



THE JEWISH CENTER'S 2017-2018

# Casserole Challenge

TO SUPPORT THE TRENTON AREA SOUP KITCHEN

THE CHALLENGE IS SIMPLE - WE'RE ASKING EVERYONE AT TJC TO MAKE AT LEAST ONE CASSEROLE FOR T.A.S.K. DURING THE YEAR.

HELP US REACH THAT GOAL BY FOLLOWING THESE INSTRUCTIONS:

- 1 LOOK FOR THE FIRST LETTERS OF YOUR LAST NAME ON THE CALENDAR BELOW to determine your drop-off date. (You are welcome to contribute for any additional months as well!)
- 2 Follow one of the recipes listed below, check the website for additional recipes ([www.thejewishcenter.org/Participate-With-Us/Social-Action](http://www.thejewishcenter.org/Participate-With-Us/Social-Action)) or make-up your own!!
- 3 Aluminum tins and pre-printed labels are available in the TJC office or use your own disposable tin.
- 4 After you bake your casserole, BE SURE TO COVER WITH SEVERAL LAYERS OF ALUMINUM FOIL. Freeze. Then slip the casserole into a plastic bag and bring to The Jewish Center's dairy freezer (kitchen on the left).
- 5 To make sorting easier for our deliverer, please print a label ([www.thejewishcenter.org/Participate-With-Us/Social-Action](http://www.thejewishcenter.org/Participate-With-Us/Social-Action)), mark the check-off box for "Tuna", "Bean/Lentil", "Pasta/Cheese" or "Other" and tape to your casserole.
- 6 TIME-SAVING RECOMMENDATION: Choose a casserole recipe that you would make for dinner for your family - then double the recipe and put into a tin for T.A.S.K.



Determine your assigned month, by locating where your last name falls alphabetically on this list...

### SEPTEMBER: Abe – Bres

Drop-Off Casseroles to TJC by Sept. 19

### OCTOBER: Bret-Far

Drop-Off Casseroles to TJC by Oct. 17

### NOVEMBER: Fat – Gol

Drop-Off Casseroles to TJC by Nov. 21

### DECEMBER: Goo – Kan

Drop-Off Casseroles to TJC by Dec. 19

### JANUARY: Kar – Lit

Drop-Off Casseroles to TJC by Jan. 16

### FEBRUARY: Loe – Osb

Drop-Off Casseroles to TJC by Feb. 20

### MARCH: Oss – Ros

Drop-Off Casseroles to TJC by March 20

### APRIL: Rot – Sha

Drop-Off Casseroles to TJC by April 17

### MAY: She – Tur

Drop-Off Casseroles to TJC by May 15

### JUNE: Ull – Zin

Drop-Off Casseroles to TJC by June 19

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## RECIPE IDEAS:

### Easy Tuna Casserole Recipe

(Serves eight)

1 lb. noodles

4 - 6 1/2 oz. cans tuna

3 cans mushroom soup

fresh or frozen vegetables, as desired

bread crumbs

butter or margarine

roaster baker pan

(approx. 11 5/8" x 9 1/4" x 2 3/8")

Butter pan and set oven at 350 degrees. Boil noodles. Mix together noodles, tuna, soup, and vegetables. Spread mixture in pan. Sprinkle with bread crumbs. Dot with butter. Bake for about 30 minutes.

### Baked Ziti Recipe

(Serves eight)

1 pound ziti

16 oz. jar of sauce

15 oz. ricotta cheese

Spices of your choice

1 pound mozzarella

Frozen chopped spinach, kale or other vegetables, (defrosted and water squeezed out)

Boil and drain ziti. Grate mozzarella and save 1/3 to sprinkle on top of the casserole. Mix together all ingredients and then sprinkle with extra mozzarella. Bake approximately 30 minutes at 350.

RECIPES CONTINUED ON NEXT PAGE

## Caribbean Rice & Beans

Recipe courtesy of Suzanne Esterman of Suzy's Wild Cooking.

3 C vegetable stock	2 15-oz cans diced tomatoes with juice
1 can light coconut milk	½ 7-oz can chipotle peppers in adobo, chopped
3-inch cinnamon stick	2 ½ T Recaito
2 C rice	1 ½ t adobo seasoning or chili powder
2 packets Goya Sazon	Salt & freshly ground black pepper
3 15-oz cans dark kidney beans	

### In pot 1 (rice):

Boil stock with coconut milk and cinnamon stick. When boiling, add rice and sazon... cook about 18 mins until liquid has evaporated and rice is al dente.

### In pot 2 (beans):

Heat beans with liquid, diced tomatoes, chipotle in adobo, Recaito, dash salt and pepper and adobo seasoning. Simmer while rice cooks and all flavors combine.

Place contents of pot 1 into foil dish and top with contents of pot 2!

## Spinach Mac 'n Cheese

Recipe courtesy of Suzanne Esterman of Suzy's Wild Cooking.

1 lb pasta: anything that will catch sauce	1 t ground white pepper
1 lb grated guyere or cheddar	1 t Worcestershire sauce
1 lb frozen chopped spinach, thawed	¼ t smoked paprika (optional)
3 C milk	½ t grated nutmeg
2 C vegetable stock	½ C panko bread crumbs
6 T butter or margarine	2 T parmesan cheese
6 T flour	2 T olive oil
2 t salt, plus more for boiling pasta	

- Preheat the oven to 400.
- Boil pasta in heavily salted water until al dente.
- In another pot, melt butter then add 6 T flour to make a roux.
- Add milk and stock and stir constantly as you bring it to a boil to thicken.
- Add the cheese in handfuls, as each clump melts add more.
- Season with salt, white pepper, smoked paprika, nutmeg and Worcestershire.
- Drain spinach by squeezing in clean dish cloth and add to sauce.
- Combine the pasta in the sauce and pour into baking dish.
- Mix panko, parmesan and olive oil for the topping and sprinkle on the whole shebang.
- Bake until brown and bubbly...about 20 mins.

## Lentils Provençal

Recipe courtesy of Suzanne Esterman of Suzy's Wild Cooking.

1 kg pre-cooked lentils (Trader Joe's has 500g bricks in produce dept)	4 t dried thyme
2 small ribs celery, chopped	½ C vegetable stock
4 large (3" x 1.5" max) shallots, rough chopped	2 14.5-oz tins diced tomatoes
4 large garlic cloves, minced	Splash of sherry vinegar
2 medium carrots, chopped	Olive oil, kosher salt & freshly ground black pepper

- In large pot, sweat celery, carrots, shallots and garlic in enough olive oil to barely cover the bottom and season with about a ½ t salt.
- Add lentils, thyme, tomatoes (with juice!). Combine and season again with salt and pepper.
- Add stock and vinegar and simmer about 15 minutes. Pour into casserole dish to serve.

## Matzah Lasagne

Recipe courtesy of Suzanne Esterman of Suzy's Wild Cooking.

1 box matzah	½ C parmesan
3 large zucchini, sliced about ¼" thick along the long axis	1 egg, beaten
1 eggplant, sliced about ¼" thick along the long axis	1/3 C fresh parsley, chopped
1 26-oz jar marinara sauce	1.5 t granulated garlic
1 qt part-skim ricotta	½ t red pepper flakes (or to taste)
1 lb part-skim mozzarella, shredded	Olive oil, kosher salt & freshly ground black pepper

- Preheat oven to 450.
- Toss zucchini and eggplant strips in about 2 T olive oil, salt & pepper and arrange on baking sheet, pouring remaining oil from bowl onto the veg.
- Roast veg in oven for about 10 minutes, turn and roast for additional 10 minutes until they have browned and are tender.
- Meanwhile, in a bowl combine ½ C marinara with ricotta, egg, all but about a T of parmesan, parsley, garlic, red pepper flakes, a handful of mozzarella and a sprinkle of salt & pepper. Set aside.
- Break each matzah in half and soften in very warm water until \*almost\* pliable...about 5 seconds a piece.
- When the veg is done, turn down oven to 375 and get ready to assemble.
- Place about a ¼ to a ½ C marinara on bottom of casserole pan to coat.
- Next, layer 4 or so of the matzah halves so the pan is covered, but without overlapping.
- Add a third of the roasted veg; then a third of the remaining sauce; and then a third of the mozzarella.
- Add another layer of matzah, and proceed as above until the ingredients are gone.
- Sprinkle on the remaining parmesan, cover with foil and bake for about an hour or until the cheese is melted and the sauce is bubbly. Remove foil and bake for another 10 minutes to brown.
- Cool slightly before cutting.