

## **SHIP'S MEATBALLS, NOODLES & BROWN GRAVY**

*Makes Two Pans*

### Meatball Ingredients

Ground Beef – 3 to 3 1/2 lbs

Bread Crumbs – 1 Cup

Eggs – 3

Garlic Powder – 1/2 tsp.

Ground Pepper – 1 tsp.

Salt – 1 tsp.

### Other

“Savory” Brown Gravy – three 12 oz. Cans

Muellers Pennsylvania Dutch Wide Egg Noodles – one bag

PAM, or similar vegetable oil spray.

For the Meatballs:

Mix all together and form into 2-inch diameter meatballs

Spray broiler pan with Pam or equivalent, place meatballs under broiler and turn periodically until browned all the way around. *If you prefer you can also brown the meatballs in a heavy bottom pan on top of your stove in a little bit of vegetable oil.*

Option One: Combine browned meatballs and brown gravy in a crock pot and cook for 3 1/2 to 4 hours on low.

Option Two: Combine browned meatballs and brown gravy in heavy pot or Dutch oven, place on a medium/low burner and bring to a simmer. Cover and cook on low for 45 min. to 1 hour.

Cook Egg Noodles according to the instructions on the package. Only cook for the minimum amount of time noted on the package (*al dente*).

Combine cooked meatballs and gravy with the egg noodles and divide into two disposable aluminum 10” X 12” X 2.5” deep pans which have been sprayed with PAM.

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Cool. Cover tightly with heavy-duty foil, or with two layers of regular foil. *It is a good idea to spray the underside of the aluminum foil with PAM prior to covering the food.*

Mark the top and end of each pan with a wide-tipped permanent marker. *The med. point black Sharpie's work great.* Include the following:

St. Bernard's  
Meatballs & Noodles w/ Brown Gravy  
Date of preparation

Bring the frozen Hamburger Pie to St. Bernard on Social Concerns Sunday (typically the second Sunday of each month).

Note—please do not add any additional salt to the recipe. Many of those who will be eating the dish must limit their sodium intake.

## SHIP's Hamburger Pie

*Makes One Pan*

### Ingredients:

- 2 lbs. lean ground beef, drained
- 1 14.5-oz. can green beans, drained
- 1 14.5-oz can yellow corn, drained
- 2 cans tomato soup
- 1 soup can of water
- ½ lb. elbow macaroni, cooked *al dente*
- PAM, or similar vegetable oil spray

### Directions:

- After browning and draining the meat, combine it and all other ingredients in a large pan. Pour into a disposable 10" X 12" X 2.5" deep pan, which has been sprayed with PAM.
- Cool. Cover tightly with heavy-duty foil, or with two layers of regular foil. *It is a good idea to spray the underside of the aluminum foil with PAM prior to covering the food*
- Mark the top and end of each pan with a wide-tipped permanent marker. Include the following:
  - St. Bernard's
  - Hamburger Pie
  - Date of preparation
- Bring the frozen Hamburger Pie to St. Bernard on Social Concerns Sunday (typically the second Sunday of each month).

\* Note—please do not add any salt to the meat or pasta. Many of those who will be eating the dish must limit their sodium intake.

## **SHIP's Mac 'N Cheese with Ham**

*Makes One Pan*

### Ingredients:

- 1 ½ lb. elbow macaroni
- 4 C. thin white sauce (see below)
- 1 ½ lb. American cheese (grated) \*
- ¾ lb. ham cut into ½-in cubes
- PAM or similar vegetable oil spray

### Directions:

- Cook and drain macaroni.
- Meanwhile prepare the white sauce and stir in the grated American cheese. Heat until the cheese melts, and combine with the cooked macaroni.
- Add the ham cubes.
- Pour into a disposable 10" X 12" X 2.5" deep pan, which has been sprayed with PAM.
- Cool. Cover tightly with heavy-duty foil, or with two layers of regular foil. *It is a good idea to spray the underside of the aluminum foil with PAM prior to covering the food.*
- Mark the top and end of each pan with a wide-tipped permanent marker. Include the following:
  - St. Bernard's
  - Mac 'N Cheese w/ Ham
  - Date of Preparation

### Thin White Sauce:

- Melt 4 T. margarine or butter in a heavy 2-qt. saucepan
- Stir in 3 T. flour, one T. at a time until it is smooth and bubbly
- Remove from heat and stir in 4 C. of milk
- Return to heat, heat to boiling, stirring constantly. Boil and stir 1 min.

\* The deli department will cut you a chunk of American cheese that you can grate easily.

## SHIP's Chicken Tetrazzini

*Makes One Pan*

### Ingredients:

1lb Package of Thin Spaghetti  
Large Bag (16 oz or so) Frozen Green Peas  
4 Cups cubed cooked chicken  
PAM or similar vegetable spray

### Sauce Ingredients:

- 2 Cans of either Cream of Chicken, Cream of Mushroom or Cheddar Cheese Soup undiluted (you can put one can of Cream of Mushroom or Cream of Chicken with one can of Cheddar Cheese Soup)
- 2 Cups clear chicken broth (low sodium if using canned)
- 2 Cups Grated Sharp Cheddar Cheese
- 1 tsp or to taste Worcestershire Sauce
- 1 tsp salt & pepper to taste

### Directions

1. Cook spaghetti, drain and keep hot.
2. Also cook peas as package label directs. Drain and keep hot
3. Meanwhile, make sauce:  
In medium sized saucepan, combine all sauce ingredients, mixing well. Over Medium heat, bring mixture to a boil while stirring. Remove from heat.
4. Toss spaghetti with peas, chicken and half of the sauce just until combined.
5. Pour into a disposable 10" X 12" X 2.5" deep pan, which has been sprayed with PAM.
6. Pour rest of sauce over mixture and cool. . Cover tightly with heavy-duty foil, or with two layers of regular foil. *It is a good idea to spray the underside of the aluminum foil with PAM prior to covering the food.*
7. Mark the top and end of each pan with a wide-tipped permanent marker. Include the following:  
St. Bernard's  
Chicken Tetrazzini  
Date of Preparation

## MARIE'S TURKEY, BEANS & CORN WITH RICE CASSEROLE

Makes One Pan

### Ingredients:

1 ½ tbl. vegetable oil  
1 ½ lbs. lean ground turkey  
1 ½ c. chopped onion  
2 tbl. chili powder  
1 ½ tsp. cumin  
1 ½ tsp. oregano, crushed  
¾ tsp. black pepper  
2 cloves garlic, minced, or scant ½ tsp garlic powder  
15 oz. can chicken stock  
1 ½ c. medium (not hot) chunky salsa  
15 oz. can black beans, drained and rinsed  
15 oz. can red kidney beans, drained and rinsed  
15 oz. can whole kernel corn, drained  
1 ½ c. uncooked rice  
1 cup grated cheddar cheese

### Directions:

Heat the oil in a 5 or 6 qt. pot over medium heat. Add the turkey and onions and cook, stirring to separate the meat. Add the chili powder, cumin, oregano, black pepper and garlic. When the meat is cooked, stir in the stock, salsa, beans and corn. Bring to a boil, reduce heat and simmer for 30 min. Stir occasionally.

While the above is simmering, cook the rice according to package directions. After above has simmered 30 min., add the cooked rice; pour into an aluminum pan and top with grated cheese.

Cool. Cover tightly with heavy-duty foil, or with two layers of regular foil. It is a good idea to spray the underside of the foil with cooking spray before covering the food.

Mark the top and end of each pan with wide-tipped permanent marker. Include the following:

St. Bernard's  
Turkey, Beans & Corn  
Date of preparation

Bring the frozen casserole to St. Bernard on Social Concerns Sunday (typically the second Sunday of each month).