

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.

Black Beans, Chicken & Rice Casserole

Ingredients:

- 4 cups chicken (cooked and cubed)
- 3 cups Instant or Minute Rice
- 1 can (14 ounces) chicken broth
- 3/4 cup water
- 2 teaspoons ground cumin
- 2 teaspoons chili powder

- 2 cups frozen bell pepper and onion stir-fry mix
- 1 can (15 ounces) black beans, drained and rinsed

- 1 cup shredded cheddar cheese (4 ounces)

Directions:

Spray casserole pan with cooking spray.

In large pan bring chicken broth, water, cumin & chili powder 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.

Stir in cooked chicken, stir-fry mix, & black beans.

Pour the mixture into a greased casserole pan

Sprinkle with cheddar cheese

DONE!

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

PLEASE MARK CASSEROLE WITH NAME (i.e. Black Beans, Chicken & Rice Casserole) & DATE TO BE SERVED.

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

