

ST. PATRICK'S PARISH - 'OUT OF THE COLD PROGRAM' IMPORTANT INFORMATION AND RECIPES FOR VOLUNTEERS

Please prepare or buy a nutritious casserole to support Toronto's largest free meal program at Good Shepherd Ministries. Each day, the shelter provides 1,000 meals to people who are homeless or underhoused. Donations of baked goods - homemade or store-bought - are welcome too. You can also drop off new socks, underwear, hats and gloves for men. **High-school students get three hours of community service for each home-made casserole!**

Casserole Delivery Dates for 2026/27 (all Saturdays)

2026

September 19

October 17

November 21

December 12

2027

January 16

February 20

March 20

April 17

May 15

NO NEED TO SIGN UP IN ADVANCE

- Choose the date/dates that work best for you and follow the instructions below for preparation and delivery.
- Select a recipe(s) from those provided in the package or make your own favourite recipe. There are easy ideas on the Guidelines and Suggestions page.
- Prepare and freeze your chosen recipe.
- Please deliver your donation 1) covered with foil 2) frozen and 3) inside a plastic, paper or compostable bag secured with a twist tie and 4) with the name of the recipe on a label on the bag. Bring to ST. PATRICK'S CHURCH – BACK PARKING LOT between 10:30 AM and 11:00 AM on the Saturday delivery date.
- Questions? Email Rosemary at volunteersforcasseroles@gmail.com

OUT-OF-THE-COLD GUIDELINES AND SUGGESTIONS

HIGH SCHOOL STUDENTS GET THREE COMMUNITY SERVICE HOURS FOR EACH CASSEROLE YOU MAKE

Please get your community service form from school and bring it with you (or have your parent or guardian bring it) when you deliver your home-prepared casserole on the delivery date. The volunteer driver will sign your completed form.

GET CREATIVE

When you follow one of our recipes, feel free to make substitutions for ingredients you don't have on hand or add your preferred seasonings or spices to the recipe. Better yet, use your own favourite recipe!

AVOID NUTS IN ANY FORM

Many people have life-threatening allergies to tree nuts. Don't use any nuts, peanut oil or any kind of nut-based product.

USE SHORTCUTS

Rotisserie chickens, canned chicken and ham are tasty alternatives that cut down on prep time.

ADD BAKED GOODS – HOME MADE OR STORE BOUGHT

The staff at Good Sheppard tell us their clients love special treats. If you can, buy boxes of individually packaged baked goods such as Dad's Cookies, granola bars, rice Krispie squares etc. (Costco has a great selection.)

NEW MEN'S UNDERWEAR AND SOCKS IS APPRECIATED

Clients at the Good Sheppard appreciate this essential clothing, as well as the hand-knitted mitts, hats and scarves our volunteers kindly donate.

THE RECIPES

EASY CASSEROLE SUGGESTIONS

- **Store-Bought Casseroles**
 - Pre-made lasagna, shepherd's pie, macaroni and cheese or cabbage rolls – frozen and bought in store. Large or super-size please.
- **Chicken Stir-Fry**
 - Cook two 454 g bags of Cantonese style chow mein noodles for about a minute, add the chopped meat from a rotisserie chicken, a bag of frozen vegetables of your choice and season to taste with teriyaki or soy sauce. Freeze.
- **Pasta Bake**
 - Cook one large 900 g bag of pasta (rigatoni or Scooby doo work well), add two large jars of pasta or spaghetti sauce and a large bag of frozen meatballs. No need to defrost the meatballs. Toss with grated parmesan cheese and freeze.
- **Your Preferred Recipe**
 - Make a double batch the next time you make your family's favourite meal and freeze.

Read onto the next pages for recipes. There's one recipe on each page so you can easily print out what you need.

Recipe	Page
Easy Homemade Hamburger Helper	4
Au Gratin Chicken Bake	5
Chicken and Rice Casserole	6
Gaucho Casserole	7
Shepherd's Pie	8
Tuna Casserole	9
Lentil Ragu	10
Vegetarian Chili and Rice	11
Cabbage Roll Casserole	12
Chicken Divan	13
Chicken and Broccoli Stir-fry	14

EASY HOMEMADE HAMBURGER HELPER

(Adapted from Salt and Lavender)

Ingredients:

- 1 pound extra lean ground beef
- ½ medium onion, chopped
- 2 heaping tablespoons tomato paste
- ½ teaspoon garlic powder
- ½ teaspoon chili power
- 1 cup uncooked elbow macaroni
- 3 cups beef broth
- 2 cups freshly grated cheddar cheese
- One 11.7 x 9.3 x 2.55 in. foil pan, lightly greased with cooking spray or olive oil

Method:

Brown beef with onions over medium-high heat until beef is brown (around 10 minutes). Drain off any excess fat. Stir in the tomato paste, garlic powder and chili powder. Add in the beef broth and increase heat to high. Add in macaroni once the mixture is boiling. Reduce the heat and simmer uncovered until the pasta is tender and the liquid is reduced, about 15 minutes. Stir every couple of minutes. Take off heat, add the grated cheese, stir and add salt and pepper. Transfer mixture to prepared pan. There is no need for further cooking – simply cool, cover with foil and freeze.

AU GRATIN CHICKEN BAKE

Ingredients:

- 6 to 8 cups cooked chicken, chopped – approx. 3 pounds (shortcut: use canned or rotisserie chicken)
- 4 cans of celery soup, 284 ml each
- One 454 g package of macaroni or 4 cups dry macaroni
- 500 g. frozen broccoli florets, or 2 bunches of fresh broccoli
- 4 cups (16 oz.) sharp cheddar cheese, shredded
- 2 cups milk
- One 11.7 x 9.3 x 2.55 in. foil pan, lightly greased with cooking spray or olive oil

Method:

Cook the macaroni and drain. Cook the broccoli and drain. Combine with the remaining ingredients in prepared foil pan. Bake for 30 minutes at 350 degrees. Cool, cover with foil and freeze.

CHICKEN AND RICE CASSEROLE

Ingredients:

- 1/2 cup melted butter or margarine
- 1/2 cup flour
- 2 cups chicken broth
- 3/4 cup milk
- 6 cups cooked diced chicken or turkey – shortcut: use rotisserie chicken or canned chicken
- 1/2 cup chopped green pepper
- 1 1/2 cups sliced mushrooms
- 1 cup chopped tomatoes or red pepper
- 4 cups cooked rice (1 1/2 cups uncooked)
- Seasoning to taste
- One 11.7 x 9.3 x 2.55 in. foil pan, lightly greased with cooking spray or olive oil

Method:

Melt butter or margarine and whisk in flour, cooking for about two minutes. Add stock, milk and seasonings (salt, pepper, basil or your choice). Whisk and cook until thick. Remove from heat.

Add all other ingredients, mix well and add to prepared pan.

Bake for 30 minutes in 350° oven.

Cool, cover and freeze.

GAUCHO CASSEROLE

Ingredients:

- 2 cups of pasta, uncooked
- 1 ½ lbs. of boneless turkey or chicken (breast or thighs)
- 1 tablespoon of butter or margarine
- 1 cup of chopped onion
- 2 cans of tomato soup, each 284 ml
- 2 cans of beans – 540 ml each, kidney, navy or pinto or a mixture, drained and rinsed
- 2 teaspoons Worcestershire sauce
- ½ water or chicken broth (use bean can for measuring)
- 2 cups of grated Cheddar cheese
- An 11.7 x 9.3 x 2.55 in. foil pan, lightly greased with cooking spray or olive oil

Method:

Boil the pasta until cooked and drain. Cut the meat into 1/2" cubes. Spray the skillet with cooking spray or a bit of cooking oil and add the butter or margarine. Sauté the onions and meat. Add the beans and simmer slightly. Blend the tomato soup with the water or broth, the Worcestershire sauce and pepper in a small bowl.

Arrange ½ of the macaroni in the prepared pan. Spoon 1/3 of the soup mixture over the macaroni and then put the bean/turkey mixture over that. Top with the remaining macaroni and soup mixture. Sprinkle the cheese over the top and bake at 375° about 30 minutes.

Cool, cover with foil and freeze.

SHEPHERD'S PIE

Ingredients:

- One 5 lb. bag of potatoes – peeled and quartered
- 1 cup of milk (warmed)
- 4 tablespoons of butter or margarine
- 4 medium onions, chopped
- 4 carrots, peeled and chopped
- 4 celery stalks, chopped
- 4 pounds ground beef, lean or medium
- 4 tablespoons of all-purpose flour
- 2 cups of beef or vegetable stock
- Seasoning to taste
- One 11.7 x 9.3 x 2.55 in. foil pan, lightly greased with cooking spray or olive oil

Method:

Boil the potatoes in boiling salted water. Drain, then add warmed milk and butter and mash. Add more milk and butter to preferred consistency. Add salt and pepper and other seasonings of your choice to taste.

Heat 3 tablespoons of cooking oil and sauté the onions, carrots and celery until soft, about 10 minutes. Add the ground beef and brown for about 10 minutes. Drain off fat. Add the flour, stirring for two to three minutes. Add the beef or vegetable stock and season with basil, garlic powder, salt and pepper or seasonings of your choice. Reduce heat and simmer for about five minutes, then let cool slightly. Place meat and veggie mixture in the prepared foil pan. Spread mashed potatoes over top, using fork tines to make an attractive pattern. Sprinkle top with paprika or parmesan if desired. Bake in oven at 400 degrees for 30 to 35 minutes until potatoes are slightly brown on top.

Cool, cover with foil and freeze.

TUNA CASSEROLE

Ingredients:

- 8 cups of dry pasta or egg noodles
- 5 cans of flaked tuna, 170 g each
- 4 cans of mushroom soup, 284 ml each
- 1 can of milk (use soup can for measuring)
- 1 tablespoon of butter or margarine
- 1 cup of breadcrumbs or crushed cornflakes
- Seasoning to taste
- One 11.7 x 9.3 x 2.55 in. foil pan, lightly greased with cooking spray or olive oil

Method:

Cook pasta or egg noodles until tender and drain. Toss pasta/noodles and tuna together and place in the prepared pan. Mix in with cans of soup. Add seasoning to taste (Worcestershire sauce, salt and pepper, garlic powder etc.) Melt butter or margarine in microwave for 10 seconds, mix with breadcrumbs or crushed cornflakes and spread over the top. Bake in oven at 450 degrees until top is golden brown.

Cool, cover with foil and freeze.

LENTIL RAGU

Ingredients:

- 3 tbsp olive oil
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 3 celery sticks, finely chopped
- 3 garlic cloves, crushed
- 1 460 g bag of dried red lentils, rinsed
- 2 cans of chopped tomatoes - 398 ml each, undrained
- 2 tbsp tomato paste
- 2 tsp each dried oregano and thyme
- 3 bay leaves
- 4 ¼ cups of vegetable stock
- 1 package of spaghetti – 500 g, cooked and drained
- parmesan or vegetarian cheese, grated, for topping
- An 11.7 x 9.3 x 2.55-inch foil pan, lightly greased with cooking spray or olive oil

Method:

Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened. Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. Season. Cook spaghetti following package instructions. Drain well, mix with vegetable mixture and pour into greased pan. Cover with grated cheese. You can freeze once the sauce is cool – there is no need to bake in the oven first.

VEGETARIAN CHILI AND RICE

Ingredients:

- 2 tbsp. olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 2 zucchinis, diced
- 1 red pepper, diced
- 2 cans of diced tomatoes, each 796 ml, undrained
- 2 tbsp. tomato paste
- 1 540 ml can of corn
- 1 540 ml can of black beans, drained and rinsed
- 1 540 ml can of kidney beans, drained and rinsed
- Seasonings - suggested: 1 tbsp. chili powder, 2 teaspoons dried oregano, 2 tsp. ground cumin
- 6 cups of cooked rice

Method

Heat the oil until shimmering, add onion and cook until softened. Add the garlic and seasonings and cook until fragrant, about 1 minute. Stir in the zucchini and red pepper and cook until softened, about 7 minutes. Add the undrained tomatoes, tomato paste, corn and beans. Bring to a boil, reduce heat to low and simmer for 20 minutes. Stir in the cooked rice and mix well. Spread the mixture in the prepared pan. Cool, cover with foil and freeze.

CABBAGE ROLL CASSEROLE

Ingredients:

- 3 tablespoons extra-virgin olive oil, divided
- 1 pound of lean ground beef
- 1 cup chopped onion
- 3 cloves garlic, minced
- 1tbsp. tomato paste
- 2 cups low-sodium chicken or beef broth
- 1 398 ml can of tomato sauce, no salt if possible
- 1 cup long-grain white rice
- 8 cups finely chopped green cabbage – half a cabbage, about 1 ½ pounds
- 1 teaspoon dried dill
- ¼ teaspoon red pepper flakes
- Salt and pepper to taste
- 1 ½ cups shredded Cheddar cheese
- One 11.7 x 9.3 x 2.55 in. foil pan, lightly greased with cooking spray or olive oil

Method:

Preheat oven to 350°F. Heat 1 tablespoon oil in a large saucepan over medium heat. Add ground beef and onion and cook until the beef is no longer pink, about 5 minutes. Drain fat. Add garlic and cook until fragrant, about 1 minute. Stir in tomato paste and cook for 30 seconds. Stir in broth, tomato sauce, rice, salt and pepper to taste, and bring to a simmer. Cover, reduce heat to maintain a simmer and cook, stirring once or twice, until the rice is tender, about 17 minutes (the mixture will be a little saucy). Uncover and remove from heat. While the sauce is cooking, heat the remaining 2 tablespoons oil in a large skillet over medium heat. Add cabbage, dill and crushed red pepper. Cook, stirring, until the cabbage is just tender, 5 to 7 minutes. Remove from heat. Spread half the cabbage in the bottom of the prepared baking dish. Top with half the beef mixture followed by half the cheese. Repeat with the remaining cabbage, beef mixture and cheese. Bake until hot and the cheese has melted and started to brown, about 25 minutes. Cool, cover with foil and freeze.

CHICKEN DIVAN

(Adapted from Jo Cooks)

Ingredients:

- 2 cups cubed chicken – *shortcut*: rotisserie chicken
- 2 cups of broccoli florets, fresh or frozen
- 1 284-ml can cream of chicken soup
- ½ cup sour cream
- 1 ½ cups shredded cheddar cheese
- 1/3 cup milk
- Salt and pepper to taste
- ¼ breadcrumbs, for topping
- 1 tablespoon butter, for topping
- 6 cups of cooked rice
- One 11.7 x 9.3 x 2.55 in. foil pan, lightly greased with cooking spray or olive oil

Method:

Preheat oven to 450 degrees F. Cook broccoli in boiling water for about three minutes or until tender crisp. Drain. In a large bowl combine the cooked chicken, chicken soup, 1 cup of the cheese, milk and salt and pepper to taste. Place cooked rice in the bottom of the prepared pan and put the cooked chicken mixture on top, garnishing with the remaining cheese. Melt the tablespoon of butter in a microwave or stovetop and toss together with the breadcrumbs. Sprinkle over the casserole. Bake for 20 minutes or until bubbly. Cool, cover with foil and freeze.

CHICKEN AND BROCCOLI STIR FRY

(Adapted from Damn Delicious)

Ingredients:

- 1 pound of boneless, skinless chicken breasts
- One package of chow-mein noodles (458 g) or substitute a package of linguine (410 g.)
- 2 cups of broccoli florets (frozen is fine)
- 1 tablespoon olive oil
- ½ teaspoon sesame seeds
- One 11.7 x 9.3 x 2.55 in. foil pan, lightly greased with cooking spray or olive oil

For the sauce:

- ¼ cup reduced sodium soy sauce
- 2 tablespoons oyster sauce or add 2 tablespoons additional soy sauce
- 1 tablespoon of packed brown sugar
- 1 tablespoon freshly grated ginger
- 2 cloves of garlic, pressed
- 1 teaspoon sesame oil
- 1 teaspoon Sriracha sauce, optional

Method:

In a small bowl, whisk together the soy sauce, oyster sauce if using, brown sugar, ginger, garlic, sesame oil and Sriracha if using. Set aside, reserving two tablespoons. In a large bowl, combine the reserved two tablespoons of soy sauce mixture and chicken and set aside. In a large pot of boiling salted water, cook noodles or pasta according to package directions. Within the last two minutes of cooking time, add broccoli and drain well. Heat olive oil in a large skillet over medium high heat. Add chicken to the skillet and cook until golden, about two to three minutes. Stir in the noodles or pasta, broccoli and the remaining soy sauce mixture until heated through. Cool, pour into foil pan, cover with foil and freeze.