

# UPLIFT COOK'S MANUAL

## MISSION STATEMENT

We, who acknowledge God's providence and fidelity to his people, especially those in poverty, do dedicate our efforts toward the support of those who are homeless.

Our goal is to deliver to the homeless those basic human needs, care and compassion that is not usually received from other organizations.

Your donation of a hot meal helps the homeless to know that someone out there cares about them. We hope that our connection with the homeless in some way gives them hope to progress with their lives and find the strength to get off the streets and on to a better life. We thank you so very much for helping.

1516 Prospect  
Kansas City, MO  
Mailing Address: PO Box 270175  
Kansas City, MO 64127-0175  
(816) 241-0060

# Guidelines

## What to Prepare

### **MAIN DISH**

Your main dish should feed 40 people between the months of November-March and 60 people from April-October. Note that we are asking for enough food to make a 6 oz. serving for each person. Do not confuse with recipes that say 6/8/10 servings. These usually refer to ½ cup servings. A 20 quart pan filled to the bottom of the handles will fill one of the 5-gallon insulated food containers Uplift uses for distribution. Winter months need two containers and summer months need three full containers.

### **FRUIT**

Soft fruits are best. Many that we feed have trouble with hard fruits (apples, etc.). The small individual servings of fruit, applesauce, etc. are enjoyed and these can be obtained through stores such as Sam's Club or Costco for a reasonable price.

### **BREAD**

Soft rolls, crackers, bread and butter sandwiches and muffins are all good items to accompany your main meal. These should be packaged individually in baggies.

### **DESSERT**

The homeless enjoy sweets as much as we do. We ask that you please supply some type of dessert that can be packaged individually in baggies.

## **HOW AND WHEN TO PACKAGE/DELIVER FOOD**

### **TIME/PLACE**

Your main meal should arrive hot (if a hot dish) and ready to deposit in Uplift's insulated container between 4:30 – 5:15 p.m. on Mondays and Wednesdays and between 3:30 - 4:15 p.m. on Saturdays. All food should be delivered to the Uplift warehouse at 1516 Prospect, Kansas City, Missouri. Turn into the alley between the two buildings and honk your horn. Someone will open the garage doors and assist you in unloading your containers. There is a large sink to wash out your cooking pans. The phone number for Uplift is (816) 241-0060. Please call and let them know if you are going to be late. If you are not able to cook on your assigned day, call Margo Yerk, cell 816-516-1304/home 816-246-8801. Please notify her as soon as possible so a back-up cook can be found.

### **HELPFUL HINTS**

#### **PREPARING FOOD IN LARGE QUANTITIES**

It is very easy to burn the bottom of the pan when using very large (20 quart plus size) pans. Unless you stand at the oven and continually stir, it is a problem. We suggest that you break down the food to three or four food containers and cook at a lower temperature for a longer period of time. Also purchasing a heat fuser (Ace Hardware stocks them) for your stove burner helps. Adding additional liquid (broth, canned tomatoes, etc. depending on your recipe) can assist you in providing a hot moist meal. The additional liquid can always be drained off prior to filling the insulated containers. This additional hot liquid also helps to keep the dish hot during the transportation from your kitchen to Uplift. We recommend using broth, instead of water, to add to the taste of your dish.

#### **WHAT FOODS WORK BEST**

##### **MAIN DISHES**

Everyone has their favorite main meal. If you and your family like it, the people we serve will like it. One-dish main meals work best (red beans & rice, pasta, soups, stews, etc.). Please refrain from using mayonnaise based salads during the very hot weather months. Volunteers can keep it cool while they are delivering meals but we never know if someone may accept a bowl of potato salad and then set it down to eat later and allow it to spoil.

##### **FRUITS**

Remember bananas, oranges, plums, tangerines, etc. are already packaged and are easy to keep and serve. Small individual cans (with the pop-up lids) of applesauce, fruit salad, etc. also work very well.

## **DESSERTS**

Please do not prepare any desserts that will “melt” or “sag” or require cutting up and serving. Each dessert is to be individually wrapped and ready for distribution. During the hot weather months, make sure your dessert will not become a melted glop. Your individually wrapped snack cakes, layer cakes without icing and cookies work best.

## **SHOPPING THE WHOLESALE CLUBS**

Cooking in large quantities can be a challenge. The local wholesale club can simplify the process by offering the majority of products needed for these recipes, often at reduced prices. Following are some sample menus that may be helpful.

### **MENU POSSIBILITIES**

- |                  |  |
|------------------|--|
| <b>Main dish</b> | Ravioli with meat sauce  |
| <b>Fruit</b>     | Frozen fruit salad (supplemented with fresh sliced bananas or canned sliced peaches) |
| <b>Bread</b>     | Dinner rolls   |
- |                  |                       |
|------------------|-----------------------|
| <b>Main dish</b> | Chili                 |
| <b>Salad</b>     | Potato Salad          |
| <b>Bread</b>     | Meyer’s Garlic Sticks |
- |                  |                              |
|------------------|------------------------------|
| <b>Main dish</b> | Meatballs and rice casserole |
| <b>Salad</b>     | Coleslaw                     |
| <b>Dessert</b>   | Assorted cookies             |
- |                  |  |
|------------------|--|
| <b>Main dish</b> | Rotini with vegetables and meat & cheese sauce |
| <b>Fruit</b>     | Fresh bananas & canned pear halves             |
| <b>Bread</b>     | Croissants                                     |
- |                  |   |
|------------------|---|
| <b>Main dish</b> | Zarda’s baked beans with smoked sausages and corn |
| <b>Salad</b>     | Macaroni salad                                    |
| <b>Bread</b>     | Muffins   |

## COOKING PREPARATION

### **Menu #1 RAVIOLI**

#### **Purchase**

Vegetable spray, sandwich bags, foil

5 – 3 lb. bags of Louisa Beef Ravioli (frozen foods)

5 lbs. ground hamburger (meat department)

3 white or yellow onions

2 – 4 lb. /3 oz. jars of Prego Spaghetti Sauce

1 – 106 oz. can of sliced peaches (drain)

1 cup of white sugar

Foil

60 dinner rolls (bakery section)

#### **Ravioli**

Brown hamburger in skillet. Drain fat. Chop onions. Add to hamburger. Add spaghetti sauce to hamburger/onion mix to make thick meat sauce.

-Line baking pans with foil. Spray with vegetable spray.

-Place bags of ravioli in pan; cover with some meat sauce. Add more ravioli and pour sauce to cover. Continue alternating ravioli and sauce until they are all in the pan. This is difficult to measure since everyone uses different size baking pans. When pans are full, cover with foil. Bake at 300 degrees for 2-1/2 to 3 hours. Cooking time will vary depending on the style of pans used.

#### **Fruit Salad**

3 bags frozen fruit

1 – 106 oz. can sliced peaches (or any other canned fruit)

3 bananas sliced

1 cup of sugar

Drain canned fruit. Mix frozen fruit, canned fruit, and sugar. Cover and refrigerate. The frozen fruit will defrost in the refrigerator after 3 to 4 hours. Just before transporting food to Uplift, slice bananas and add to salad. Cover. Keep cool.

#### **Bread/rolls**

It is often less expensive to purchase these at the wholesale club bakery than it is to make at home but some people have excellent at-home recipes for at-home preparation and prefer to use them. In either case, please individually wrap rolls in plastic sandwich bags.

**Menu #2**  
Purchase

**CHILI**

Vegetable spray, foil  
Chef-mate chili with beans  
5 lbs. hamburger  
10 fresh tomatoes, chopped  
3 white or yellow onions chopped  
2 lbs. cheddar cheese grated  
5 – 5lb. packages of potato salad  
1 bottle Tabasco or hot sauce

-Brown hamburger in skillet. Drain fat. Chop onions and tomatoes. Add to meat mixture. Add this mixture to chili.  
-Line baking pans with foil. Spray with vegetable spray.  
-Place mixture in baking pans, cover with foil. Bake at 275-325 degrees for 2-1/2 hours or until hot.  
-Grate cheese or buy shredded cheese. Bring shredded cheese to warehouse. When you pour the chili into the Uplift containers, add the cheese.  
-Bring a bottle of Tabasco or hot sauce. Servers can sprinkle it on chili for clients who like it “hot.”

**Potato Salad**

5 – 5lb. tubs (25 lbs.) of potato salad. These are usually less expensive than homemade. Just keep them cool. Take to Uplift and transfer to serving containers.

**Bread**

Meyer’s Garlic Sticks. Heat in oven to brown. Wrap individually in foil.

**Menu #3**  
Purchase

**MEATBALLS & RICE CASSEROLE**

Vegetable spray, sandwich bags, foil  
4 – 5lb. bags of Italian style meatballs (frozen)  
2 bags of rice (15 cups uncooked rice  
    ½ cup uncooked rice = 2 cups cooked rice per person)  
1 – 5lb. bag broccoli Normandy  
1 – 88 oz. bottle of Yoshida’s Gourmet Sauce  
2 onions, chopped  
5 – 4.5 lb. tubs coleslaw  
60 assorted cookies

-Cook rice as directed on package.  
-Line baking pans with foil. Spray with vegetable spray.  
-After rice is cooked, mix together chopped onions, ½ bottle of Yoshida’s Gourmet Sauce, broccoli Normandy and meatballs.

Place in baking pans. Pour remaining sauce over casserole. Bake at 300 degrees for about 3 hours.

**Salad**

Coleslaw is available at the wholesale club. It needs to be kept cold but can stay in purchased container until you transfer it into coolers at the Uplift warehouse.

**Dessert**

Large, tasty cookies can be purchased at the warehouse club as well. Wrap individually in plastic sandwich bags.

**Menu #4**

**Purchase**

**ROTINI**

Vegetable spray, foil, sandwich bags

4 – 5lb. package shredded mozzarella cheese

8 – 10.75 oz. cans of cream of mushroom soup

1 quart of milk

5 lbs. of hamburger or 2 – 5lb. packages of Italian style meatballs (frozen foods)

60 bananas

2 – 105 oz. cans Del Monte pear halves

60 croissants

-If using hamburger, brown in skillet then drain fat.

-Line baking pans with foil and then spray with vegetable spray.

-Combine milk and cream of mushroom soup. Mix well.

-In baking pans, layer meat, rotini, cheese and then milk/soup mixture. Continue layering until all ingredients are used.

-Cover with foil and bake 2-1/2 to 3-1/2 hours at 300 degrees.

**Fruit**

-Open two large cans of pears. Drain most of the liquid. Place in covered bowl for transport.

-60 bananas. Substitute fresh peaches, plums or other soft seasonal fruits. Be sure to wash fruits if the skin is to be eaten.

**Bread**

-60 croissants. Bag individually in plastic sandwich bags.

**Menu #5**  
Purchase

**BAKED BEANS WITH SAUSAGE AND CORN**

Vegetable spray, foil, plastic sandwich bags  
5 – 5lb. tubs of Zarda baked beans  
3 – 3lb. packages of Hillshire Farms smoked sausage (frozen foods)  
3 onions, chopped  
1 Del Monte canned corn (106 oz. can)  
5 – 5lb. tubs macaroni salad  
5 – 12 piece packages muffins (blueberry, chocolate, banana, etc.)

-Line baking pans with foil and then spray with vegetable spray.  
-Pour beans into pans.  
-Add onions  
-Slice smoked sausages into bite-sized pieces  
-Add smoked sausage to beans  
-Drain corn and add to mixture  
-Cover with foil and bake at 300 degrees for 2-1/2 – 3 hours.

**Salad**  
**Bread**

Macaroni salad – Keep cool until transferred into Uplift containers.  
Muffins – These are **BIG** muffins. Wrap individually in sandwich bags.