

HOPE COTTAGE CASSEROLE

(enough for 6 generous servings)

Ingredients

1 lb. hamburger
1 large onion (chopped)
2 cups mixed vegetables
1 cup rice or macaroni
1 tsp. pepper
1 tsp. salt
1 green pepper (optional)
1 clove of chopped garlic (optional)
water or stock – flour to thicken – ketchup may be added
cheese slices to add to top

Topping

Mashed potatoes (6 fresh-cooked and mashed or equivalent instant potato)

Enough cheese – sliced or grated – to cover the top.

Method

1. Brown meat and onions in a large pan.
2. Cover with water or stock.
3. Add vegetables and rice or pasta if uncooked, and simmer until tender.
4. Thicken and season the mixture to stew consistency (oatmeal added to basic ingredients is good, too, for this.)
5. Turn out mixture into a casserole.
6. Spread topping of mashed potato over meat, etc. and add cheese as final layer.
7. An alternative is to make layers of stew and layers of potato – adding the cheese as a final touch.
8. Heat this in oven at 300 degrees for 20 to 30 minutes, depending on the oven.

Serve with love!

Many thanks!

January, 2010

Dear Parents and Students of Grade 8B & 8K:

On Wednesday, January 13th, we are asked to provide supper for at least 30 people at Hope Cottage. As you are aware, one of the goals of Sacred Heart School is to foster in our students a sense of social justice which impels to action. As a step to achieving this goal, and as part of our Religious Studies programme, you are kindly asked to respond to this request.

We are enclosing a recipe, which you and your daughter may choose to use. Please encourage your daughter to participate in the preparation of this meal. I ask that you or your daughter bring your casserole to school on the morning of Wednesday, January 13th.

Would you and your daughter discuss and sign the form below in the appropriate blank(s), and make a commitment to help. Thank you very much.

Sincerely,

Mrs. Bjornson Mrs. Bekkers

Mrs. Bjornson

Mrs. Bekkers

A sense of social justice which impels to action.
HOPE COTTAGE

____ My parents and I will make a casserole (preferably in a disposable container).

____ I will help my teacher deliver the food at noon.

Signature of Student

Signature of Parent