ST. PATRICK BEEF SHELMAC CASSEROLE RECIPE

Ingredients

1 lb. box large or medium shelmacs
2 lbs. ground beef (approximately)
2 cans (15 oz) tomato sauce
1 lb cottage cheese, large or small curd
1 pkg. (8 oz) cream cheese
4 oz. sour cream
½ to 1 green pepper (chopped)

Cook shelmacs in six quarts of rapidly boiling, salted water for 12-14 minutes.   Drain.   Sauté beef, drain fat and add the tomato sauce.   In separate container, combine cottage cheese, sour cream and green pepper.

Place in casserole pan: one layer of shelmacs (one-half total amount), spoon the cheese and pepper mixture over the top, add the remaining shelmacs and then the beef with tomato sauce on top.

Bake uncovered for 30 minutes at 375 degrees.

Let cool before adding lid and freezing!

Place on the right side of the freezer in Ladue Chapel kitchen. Put your name on the sign-up sheet in the cabinet with the pans.

(Many of us like to bless the casserole with a prayer – that this food will bring nourishment of all kinds to those who eat of it.)

If you have questions about the recipe or becoming a part of this ministry, please contact Lucie Staack through the church office.

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HUNGER DOESN'T TAKE A VACATION

We ask for **committed** casserole makers to make them monthly if at all possible. It isn't hard – you can make two (or more) months at once! Besides – there are no meetings – it is at your convenience! And it feels so good to help others. Ladue Chapel has been committed to St Patrick's casserole program since its inception 30 years ago. Ladue Chapel provides 25-30 casseroles per month (and more are needed).

St. Patrick Center is the largest provider of homeless services in Missouri, with more than 20 housing, employment and mental health programs that assist more than 9,000 people annually who are homeless or at risk of becoming homeless. They help individuals and families move from homelessness to independence in a measurable, cost-effective manner.

Contact Lucie Staack through the church office with questions.