

MJ's Delicious Casserole Program

Thank you for helping with Welcome Inn's casserole program. If needed, casserole pans are available at Welcome Inn Monday-Friday, 8a-6p or you can use any **Half-Size Foil Steam Pan** that's approximately 9" x 13" x 2.6".

Please bring your casserole(s) to **Starr Presbyterian Church** at least one day before your assigned date and be sure your casserole is either chilled or frozen (food safety)

Starr Presbyterian Church: 1717 W 13 Mile Rd, Royal Oak, MI 48073 (13 & Crooks)

Our entrance is the red door that's accessible via the Crooks Rd parking lot.

Mediterranean Meatball Casserole

Ingredients:

3 cups Instant Rice (uncooked)

2 1/2 cups water

2 teaspoons oil

1 medium onion chopped

1 medium green bell pepper chopped

20 - 30 frozen Italian meatballs (cooked according to directions)

1 can (2 1/4 ounces) sliced & drained black ripe olives (optional)

1 small box (approximately 9 ounces) frozen green beans

1 can (14.5 ounces) Italian style diced tomatoes

1 cup crumbled feta cheese

Directions:

Spray casserole pan with cooking spray.

In large pan bring water to a boil. Stir in rice. Return to boil. Reduce heat, cover and simmer for approximately 5 minutes. Remove from heat and stir. Cover and let stand 5 minutes. Fluff lightly with fork.

Cook frozen meatballs according to directions. Note: Look for frozen meatballs in the freezer section; use plain or Italian-seasoned meatballs. Cut large meatballs in half or in quarters.

In large skillet, cook chopped onions and chopped green peppers in oil until tender.

In large bowl or pan, combine cooked rice, onion/pepper mix, meatballs, and olives.

Add diced tomatoes and frozen green beans. Stir gently.

Mix in the crumbled feta cheese

Pour the mixture into a greased casserole pan

Please double wrap the casserole with aluminum foil over & around to prevent spillage.

PLEASE MARK CASSEROLE WITH NAME (i.e. Mediterranean Meatball) & DATE TO BE SERVED.

Thank you so much!

South Oakland Citizens for the Homeless - 501(c)(3)

