

UPLIFT COOK GUIDELINES

MISSION STATEMENT

We, who acknowledge God's providence and fidelity to his people, especially those in poverty, do dedicate our efforts toward the support of those who are homeless. Our goal is to deliver to the homeless those basic human needs, care and compassion, that are not usually received from other organizations.

Your donation of a hot meal helps the homeless know that someone out there cares about them. We hope that our connection with the homeless gives them hope to progress with their lives and find the strength to get off the streets and on to a better life. You are indeed good, caring people and we thank you so very much for helping.

Contact Cook Coordinator:

Renee Jones

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GUIDELINES

WHAT TO PREPARE

MAIN DISH

Your main dish should feed 60 people. Please note that we are asking for enough food to make 1-1/2 cups of food for each person. Do not confuse with recipes that say “6/8/10 servings.” These usually refer to ½ cup servings. In this case, a serving isn’t a commercial serving but it is intended to feed a person who may not have eaten all day.

20 x 12 x 3.5” Disposable Aluminum Baking Pans

Three of the disposable aluminum pans hold approximately 60 servings – 20 servings each.

Each large aluminum baking pan holds 7 – 8 quarts – 7 if the contents are more liquid like soup; 8 if the contents are more solid like pasta.

3 aluminum pans x 7 – 8 quarts = 21-24 quarts of food. These pans should be FULL, to the top.

Your meal will be prepared at your expense but please keep all your receipts as your meal is a tax deductible contribution.

If you begin to cook regularly for Uplift, you may pick up two cambros (insulated containers) at the warehouse for ease in transportation of your meal. Two FULL cambros will provide a hearty serving for 60 people.

HOW & WHEN TO PACKAGE/DELIVER FOOD

TIME/PLACE

Your meal should arrive hot and ready to deposit in an insulated Cambro container between 4:30 – 5pm on Mondays and Wednesdays and 3:30 – 4pm on Saturdays.

Food should be delivered to the Uplift warehouse at 1516 Prospect, Kansas City, Missouri. Turn into the alley between the two buildings and honk your horn. Someone will open the garage doors and assist you in unloading your containers.

If you are going to be late, please call the Route Leader for that day to let them know. If you are not able to cook on your assigned day, call Renee to cancel or reschedule. Please notify her as soon as possible so a back-up cook can be found.

HELPFUL HINTS

PREPARING FOOD IN LARGE QUANTITIES

It is so easy to burn the bottom of the pan when using those very large (20 quart plus size) pans. Unless you stand at the stove and continually stir, it is a problem. We suggest that you break the food down to three or four food containers and cook at a lower temperature for a longer period of time.

Adding an additional liquid (broth, canned tomatoes, etc.) can assist you in providing a hot, moist meal. The additional liquid can always be drained off prior to filling the insulated containers. This additional hot liquid also helps to keep the dish hot during the transportation from your kitchen to Uplift.

Using a “flavored” liquid adds to the taste of your dish, rather than adding water to keep the food moist.

WHAT FOODS WORK BEST

MAIN DISHES

Everyone has their favorite main meal. If you and your family like it, the people we serve will like it. One-dish main meals work the best (i.e., red beans & rice, pasta, soups, stews, chili, etc.)

DESSERT

This is not necessary but if you would like to provide a dessert, please do not prepare any desserts that will “melt” or “sag” in the heat or require cutting up and serving. Each dessert is to be individually wrapped and ready for distribution. Your individually wrapped snacks, layer cakes without icing and cookies work best.

SHOPPING THE WHOLESALE CLUBS

Cooking for a large group can be a challenge. The local wholesale club can simplify the process by offering the majority of products needed for these recipes, often at reduced prices. Following are some sample menus that may be helpful.

SOME MENU POSSIBILITIES

Ravioli with meat sauce

Chili

Meatballs and rice casserole

Rotini with vegetables and meat and cheese sauce

Zarda's Baked Beans with smoked sausages and corn

Menu #1 RAVIOLI

Purchase Vegetable spray
5 – 3lb. bags of Louisa Beef Ravioli (frozen foods)
5 lbs. ground hamburger (meat department)
3 white or yellow onions
2 – 4lb., 3 oz. jars of Prego Spaghetti Sauce
Aluminum foil

Ravioli

Brown hamburger in skillet. Drain fat. Chop onions and add to hamburger. Add spaghetti sauce to hamburger/onion mix to make thick meat sauce. Line baking pans with foil. Spray with vegetable spray. Place bags of ravioli in pan; cover with some meat sauce. Add more ravioli and pour sauce to cover. Continue alternating ravioli and sauce until they are all in the pan. This is difficult to measure since everyone uses different size baking pans. When pans are full, cover with foil. Bake at 300 degrees for 2-1/2 – 3 hours. Cooking time will vary depending on the style of pans used.

MENU #2 - CHILI

PURCHASE

Vegetable spray
Aluminum foil
Chef-mate chili with beans
5 lbs. hamburger
10 fresh tomatoes, chopped
3 white or yellow onions, chopped
2 lbs. cheddar cheese, grated

Chili

Brown hamburger in skillet. Drain fat. Chop onions and tomatoes. Add to meat mixture. Add this mixture to chili. Line baking pans with foil. Spray with vegetable spray. Place mixture in baking pans, cover with foil. Bake at 275-325 degrees for 2-1/2 hours or until hot. Grate cheese or buy pre-grated cheese and bring to warehouse. When you pour the chili into the Uplift containers, add the cheese.

MENU #3 – MEATBALLS & RICE

PURCHASE

Vegetable spray
Aluminum foil
4 – 5lb. bags of Italian style meatballs (frozen)
2 bags of rice (15 cups of uncooked rice). ½ cup of uncooked rice = 2 cups cooked per person. Calculate according to serving instructions.
1 – 5lb. bag of broccoli Normandy
1 – 88oz. bottle of Yoshida’s gourmet sauce
2 onions, chopped

MEATBALLS & RICE CASSEROLE

Cook rice as directed on package. Line baking pans with foil and spray with vegetable spray. After rice is cooked, mix together chopped onions, ½ bottle of Yoshida’s gourmet sauce, broccoli Normandy and meatballs. Place in baking pans. Pour remaining sauce over casserole. Bake at 300 degrees for about 3 hours.

MENU #4 - ROTINI

PURCHASE

Vegetable spray

Aluminum foil

4 – 5lb. packages of shredded mozzarella cheese

8 – 10.75 oz. cans of cream of mushroom soup

1 quart of milk

5 lbs. of hamburger (meat department) OR 2 – 5lb. packages of Italian style meatballs (frozen foods)

Rotini

Brown hamburger in skillet and drain fat. Line baking pans with foil and spray with vegetable spray. Combine milk and soup. Mix well. In baking pans, layer meat, rotini, cheese and then milk/soup mixture. Continue layering until all ingredients are used. Cover with foil and bake 2-1/2 to 3-1/2 hours at 300 degrees.

MENU #5 – BAKED BEANS

PURCHASE

Vegetable spray
Aluminum foil
5 – 5lb. tubs of zarda baked beans
3 – 3lb. packages (9lbs.) of Hillshire Farms Smoked Sausage (frozen foods)
3 onions, chopped
1 Del Monte canned corn (106 oz. can)

Baked Beans

Line baking pans with foil and spray with vegetable spray. Pour beans into pans. Add onions. Slice smoked sausages into bite sized pieces. Add smoked sausage to beans. Drain corn and add to mixture. Cover with foil and bake at 300 degrees for 2-1/2 to 3 hours.