

So Others Might Eat

Instructions and Recipes

Children in poverty, the working poor, and homeless in our city need our help. They are impacted by many challenges and are suffering greatly. St. Alban's has been a vital supporter of **So Others Might Eat (SOME)**, an ecumenical organization located at 71 O Street NW in the heart of our city. SOME helps feed, clothe, and provide a variety of services to our community's homeless and very poor to help them restore dignity and hope. St. Alban's major contributions to SOME come in the form of prepared casseroles.

How to Do It: Pick-up empty casseroles tins the second Sunday of every month. Bring your prepared casseroles on the third Sunday of every month. Wrap your casserole at least three large pieces of foil; twice around sideways, once around lengthways and label it clearly for SOME. It's easier and safer to transport if you can bring it frozen. Place your casseroles in Trenbath Assembly Hall in the coolers along the church kitchen wall by 11:30 AM on the third Sunday of each month. You can bring your casserole during the week if you are going to be away—just be sure to place it in the kitchen freezer wrapped securely and clearly labeled for SOME.

Disposable foil casserole tins are available on the second Sunday of the month in the Church Narthex. Questions? Contact: Marty Kerns H 202-362-4992 e-mail quatre95@verizon.net

In addition to casseroles, you may also bring bananas, bags of apples or oranges, coffee beans, large cans of fruit and vegetables or large jars of peanut butter. Please put these types of offerings in bags and label them for SOME with the date.

Thank you. Your generosity helps SOME provide hot, nutritious meals to more than 800 hungry children, women, and men each day.

IMPORTANT: Wrap casseroles with minimum of three large pieces of foil, twice around sideways, once around lengthwise.

~Recipes~

Mexicali Baked Bean Supper

28 oz. can baked beans
16 oz. can whole corn
1 tsp. chili powder
1 cup corn chips
1/4 cup green onions
1/2 cup grated cheese

Combine beans, corn and chili powder in greased tin. Top with crushed chips, cheese and chopped onions. Bake at 350 degrees for 25 minutes.

Mexican Casserole

2 lbs. Hamburger
1 onion, chopped
1 lb. cheddar cheese grated
small bottle Taco sauce
2 cups corn meal
2 cans (#303) creamed corn
2 cups milk
3 eggs
1/2 teaspoon baking soda
1/4 cup bacon grease or vegetable oil

Saute onion and hamburger, drain. Meanwhile mix corn meal, corn, milk, eggs, soda and oil and pour half into large casserole. Top with cheese, meat mixture, taco sauce and then remaining corn meal mixture. Bake uncovered at 350 degrees about 45 minutes.

Adams Family One Pot Meal

3 lb. can green beans
8 medium potatoes, cut in bite size pieces
1 onion, chopped
1 pkg. smoked sausage or Kielbasa, cut up

Combine all ingredients in pot. Cook until potatoes are slightly soft, approximately 15–20 minutes. Place in tin and cover.

Mrs. Spooner's Award Winning Chick 'n Rice

2 chickens cut up or 12 pieces, e.g. legs
2 cups raw rice
1 cup chopped celery
1 can (6 oz) mushrooms
1 can (5 oz.) water chestnuts, sliced
2 pkgs. Instant Onion soup mix (1 3/4 oz.)
4 Tablespoons soy sauce
4 cups water
4 Tablespoons butter
1/4 cup Parsley
1/4 cup sliced almonds

Pour raw rice into the casserole; arrange chicken over it. Sprinkle with remaining ingredients in the order listed. Bake uncovered at 350 degrees for about one hour, until chicken is tender.

Hearty Italian Supper

2 pounds ground beef
1 48 oz spaghetti sauce like Ragu, Prego, Giant
2 lbs pasta (shells, spirals, rigatoni, etc.)

Fry ground beef. Drain it. Put it in a large kettle with the spaghetti sauce. Cook the sauce on medium heat while you cook the pasta (15 minutes or so). Cook pasta in boiling water and drain it. Put pasta in casserole tin. Mix in sauce over pasta.

Franks and Beans Supper

2 28 oz of baked beans
2 packages hot dogs or smoked sausage

Open can of beans and pour into casserole. Slice hot dogs or smoked sausage, mix into beans.

Chili Supper

2 lbs ground beef
2 cans 51 oz Kidney beans
1 can 28 oz. whole tomatoes
1 can 28 oz tomato sauce onion
Chili powder, pepper

Fry ground beef with chopped onion, drain. Put beans, broken up tomatoes and tomato sauce into large kettle. Add cooked meat. Add spices. Simmer on medium/low heat for 35–45 minutes. Place in tin.

Tuna Noodle Casserole

2 lbs egg noodles
3 cans (small) tuna
2 cans cream of mushroom soup
3 soup cans full of milk
1 lb sharp or American cheese cubes (optional)

Cook noodles and drain them. Mix noodles in tin with all other ingredients. Bake for 45 minutes.

Chicken a la Can Can

2 cans cream of chicken soup
2 cans cream of celery soup
2 soup cans Minute rice
2 soup cans water
2 cans boned chicken
1 can French fried onions

Combine the soup, water, rice and chicken in a tin. Top with onions. Bake at 350 for 30 minutes.

Italian Saturday Supper

2-3 lbs. Italian sausage, cut in pieces
4 green peppers,, cut in strips
2 large onions, sliced
6 large potatoes, cut in chunks

Place all ingredients in tin. Add 3/4 cup water. Bake at 350 for 45-55 minutes.

Cantonese Bake

2 cans tuna
2 cans mushroom soup
2 cans Chinese noodles (crispy)
1 can sliced water chestnuts
2 cups chopped celery (optional)
green onions, chopped

Put all ingredients in greased casserole tin. Dot with butter. Bake for 1 hour at 325.

Easy Chili

2 lbs. ground beef
1 large onion (optional)
3 T. chili powder
2 cans (10 oz.) tomato soup
3 cans (15 oz.) kidney beans

Fry ground beef with onion, drain. Add beef and other ingredients in tin. Mix.

St. Alban's Episcopal Church

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