

ERUUF Special First Sunday of the Month

Chicken Noodle Casserole

Is this your first casserole? Read the delivery logistics (on the next page) as well.

Ingredients- fills one 11 ½ by 19 ½ by 3 ½ inch pan foil pan. You can get them at ERUUF, from the Fellowship Hall closet on the kitchen side of the stage).

[Note: this large pan is very heavy when filled. If you wish, divide the mixture among smaller pans. Use enough pans so the mixture doesn't reach above the edge of the pans. The contents will be combined when the casseroles are baked at the shelter.]

2 tablespoons of dried thyme

50 oz (approximately, depending on can sizes) canned chicken breast, drained

5 cups frozen green peas

82-86 oz (approximately, depending on can sizes) condensed cream of mushroom soup (*not reduced fat or low sodium*).

6 cups low fat or skim milk

3 large onions, chopped

48 oz **extra-wide** egg noodles

Method:

Soup/ milk: In a large pot, thoroughly combine milk and mushroom soup and whisk until smooth. Cover and heat slowly to barely simmering; cook long enough to thicken slightly. Watch and whisk often as it can scorch easily.

Onions: Dice the onions and saute until translucent and almost soft.

Noodles: In your largest pot, bring salted water to a rolling boil. *Note: You may need to do this in several batches; this quantity of noodles requires a lot of water to heat.*

Add the egg noodles and **UNDERCOOK!**, for approximately 4 ½ minutes. **You need to stop cooking them while they are still too chewy; very al dente. Drain them well. If they start out thoroughly cooked, or don't get drained well, they will turn mushy with all the added liquid in the casserole and the second round of cooking at the shelter.** [

Coat your casserole pan(s) with cooking spray. Drain the noodles and add to the casserole pan(s). If you do this in batches, *you can keep the first batches from sticking together by mixing in a little oil after draining.*

Chicken/ peas: In a very large bowl, combine cooked onions, thyme, peas and chicken and mix. Add to the noodles in the casserole pan. Add the soup mixture and **mix it all together until the mixture thoroughly coats the pasta**, being careful not to puncture the casserole pan. Allow the casserole to cool, then **cover and seal it with heavy duty aluminum foil.**

When dropping off your casserole at ERUUF, **add another layer of aluminum foil before refrigerating or freezing it.** There may be a large roll of foil in the ERUUF kitchen. When moving and transporting your casserole(s), it's best to place the pan on a large baking sheet or some other support. The large pan, when filled, weighs around 15 pounds.

[Note: One of our long-time cooks preps the soup mixture, chicken mixture and noodles separately at home and brings them all to the fellowship hall kitchen, then combines them in the casserole pan when she gets there. This eliminates having to transport the heavy filled pan.]

CASSEROLE DELIVERY LOGISTICS

Note: The casserole recipe is on page 1 of this document.

If you have questions:

Delivery issues: Bo Glenn, boglenn@nc.rr.com or Marlys Ray, wcbmkr@gmail.com

Casserole signup and scheduling: Devon Golem, novedgo@gmail.com

Your casserole is always due on the first Sunday of each month, and is served for dinner at Urban Ministries that day. It ***may*** be possible to make it several weeks in advance and store at ERUUF according to the guidelines below. Bo Glenn will pick up food that has been delivered to ERUUF on Sunday afternoon at 3:00pm to transport to the shelter, and can meet you then with advance notice. If you prefer to deliver to the shelter, take your fresh or thawed, ***not frozen***, casserole there at 4:30pm on the Sunday when it is due. **Email reminders prior to the due date will ask you to check in about your delivery plans; please don't "ghost" your coordinators!**

For delivery, your casserole(s) must be covered with a double layer of heavy duty aluminum foil. Put your name on the casserole, and label it for the shelter.

Making and delivering your casserole in advance; to freeze or not to freeze

In general, if you want to deliver your casserole in advance, you will have to check with Bo Glenn and/or the ERUUF Office. Bo meets cooks by prior arrangement at ERUUF on the Thursday before the due date at 6:00pm. If you want to deliver on a previous Sunday when you come to services, subject to whether there is freezer space available, that is almost always possible except when ERUUF is operating as a voting site for either the primary or general elections, and the Fellowship Hall is off limits. If you want to deliver on a weekday during office hours, check with the office first to get their ok on helping you with access to the Fellowship Hall kitchen.

To freeze or not to freeze: Because the casseroles are so large, and a **frozen casserole takes several days to thaw, please** follow the guidelines below:

Freezing: If you deliver your casserole anytime up through the last Wednesday (i.e. 4 days) before the Sunday when it is used, leave it in the freezer.

Using the freezer at ERUUF- Be aware that once you open and close it, the door seals until it cools back to the set temperature. Plan on opening and closing it just once or be prepared to wait to be able to re-open it if you need to.

Do not freeze situations:

- If you deliver your casserole on the last Thursday before the Sunday when it will be used (i.e. 3 days in advance), it needs to be fresh. Leave it in the fridge or with Bo if you are meeting him.
- If you make your casserole on Friday or Saturday of the weekend when it will be used, **do not freeze it.** It will not have time to thaw by Sunday.
- If you deliver your casserole on the Sunday when it is due, it needs to be fresh or completely thawed if you froze it at home. Deliver to ERUUF by the end of services, to Bo at ERUUF at 3:00pm (arrange in advance), or to the shelter at 4:30pm.