



Meal Instructions and Ideas

Thank you for your interest in providing meals to Oasis for Youth young people. In this packet, you will find recipe ideas and instructions. Meals can be pre-portioned or in large food-safe containers. Youth requests are meals without pork products.

Contact rchang@oasisforyouth.org if you are interested in showing of your culinary skills or have questions!

Tatertot Casserole



INGREDIENTS

- ½ cup unsalted butter
- 2 carrots, peeled and finely chopped
- 2 celery stalks, finely chopped
- 1 large white or yellow onion, finely chopped
- Kosher salt and black pepper
- ¾ cup all-purpose flour
- 3 cups whole milk
- 2 tablespoons chicken, vegetable or beef broth base
or bouillon
- 2 pounds ground beef (about 15 percent fat)
- 9 ounces frozen peas or corn, or a combination
- 1 ½ pounds frozen Tater Tots
- 1 cup shredded Cheddar (optional)

Method

Heat the oven to 400 degrees. Make the creamed soup: In a large pot, melt 6 tablespoons butter over medium-high heat. Add the carrots, celery, half the onion and a pinch of salt and cook, stirring occasionally, until soft, 12 to 15 minutes.

Stir in the flour and cook for another minute. Add half the milk and cook, stirring, until thickened. Add the remaining milk and cook, stirring, until very thick. Stir in the broth base, and season to taste with salt and pepper. Pour into a heat-safe bowl and set aside.

Wipe out the pot and set it back over medium-high heat. Melt the remaining 2 tablespoons butter, then add the remaining onion and a pinch of salt. Cook, stirring, until soft, 5 to 7 minutes. Add the ground beef and cook, breaking up with a wooden spoon, until browned. Stir in the peas or corn and season to taste with salt and pepper.

Using a slotted spoon, drain and discard any excess liquid from the beef mixture. Transfer half the mixture to a 4-quart casserole dish and spread it out evenly. Spread half the creamed soup mixture on top. (It can be tricky to spread the soup over the beef, but it's OK if it gets messy and mixes together a little bit.)

Add the remaining beef mixture on top in an even layer, and spread the remaining creamed soup mixture on top. Cover with Tater Tots, sprinkle with another pinch of salt and pepper, then with cheese, if using. Bake until the tots are golden brown and crispy on top, about 45 minutes. Let cool slightly.

Enchiladas

Sauce:

2 tablespoons canola oil

2 tablespoons all-purpose flour

One 28-ounce can of enchilada sauce

2 cups chicken broth

1/2 teaspoon salt

1/2 teaspoon black pepper

Meat:

1 pound ground beef

1 medium onion, finely chopped

1/2 teaspoon salt

Canola oil, for frying

10 to 14 corn tortillas

Two 4-ounce cans diced green chilies

3 cups grated sharp Cheddar cheese



Method

In a saucepan over medium-low heat, combine the canola oil and flour. Whisk together and allow to bubble for 1 minute. Pour in the red sauce, chicken broth, salt, and pepper. Bring to a boil. Reduce the heat and simmer while you prepare the other ingredients.

For the meat:

While the sauce is simmering, brown the ground beef with the onions in a large skillet over medium-high heat. Drain the fat, add the salt and stir to combine. Turn off the heat and set it aside.

For the rest:

In a small skillet over medium heat, heat some canola oil. Lightly fry the tortillas just until soft. Do not crisp. Drain on a paper towel-lined plate.

Repeat until all the tortillas have been fried.

Preheat the oven to 350 degrees F.

Spread 1/2 cup of the sauce in the bottom of a 9- by 13-inch baking dish. Next, one at a time, dip each tortilla into the sauce. Set the sauce-soaked tortilla on a plate. Place on some of the meat mixture, and chilies. Top with a generous portion of grated Cheddar. Roll up the tortilla to contain the filling inside.

Place the tortilla seam side down in the baking dish. Repeat with the rest of the tortillas and pour the remaining sauce over the top. End with a generous sprinkling of cheese and any other bits of chiles.

Bake the enchiladas for 20 minutes, or until bubbly. Sprinkle chopped cilantro over the top and serve

Beef Chili

2 pounds ground beef

2 cloves garlic, chopped

One 8-ounce can tomato sauce

2 tablespoons chili powder

1 teaspoon ground cumin

1 teaspoon ground oregano

1 teaspoon salt

1/4 teaspoon cayenne pepper

One 15-ounce can kidney beans, drained and rinsed

One 15-ounce can pinto beans, drained and rinsed

Shredded Cheddar, for serving

Chopped onions, for serving

Tortilla chips, for serving



In a saucepan over medium-low heat, combine the canola oil and flour. Whisk together and allow to bubble for 1 minute. Pour in the red sauce, chicken broth, salt and pepper. Bring to a boil. Reduce the heat and simmer while you prepare the other ingredients.

For the meat:

While the sauce is simmering, brown the ground beef with the onions in a large skillet over medium-high heat. Drain the fat, add the salt and stir to combine. Turn off the heat and set aside.

For the rest:

In a small skillet over medium heat, heat some canola oil. Lightly fry the tortillas just until soft. Do not crisp. Drain on a paper towel-lined plate. Repeat until all the tortillas have been fried.

Preheat the oven to 350 degrees F.

Spread 1/2 cup of the sauce in the bottom of a 9- by 13-inch baking dish. Next, one at a time, dip each tortilla into the sauce. Set the sauce-soaked tortilla on a plate. Place on some of the meat mixture, chilies, green onions and black olives. Top with a generous portion of grated Cheddar. Roll up the tortilla to contain the filling inside.

Place the tortilla seam side down in the baking dish. Repeat with the rest of the tortillas and pour the remaining sauce over the top. End with a generous sprinkling of cheese and any other bits of chiles, green onions or olives you have left over from the filling.

Bake the enchiladas for 20 minutes, or until bubbly. Sprinkle chopped cilantro over the top and serve.

Lasagna

- 2 pounds lean ground beef
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 (28 ounce) can crushed tomatoes
- 2 (6 ounce) cans tomato paste
- 2 (6.5 ounce) cans canned tomato sauce
- 1/2 cup water
- 2 tablespoons white sugar
- 1 1/2 teaspoons dried basil leaves
- 1/2 teaspoon fennel seeds
- 1 teaspoon Italian seasoning
- 1 1/2 teaspoons salt, divided, or to taste
- 1/4 teaspoon ground black pepper
- 4 tablespoons chopped fresh parsley
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 1 egg
- 3/4 pound mozzarella cheese, sliced
- 3/4 cup grated Parmesan cheese



Step 1

In a Dutch oven, cook ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 teaspoon salt, pepper, and 2 tablespoons parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally.

Step 2

Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 teaspoon salt.

Step 3

Preheat oven to 375 degrees F (190 degrees C).

Step 4

To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13-inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.

Step 5

Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving.

Baked Mac N' Cheese

Ingredients

- 6 tablespoons unsalted butter
- 4 tablespoons flour
- 2-12oz canned evaporated milk
- 2 cup half and half (1/2 cup cream and 1/2 cup milk)
- 1 tablespoon onion powder
- 2 teaspoons garlic powder
- 1 teaspoon creole seasoning
- 1/2 teaspoon cayenne pepper
- 1 cup mozzarella cheese, grated
- 1 cup sharp cheddar cheese, grated
- 1 cup jack cheese
- Salt and pepper to taste
- 16 ounce uncooked Macaroni



Cook macaroni according to the package directions. Drain.

Add butter to skillet, as soon as butter melts whisk in flour. Continue whisking until flour is fully mixed with butter. Then cook for about a minute to get rid of the flour taste.

Slowly add evaporated milk a little at the time, followed by the half and half; you do not want the mixture to form any lumps. Simmer for about 3-5 minutes until the mixture thickens slightly.

Add seasonings, onion and garlic powder, creole seasoning, and cayenne pepper.

Bring to a simmer and let it simmer gently for about 2 minutes. Stir in the cheeses (reserve some as toppings later), and continue stirring until everything's melted and evenly combined, and, smooth. Salt & pepper, to taste.

Then add the cooked pasta to the pot, stir to evenly incorporate. Transfer the pasta mixture into a lightly greased 13x9 baking dish; top with remaining cheese.

Bake at 375 Degrees F° for 20 minutes or until golden and bubbly

Slow cooked BBQ Chicken

- 3 lbs (about 5-6 count) boneless, skinless chicken breasts, trimmed of fat
- 1 1/2 cups BBQ Sauce (I used Sweet Baby Rays Honey BBQ)
- 1/2 medium onion, grated (with juice)
- 1 Tbsp olive oil
- 1 Tbsp worchestershire sauce
- 2 Tbsp brown sugar



Method

1. Stir together all sauce ingredients in a 5-6 qt slow cooker.
2. Add chicken and turn to coat. Cover and cook on high 3 to 4 hours or on low for 6 - 7 hours. Chicken is done when cooked through and easy to shred
3. Remove chicken to a cutting board and shred each breast using two forks. Place shredded chicken back in the crock pot and stir to coat with the yummy sauce, stir, cool, and package.

In-kind donation form. Please fill out and have a staff sign for a tax receipt



In-kind Contribution and Tax Receipt

Thank you for your donation to Oasis for Youth. This form will serve as a receipt for all goods and services donated to Oasis for Youth. Unless you indicate otherwise, you will also receive a thank-you letter for this donation.

Date: _____ Please initial here if you do not wish to receive a thank-you letter _____

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email: _____

By providing your email address, you are opting to receive the Oasis for Youth newsletter. You may opt out at any time.

Description of in-kind contribution:

Fair Market Value of contribution as determined by contributor: _____

Oasis for Youth opens doors to housing, employment, education, and wellness for youth facing homelessness in the suburbs. Tools for stability and opportunities to thrive are provided through individualized case management, onsite supportive services, and connections to housing and community resources.

Signature of Oasis staff/volunteer **receiving** donation

Date

*For tax purposes, no gifts or services were provided in exchange for this donation.
Oasis for Youth is a 501(c)(3) non-profit organization. Tax ID # 45-3683785*

We appreciate every donation – thank you!