (about 5 to 7 minutes).
2. Add the rice, Italian seasoning, frozen peas and carrots and chicken broth to the skillet. Bring to a boil, reduce heat to a simmer and cover. Cook for about 18 minutes or until rice is tender, stirring occasionally.
3. Stir in the sour cream and 1/2 cup of the cheese until combined. Top with the remaining cheese. Cover with the lid for an additional 2 to 3 minutes, until the cheese melts. Or optionally, you can place

## **Pork and Potato Casserole**

Ingredients (6 servings):

6 large pork chops

6 medium potatoes

Flour

1 large can cream of mushroom soup

½ can water

Oil

Seasoning to taste

Directions:

1. Pre-heat oven to 350 degrees F.
2. Peel potatoes and cut into round slices. Layer bottom of large casserole dish with potatoes. Sprinkle with salt and pepper.
3. Season pork chops (salt, pepper, garlic powder, other seasonings such as Cajun). Coat pork chops with flour.
4. Heat oil in large skillet and brown pork chops on each side.
5. Arrange pork chops on top of potatoes.
6. Heat soup with water; then pour mixture over pork chops and potatoes.
7. Cover with foil and bake for 1 ½ hours.

## Smothered Pork Chop Casserole

Ingredients (4 servings):

1 pouch creamy butter mashed potatoes (water, butter and milk called for on mashed potato pouch)

2 oz. cream cheese, softened

2 tablespoons parsley

1 tablespoon thyme

3 tablespoons butter

4 boneless pork loin chops (trimmed of fat)

$\frac{3}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon pepper

2 medium onions, halved and cut into  $\frac{1}{4}$  inch slices (or 4 cups)

1 package cremini mushrooms, sliced

1 cup chicken broth

1 teaspoon Worcestershire sauce

4 teaspoons all-purpose flour

Directions:

Heat oven to 400°F. Spray bottom of 11x8-inch (2-quart) glass baking dish with cooking spray. Make mashed potatoes as directed on pouch; stir in cream cheese, 1 tablespoon of the parsley and 2 teaspoons of the thyme. Spoon mixture into bottom of baking dish; set aside.

In 12-inch skillet, heat 1 tablespoon of the butter over medium-high heat. Season pork with  $\frac{1}{2}$  teaspoon of the salt and the pepper; add to skillet. Cook 1 to 2 minutes on each side or until browned on both sides; arrange pork on top of potatoes in baking dish.

Add remaining 2 tablespoons butter, the onions, remaining 1 teaspoon thyme and  $\frac{1}{4}$  teaspoon salt to skillet. Cook 7 to 8 minutes over medium-high heat, stirring

frequently, until onions are browned and tender. Stir in mushrooms; reduce heat to medium, and continue cooking 4 to 5 minutes or until tender.

In 1-cup glass measuring cup, mix chicken broth, Worcestershire sauce and flour. Pour into skillet; heat to boiling. Cook and stir 3 to 5 minutes or until sauce is thickened. Spoon mixture on top of pork chops in baking dish.

Bake 18 to 25 minutes or until pork registers 145°F with instant-read thermometer. Garnish with remaining 1 tablespoon parsley before serving.