

PROVIDE-A-MEAL PROGRAM

Thank you for participating in St. Michael's Provide-A-Meal Program. Below is the recipe for our next meal for S.O.M.E. Please bring your casserole to the area outside the Williamsburg room next Sunday, February 5, 2012, between 7:45AM and 12 Noon. We regret that we cannot accept casseroles after 12:00; we need to deliver the food to SOME in the early afternoon. Also, please bring your casserole chilled or cooled since, for health reasons, we need to have all of the food kept at a uniform temperature.



Tuna, Mushroom, Pea & Noodle Casserole

What you need:

- 1 pkg – 16 oz. egg noodles
- 2 cups frozen peas, thawed
- 2 large cans tuna, drained
- Small can mushrooms, sliced or stems/pieces
- 2 cans Cream of Mushroom soup (regular or fat-free or Healthy Request)
- 1 cup milk
- 1 cup grated cheddar cheese
- 1/2 Tsp. black pepper

What you do:

- Cook and drain noodles per directions on package ---adding thawed peas to noodles for last four minutes of cooking time.
- Drain noodles and peas in a colander.
- Drain cans of tuna and mushrooms.
- Mix the soup, cheese, milk, mushrooms, black pepper and noodles/peas together with tuna.
- Transfer to SOME tin and bake at 375 degrees for 30 minutes or until casserole is hot and bubbling.

Cool and refrigerate. Please chill casserole before you deliver it.

Please put tin foil securely over and around the casserole tin.

We also could use boxes for delivery of the food; please bring them to the Williamsburg room with your casserole.

For questions, call Jane Wilhelm (301) 495-9624. Thank you for your support of S.O.M.E.