



## Crossroads Soup Kitchen

2424 W. Grand Blvd.  
Detroit, MI 48208  
313/831-2787

### Food Supplies and Recipes (4/6/10)

The basic Sunday meal at Crossroads Soup Kitchen includes a 16-oz bowl of hearty, nutritious soup, two sandwiches (one mustard & one salad dressing) w/ or w/out cheese, and a beverage – coffee or cold beverage for adults and milk for children and the elderly. Some groups also include fruit and/or sweet treats. **As of 12/28/09, please prepare and shop for 700 guests on the first & second Sundays, 800 on the third Sunday and 900 on the fourth & fifth Sundays.** (This is sometimes subject to change by the seasons as less in Jan – Mar and more in April - Dec). **We will advise groups closer to their dates as sometimes the numbers fluctuate in both directions.** Crossroads provides the bowls, cups, napkins, soup spoons, condiments, salad dressing and mustard for sandwiches, sandwich bags, beverage stirrers, gloves, lunch bags for carryout meals, paper towels, garbage bags, cleaning supplies. Deliveries should be made on Friday rather than Saturday as Crossroads is closed some Saturdays.

The **VISITING SOUP KITCHEN TEAM** is responsible for the provision of food supplies detailed below under the headings of **SANDWICH SUPPLIES, BEVERAGES and SOUP SUPPLIES, FRUIT, OTHER INFORMATION.** A study of the necessary supplies in each category will help you to develop your shopping list. The quantity needed varies somewhat depending on the season of the year and when a Sunday occurs in the month. Also, the numbers are based on averages/estimates. **We will contact you in advance of your soup kitchen date to give you more accurate figures.** **We now have plastic containers for the sandwich trays, so you do not need to purchase a box of disposable trays.**

To ensure that our guests are served a nutritious meal from Noon – 3:00 pm in a welcoming, safe, and clean environment we make the following requests regarding volunteers and work times:

- **Meal Preparation Team:** Between 8:15am and 11:30am, 18 volunteers are needed to prepare the meal. We ask that your meal preparation team of at least **16 members arrive at 8:15 am** and be prepared to work until 11:30 am. **It is most helpful if most folk can arrive at 8:15 as we need to go over health dept regulations and other information before we get started.**
- **Serving Team:** Between 11:15 am and 3:30pm, 18 volunteers are needed to serve the meal and to assist with setup and clean-up. If your serving team is different from your meal preparation team, we ask that your **servicing team arrive at 11:15am** and be prepared to work until the clean-up is complete. **We will go over health dept regulations and other information before we get started as well as assigning responsibilities.**

### SANDWICH SUPPLIES

Below is a “sandwich chart” that will give you an idea of how many sandwiches you will need to prepare and how many loaves of bread and pounds of lunchmeat you will need to purchase. The attendance figures are based on the meal count of the previous eight weeks. We will continue to monitor the count and keep you posted as the weeks unfold. The number of loaves is based on the standard 20-slice loaf of bread. The pounds of lunchmeat are based on a minimum of a **1-oz slice of lunchmeat on a sandwich.** **If you have a butcher to slice the meat, you will need to ask for 30% more in poundage** as some slices may weigh more than 1-oz which can lead to fewer slices than needed. In addition to the number of pounds needed, tell the butcher the number of slices needed. Similarly, if you buy the meat to slice yourself, ask for 30% more in poundage so you will have the required number of slices. **When you purchase the pre-sliced meat, check the number of slices/pound.** **Sometimes the packages say 16 oz, but may only have 12 or 14 slices** in which case, you would need to purchase add'l packages. Whether you purchase bulk or pre-sliced meat, you will want to do the necessary arithmetic, so that you end up with the same number of 1-oz slices of meat as the number of sandwiches you plan to make. In terms of time, energy and accuracy it is better to **purchase pre-sliced meat.** **If it is possible to bring a lunchmeat different from bologna (ham, salami, turkey) the guests would be MOST grateful.** You'll need as many slices of 1 oz cheese according to the number of sandwiches. Cheese is an option.

Special note: meat for the soup and sandwiches must be defrosted by 8:00 a.m. on Sunday.

The **Bread loaves** are the standard 20 slice loaves. This translates into 10 sandwiches per loaf. If you buy 16 slices, 24 slices, or 32 slice loaves, adjust calculations accordingly. Please remember that sandwiches taste much better on **FRESH BREAD.** We use the ends of the loaves of bread and turn them inward.

Perfection Bakeries delivers bread if you call this outlet: 24734 Van Born Rd., Dearborn Heights, MI 313/291-0670. Please place your order a week before the delivery is to be made so that delivery can be scheduled for the Friday before you come. You should forward a check to Crossroads to be received by the Wednesday before the delivery and make the check out to Perfection Bakeries.

### SANDWICH PLANNING

| Week of the Month      | NUMBER of MEALS | Needed number of Sandwiches and Slices of meat | <span style="border: 1px solid black; padding: 2px;">If 20-slice loaf</span><br>Needed number of Loaves of bread | Needed pounds of Lunchmeat w/ 1oz slices |
|------------------------|-----------------|--|--|--|
| 1 <sup>st</sup> Sunday | 700             | 1400   | 140  | 95 lbs. ****                             |
| 2 <sup>nd</sup> Sunday | 700             | 1400   | 140  | 95 lbs. ****                             |
| 3 <sup>rd</sup> Sunday | 800             | 1600   | 160  | 100 lbs. ****                            |
| 4 <sup>th</sup> Sunday | 800             | 1600   | 160  | 100 lbs. ****                            |
| 5 <sup>th</sup> Sunday | 900             | 1800   | 200  | 112.5 lbs. ****                          |
| Just in case           | 950             | 1900   | 220  | 118 lbs. ****                            |
| Just in case           | 1000            | 2000   | 240  | 125 lbs. ****                            |

**\*\*\*\*Remember: If you have a butcher to slice the meat or slice it yourself, order 30% more in poundage.**

If the numbers have been up, you may need to plan for more lunches on the 4<sup>th</sup> & 5<sup>th</sup> Sundays. I'll give you a closer estimate the Monday before you come.

#### BEVERAGES (Guests receive a hot or cold beverage and water)

- Coffee:** 5 pounds of perc/regular/all coffee maker grind from Sept to April. 3 pounds from May to August. Please no instant or automatic drip grind. We will advise you the Monday before come of our coffee inventory from the previous Sunday.
- Lemonade or punch:** The beverage dispenser works best with the liquid concentrates. Generally the lemonade and punch come 4 gals to a case as at Gordon Foods. Powdered mixes clog the machine. The tea is not pre-sweetened. **Do not purchase the liquid tea or powdered mixes.** We have only found the lemonade and punch to be sweetened. Even in the winter many want the cold beverage. October – April purchase 4 cases. May-September – 6 cases. Special occasions as the Thanksgiving, Christmas and Easter meals as well as the last Sundays of the month (May-Sept) may require 6-8 cases.
- Water** is provided on a table in the dining room. Guests may have as many cups as they want. Volunteers staff the water table keeping it full. Guests are not to operate the igloo or put their bottles under the spigot. They can take as many cups from the table and fill containers.

**COFFEE CREAMER:** two 12 oz containers of instant powdered coffee cream. We can advise on the Monday before of the Sunday inventory if you will need to bring cream.

**MILK:** For the children and elderly: One gallon of milk per Sunday. You may also purchase the individual cartons from Gordon Foods but must order in advance. These are helpful for weekday distribution when milk remains.

**FRUIT:** If your group is able to purchase fruit, we would be most grateful. Softer fruit that can be eaten with poor dental work is best. Here are some examples: bananas, oranges, peaches, plums. Prices vary throughout the year.

**TREATS:** Our guests always appreciate treats including candy, cookies, cupcakes or anything sweet. If you have extra funds and want to provide treats, please plan on giving the same amount to each guest.

### SOUP SUPPLIES AND IMPORTANT INFORMATION

- ☑ We prepare 60-120 gallons of soup each Sunday using both soup pots.
- ☑ All of the quantities shown will provide a thick, hearty soup. Please do not reduce the quantities. The recipes were written for the 12 oz soup cup. We now use a 16 oz soup cup. **Please purchase 30% more of the ingredients for the soup for the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sundays.**
- ☑ Some groups prefer to use one of the attached recipes. Other groups prepare a favorite soup of their own. In either case, we have only three requests: 1) that the soup of the day is meaty, thick, nutritious and tasty; 2) that the amount will be sufficient to feed the projected number of guests; and 3) that you consult with us regarding needed food supplies and amounts if you are following your own recipe. **It's always good to have some extra canned ingredients in case they are needed.**
- ☑ To be cooked by 11:30 a.m., the **soup must be started by 8:30 a.m. and all ingredients must be in the soup pot by 9:30 a.m.** It takes 1 hour to cook the barley or rice that is added to the soup. Quick Barley cooks in 10 minutes. Do not cut vegetables and meat in large chunks. Small chunks cook quicker and are easier for the guests to eat.
- ☑ All of the soup is cooked in the two large soup pots because they are built to prevent burning or scorching. **For the first & second Sundays of the month**, fill with water to ½ of each pot after all ingredients are added. Our numbers are lower on those Sundays but can change. **For the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sundays**, fill the pots ¾ + full after all ingredients are added. Please do not cook any soup on the stove. Our soup kitchen pots hold 60 gallons each when they are filled to approximately eight inches from the top. This amount serves 400 bowls of soup per pot. **Keep check on the soup pots and numbers we serve the first hour to adjust the soup in case more items need to be added.** If warranted, additional water added at 1pm is better than adding at 2 pm. Usually the total number served the first hour when doubled is a good indication of how many meals we will serve that day. In the winter when the weather is bad, our numbers tend to be low. It's better to add additional canned items later to stretch the soup than to have a large amount of soup leftover which we have to toss. **Drained grease must be put in cans, SEALED in garbage bags and put in the dumpster. NO GREASE IS TO BE POURED DOWN THE PARKING LOT DRAIN!**
- ☑ We *add spices gradually*, and season to taste. Whenever liquids are added to the soup pot, taste the soup and re-season to taste. Watch soup base as it's very salty. Less is best.
- ☑ It is important that the volunteers selected to cook the soup ensure that there is ample space left at the top of the soup pot to stir the soup without any overflow. If there is an overflow, those near the soup pot can be burned. Also, overflow can extinguish the soup pot flame and prevent re-lighting.
- ☑ We recommend barley because it's nutritious; it stretches the soup; it doesn't change the taste; and it holds up well after cooking for hours. *Quick barley is always good to have on hand and is the best.*
- ☑ In selecting the soup to be served, some groups prefer to use one of the following recipes. Other groups prepare a favorite soup of their own.
- ☑ All soup must be given away before the soup kitchen closes. A maximum of 30 individual soup bowls can be left in the refrigerator for distribution on Monday. **NO OTHER SOUP CAN BE LEFT OVER!** It must be given away and cannot be taken to other agencies.

Leftover bread, sandwich meat, cheese, cookies and fruit is used by the food pantry during the week. And the need is increasing dramatically!

On special occasions we make a significant departure from the basic meal. On Easter we serve ham and potato salad; on the Sundays before Thanksgiving and Christmas we serve turkey dinners with all the trimmings; we serve hot dogs, potato salad, baked beans for a Sunday near July 4 and other summer Sundays/Holidays.

## Some Crossroads Recipes

**(For the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sundays, purchase 30% more of the ingredients as we use a 16 oz soup bowl)**

### **Vegetable Beef Soup;**

100 pounds Hamburger, Stewing Meat, or Beef Shanks  
25 pounds Onions  
25 pounds Carrots  
20 pounds Celery  
25 pounds Potatoes  
25 pounds other vegetables, e.g. Green Beans, Corn, Peas, Cabbage, Mixed Vegetables  
10 boxes of Quick Cooking Barley  
6 cans Tomato Paste (#10 cans)  
4 cans Diced Tomatoes (#10 cans)  
15 jars Beef Base (16 oz jars) - you may want to use the lower sodium and less base  
Spices: 1 pound Parsley, 6 pounds Granulated Garlic, 1 pound Basil, 2 pounds Lowry's Seasoned Salt, Pepper, 2 pounds Italian Seasoning.

### **Chicken or Turkey Soup: Please purchase 30% more of the ingredients for the soup for the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sundays.**

100 pounds Diced Chicken or Turkey either cooked or raw (100 pounds weight is w/out bone). Turkey & chicken should come diced from the vendor.  
20 pounds Celery  
25 pounds Onions  
15 pounds Carrots  
15 pounds Potatoes  
20 pounds other vegetables, e.g. Green Beans, Corn, Peas, Cabbage, Mixed Vegetables  
10 boxes of Quick Cooking Barley  
6 cans Tomato Paste (#10 cans)  
4 cans Diced Tomatoes (#10 cans)  
15 jars Chicken Base (16 oz jars) or chicken broth equivalent - you may want to use the lower sodium and less base  
Spices: 1 pound Parsley, 6 pounds Granulated Garlic, 1 pound Sweet Basil, Container of Pepper

### **Chili: Please purchase 30% more of the ingredients for the soup for the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sundays.**

100 pounds ground beef  
25 pounds Onions  
15 pounds Celery  
4 cases diced tomatoes (six #10 cans/case)  
8 cans tomato paste (# 10 cans)  
4 cases Kidney Beans (six #10 cans/case)  
10 boxes Quick Cooking Barley  
15 jars Beef Base (16 oz jars) - you may want to use the lower sodium and less base  
Spices: 16 pounds Mild Chili Powder, 6 pounds Granulated Garlic, Container of Salt, fifteen small bottles of A-1 Sauce or 6 large bottles.  
Optional: six lbs of cumin and 10 lbs green peppers.

#### **Special Note Regarding Chili:**

For Chili, please include **Canned Kidney and other Beans** on your shopping list. There is not sufficient time to brown the meat and cook dried beans.

## Ham and Bean Soup

5 cases of #10 cans of beans or (100 lbs. dry)  
100 pounds Ham or Pork Shoulder (smoked)  
10 boxes Quick Cooking Barley  
20 pounds Onions  
15 pounds Carrots  
10 bunches Celery  
6 cans Tomato paste (#10 cans)  
14 jars Ham Base (16 oz jars) use low sodium and perhaps fewer jars  
Spices: 2 pounds ground Celery Seed, 6 pounds Granulated Garlic, two small bottles Tabasco Sauce  
**Please purchase 30% more of the ingredients for the soup for the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sundays.**

### Special Note Regarding Bean Soup

Dried beans are available at Crossroads. The beans must be soaked for 24 hours. Let us know the Monday before so arrangements can be made. Crossroads is closed on Saturdays - Memorial Day weekend thru Labor Day weekend and other times. **Beans cannot be soaked in the summer as they will spoil.**

## Spaghetti **Please purchase 30% more of the ingredients for the soup for the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sundays.**

100 pounds Ground Beef  
50 pounds Spaghetti (pasta)  
1 gallon olive oil  
20 pounds onions  
5 cases Diced Tomatoes (6 #10 cans/ case)  
2 cases of Tomato Paste (#10 cans)  
10 pounds Quick Cooking Barley  
14 jars Beef base (16 oz)  
20 green peppers  
Spices: 8 pounds Mixed Italian spices, 6 pounds Granulated Garlic, Salt, 3 pounds Sweet Basil

### Special note re: Spaghetti:

For the spaghetti, we use hinged plates instead of bowls. These need to be special ordered. **If you are planning on serving spaghetti, please let us know a month before your soup date.**

## Potato Soup **Please purchase 30% more of the ingredients for the soup for the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sundays.**

100 lbs. potatoes  
70 lbs. ham – smoked not fresh ham – 70 lbs of ham w/ out bone, skin or fat  
70 lbs. onions  
2400 ox Campbell's cream of mushroom soup – try to use low sodium as the regular is too salty. There are 32 oz in a can, so you would need 75 cans  
15 lbs. barley  
15 jars Ham base (16 oz) – use low sodium and perhaps fewer jars or none  
(Carrots and Celery are good to add and help to stretch the soup.

### Directions:

Preheat pot with enough water to cover the bottom.  
Add barley with enough hot water to cover barley and cook for 30 minutes.

Peel and slice potatoes about one inch  
Cut ham into cubes – (no bones, skin, or fat)  
Slice onions ¼ to ½ inch thick

Add potatoes, ham and onions with enough water to cover, Add celery & carrots.  
Cook until potatoes start to soften  
Add soup and ham base to taste.  
Once potatoes break down, lower the heat.

### Helpful Hint:

Please do not use purchased pre-cut potatoes or pre-cut onions because these would be cut too small.