



## Crock Pot Meal Volunteer Opportunity

This is a great opportunity for individuals, small groups or big groups who love to cook or want to practice! You can make a single recipe or feel free to double or triple the recipe! These meals will be served to families who are homeless & currently in shelter at Fulton Manor.

Fulton Manor Family Emergency Shelter provides up to 75 families with safe, warm, emergency shelter, basic needs and services to assist families in finding a new home. Fulton Manor is a short-term shelter solution that will be open through the end of this year at Holland Home's Fulton Manor location.

### Details:

Please stick to one of the four recipes listed below

We ask that all meals be DATED and LABELED with the proper name

Meals can be dropped off directly at Fulton Manor  
Sunday - Saturday between 9:00-5:00

Fulton Manor Address:  
1450 Fulton St. E, Grand Rapids, Mi 49503

## CHILI WITH GROUND BEEF

(Serves 16)

### Ingredients:

4 LBS. GROUND BEEF, COOKED AND DRAINED  
2 WHITE ONIONS CHOPPED  
2- TBSP GARLIC SALT  
2 - TBSP CHILI POWDER  
4 CANS DICED TOMATOES (UNDRAINED)  
4 CANS TOMATO SAUCE  
4 CANS KIDNEY BEANS ( UNDRAINED)  
2 TBSP SALT, 2 TBSP PEPPER

### Directions:

- Brown and drain ground beef
- Add chopped onions and saute with ground beef until onions are translucent
- Add all other ingredients and simmer until heated.
- Cool and place in gallon freezer bags.
- Please DATE and LABEL bag & place in freezer.

## CHICKEN TORTILLA SOUP

(Serves 12)

### Ingredients:

2 CANS WHOLE KERNEL CORN, DRAINED  
4 (14.5OZ) CANS CHICKEN BROTH  
2 (10 OZ) CANNED CHUNK CHICKEN (DRAINED)  
2 (15 OZ) CAN BLACK BEANS  
1 (10 OZ) CAN DICED TOMATOES WITH GREEN CHILI PEPPERS  
1 (10 OZ) CAN DICED TOMATOES  
1 CUP PEPPER JACK CHEESE  
1 CUP MOZZARELLA CHEESE  
1 TBSP CUMIN  
SALT AND PEPPER TO TASTE

### Directions:

- Combine all ingredients and simmer over medium heat until chicken is heated through.
- Cool and place in gallon freezer bags.
- Please DATE and LABEL bag & place in freezer.

GOULASH  
(Serves 16)

Ingredients:

2 LBS GROUND BEEF COOKED AND DRAINED  
2 YELLOW ONIONS  
3 CLOVES GARLIC, CHOPPED  
3 CUPS WATER  
2 (15 OZ) CANS TOMATO SAUCE  
2 (14.5 OZ) CANS DICED TOMATOES  
3 TBSP WORCESTERSHIRE SAUCE  
2 TBSP DRIED ITALIAN HERB SEASONING  
1 TBSP SALT  
2 CUPS UNCOOKED ELBOW MACARONI

Directions:

- Cook/brown ground beef and drain. Add onions and garlic and cook until onions are translucent.
- Add all other ingredients and simmer until macaroni noodles are done but firm.
- Cool and place in gallon freezer bags.
- Please DATE and LABEL bags & place in freezer.

CREAMY CHICKEN STEW  
(Serves 12)

Ingredients:

2 LBS NEW POTATOES  
4 TBSP OLIVE OIL  
4 CANS CREAM OF CHICKEN SOUP  
6 CUPS FROZEN PEAS AND CARROTS  
6 TBSP WATER  
3 LBS BONELESS CHICKEN BREASTS CUT INTO BITE-SIZE PIECES  
¾ CUP ZESTY ITALIAN DRESSING  
1 ½ CUP SOUR CREAM

Directions:

- Microwave potatoes and water in covered microwaveable dish on HIGH 5-7 min. or until potatoes are tender/firm.
- Meanwhile, heat oil in large saucepan on medium-high heat. Add chicken; cook 7 min. or until evenly browned, stirring occasionally.
- Add potatoes, soup, dressing and frozen vegetables to chicken in saucepan; stir. Bring to boil; cover. Simmer on medium-low heat 3 min. or until chicken is done and vegetables are heated through.
- Stir in sour cream; cook 1 min. or until heated through, stirring occasionally.
- Cool and place in gallon freezer bags.
- Please DATE and LABEL bags & place in freezer.