

To Members of the Holy Trinity and Trinity Portland Congregations:

Our congregations will feed the needy at St. Vincent De Paul Place (617 Main St., between It's Only Natural Food Store and Eli Cannon's) on August 8. We are asked to feed 100 to 120 people. If you can, please pick something from the menu below and email me back what you are bringing. I also need volunteers to serve, do set up, run back and forth with food and load the dishwasher. The menu is as follows, with guidelines as to how much is needed. Nothing is wasted as leftovers are used the next day.

- Lasagna with meat and summer vegetables - need about 14 pans
- Salad (use your favorite lettuce and fixings) - need about 4 large pans plus dressings
- Assorted fresh fruit (bananas, oranges, apples, or whatever looks good) - need at least 100 pieces
- Assorted desserts (brownies, cookies, cake, either home made or store bought) - need at least 100 servings
- Bread and butter - need 120 servings

On the next page you will find a recipe for the lasagna, which you may use as a guideline. The recipe provides a main course that is a complete meal nutritionally, while being able to use some of the zucchini that plagues our gardens at this time of the year. Our food pans always vary from chef to chef, so make it the way you prefer. The lasagna can be made ahead and frozen, or members of Sam's Club or other similar stores can find pans of frozen lasagna there.

All food must be delivered hot to St. Vincent De Paul Place at 4:30 PM on the afternoon of the August 8. Pull into the parking lot and use the side door by the kitchen.

For those of you who have never done this, it is a lot of fun and a great joy which will make you feel like you've really done something good.

Thank you all for your help and support.

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Lasagna Recipe

Ingredients:

32 ounces ricotta cheese

2 eggs

One 8 ounce box no-boil (oven ready) lasagna

One half pound to one pound shredded mozzarella cheese, depending the size of your pan

One cup grated parmesan cheese

One pound ground turkey, beef, pork or mixture

2 tablespoons olive oil

1 large chopped onion

4 cloves minced garlic

2 summer squash or zucchini or whatever summer vegetables are available

One 32 ounce jar tomato sauce

Salt & pepper

Directions:

1. Preheat oven to 400 degrees
2. Heat 1 tablespoon olive oil in a large skillet over medium heat. Add onion and cook until translucent. Add garlic and cook one minute more. Add ground meat and salt & pepper to taste. Cook until meat is thoroughly done. Drain meat, cover, and set aside.
3. In a medium bowl, mix ricotta and half of the parmesan cheese with egg. Add salt & pepper to taste. Cover and set aside.
4. Heat 1 tablespoon olive oil in a medium skillet. Add chopped summer vegetables. Season to taste and sauté until soft but not mushy and overcooked. Cover and set aside.
5. Spread some tomato sauce in the bottom of a 9 by 13 inch baking pan. Layer the oven ready lasagna, the meat, the vegetables, the ricotta mixture, and the mozzarella and top with more sauce. Repeat for as many layers your pan will hold, ending with the cheese on top.
6. Sprinkle remaining parmesan on top.
7. Cover with aluminum foil. Or, to keep lasagna from sticking to foil, spray a piece of parchment paper with no-stick spray, place that on top of lasagna, then cover with foil.
8. Bake for 25 to 30 minutes, until bubbly.

This may be prepared ahead and frozen.

All chefs are responsible for delivering their HOT dish to St Vincent De Paul Place at 4:30 on the evening of August 8.