

SPX RECIPE FOR OUR DAILY BREAD

Meat and Potatoes Casserole

Note: Use a 12" x 10" x 2.5" aluminum disposable casserole dish available from a grocery store, or pick one up from inside the freezer behind St.Pius Rectory (see below)

INGREDIENTS

1½ to 2 lbs. lean ground beef or ground chuck

About 3 lbs. potatoes, (6 – 8) pared and cut into bite-sized chunks

1 lb. Carrots, cut up

2 onions, sliced or diced

2 cans Cream of Mushroom condensed soup plus 1 can of tap water (or potato water)

PREPARATION

Brown meat with onions in skillet. Drain off fat.

Boil cut up potatoes and carrots together until done. Reserve the water.

Combine two cans of soup with one can of reserved water (or tap water).

Stir soup mix into the browned meat and onions and mix well.

Wash supplied casserole pan before using.

Put a thin layer of the meat/soup mixture into the clean pan. Add the potatoes and carrots.

Pour remaining soup mix over all. Cool and cover the top and sides of the casserole with aluminum foil.

Using a marker write your **name, the date made and "Meat + Potatoes"** on the foil top of the casserole. Freeze casserole (or deliver to freezer in the breezeway behind St. Pius Rectory that day and **BEFORE** the first Wednesday of the month). Pick up another empty aluminum casserole pan from inside the freezer.

Frozen casseroles can also be delivered on the first Wednesday of each month before 9:00 a.m. to 604 Windwood Rd, Baltimore, which is off the 6400 block of York Road, across from St. Pius Church by the Crown Service Station.

Thank you for participating in "Our Daily Bread" food program.

Any questions? Call Carol Wallace at 410-377-4084.