



CROSSROADS SOUP KITCHEN Year Food Supplies and Recipes

THESE STATS ARE CURRENT – PLEASE DISCARD ALL DIRECTIONS SENT BEFORE February 20, 2007

The basic Sunday meal at Crossroads Soup Kitchen includes a 12-oz bowl of hearty, nutritious soup, two sandwiches, and a beverage--usually coffee or iced tea for adults and milk for the children and the elderly. Some Churches and groups also include fruit and/or sweet treats. Please prepare and shop for 750 guest on first Sunday; 800 guests on second Sunday; 750 on the third Sunday; 850 guests on fourth Sunday; and 900 guests on the fifth Sunday. Crossroads provides the bowls, cups, napkins soup spoons, condiments, salad dressing and mustard for sandwiches, sandwich bags, beverage stirrers, lunch bags for carryout meals, paper towels, garbage bags, cleaning supplies.

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.

SANDWICH SUPPLIES

Here is a "sandwich chart" that will give you an idea of and 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 from the past 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 **minimum of an 1-oz slice of lunchmeat on each sandwich**.

WEEK of the MONTH	NUMBER of GUESTS	NEEDED NUMBER OF SANDWICHES	If 20-slice loaf NEEDED NUMBER of LOAVES of BREAD	NEEDED POUNDS of LUNCHMEAT-with 1-oz slices
First Sunday of the month				
1 st Sunday	600	1200	120	75
2 nd Sunday	650	1300	130	81.25 lb
St. Al's also serves on this Sunday				
3 rd Sunday	700	1400	140	87.5 lb
4 th Sunday	800	1600	160	100 lb.
5 th Sunday	800	1600	160	100 lb
Just in case our numbers	900	1800	200	112..5

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

The Bread loaves referred above 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 recommend a minimum of a **1-oz slice of lunch meat on each sandwich**. If you purchase pre-sliced meat you will need 16 slices per pound. In terms of time, energy, and accuracy it is better to **purchase pre-sliced meat**. 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. **If it is possible to bring a lunchmeat different from bologna the homeless poor people would be MOST grateful.**

Perfection Bakeries delivers bread if you call this outlet: 24734 Van Born Rd, Dearborn Heights, MI 313 291-0670

BEVERAGES

1. **Coffee:** 5 pounds of perc/regular/all coffee maker grind from Sept. to April; 4 pounds from May to August. Please no instant or automatic drip grind
2. **Sweetened Instant Tea:** From September to April we need 4 coolers or 40 gallons of sweetened ice tea. Each cooler requires 9 lbs of sweetened instant ice tea. Please bring 36 lbs or (six containers with 6 LB 4 OZ). From May to August we need 6 coolers or 60 gallons of sweetened iced tea. Please bring 56 lbs or (nine containers with 6 LB 4 OZ). If you substitute tea for lemonade or other fruit juices, bring the above equivalent. A substitute drink is fine as long as it is sweetened.
3. **The lemon or orange "Dominade" at Kay Foods costs less and our people like it! You would need 1 ½ to 2 cases.**

Coffee Creamer: two 12-oz containers of instant powdered coffee cream.

Milk: For the Children and elderly: One gallon of milk per Sunday

OTHER FOOD ITEMS

1. 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 – 100 gallons of soup each Sunday.
- All of the quantities shown will provide a thick, hearty soup. Please do not reduce the quantities.
- 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: that the soup of the day is meaty, thick, nutritious and tasty; that the amount will be sufficient to feed the projected number of guests; and that you consult with us regarding needed food supplies and amounts if you are following your own recipe.
- To be cooked by noon, the **soup must be started at 8:30 am** and **all ingredients must be in the soup pot by 9:30 am**. It takes 1 hour to cook the barley or rice that is added to the soup. Quick Barley cooks in 10 minutes.
- All of the soup is cooked in the large soup pot, because it is built to prevent burning or scorching.** Please do not cook any soup on the stove. Our soup kitchen pot holds 60 gallons when it is filled to approximately eight inches from the top. This amount feeds 600 people. Here's how we "stretch" the soup: **The soup in the large soup pot should be cooking by 9:30 a.m. and cooked by 11:00 a.m.**, when we draw off 1-4 smaller pots. The smaller pots are covered and put on the unheated stove. (Each holds approximately 50 bowls of soup.) After we draw off the soup, we refill the large soup kitchen pot with the extra supplies that are included in the attached recipes. Then the soup in the large pot is re-seasoned and cooks for the last hour. During serving, as the soup in the large pot goes down, the soup in the smaller pots is added and reheated in the large soup pot.
- We add spices *gradually*, and season to taste. Whenever liquids are added to the soup pot, taste the soup and re-season to taste.
- 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 overflows. If there is an overflow, those near the soup pot can be burned. Also, overflows 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.
- 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 50 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.
- Our exhaust fan was stolen. We need to ensure ventilation in the kitchen otherwise the fire retardant will spray.**

On special occasions we make a significant departure from the basic meal. On Easter Sunday we serve ham and potato salad; we serve hot dogs, potato salad, baked beans on July 4; and we serve a turkey dinner with all the trimmings at Thanksgiving and Christmas.

SOME CROSSROADS RECIPES

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)
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:

100 pounds Diced Chicken or Turkey either cooked or raw (100 pounds weight is without bone)
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
Spices: 1 pound Parsley, 6 pounds Granulated Garlic, Container of Pepper, 1 pound Sweet Basil

Chili:

100 pounds Ground Beef
25 pounds Onions
15 pounds Celery
4 cases diced tomatoes (each case has six #10 cans)
8 cans tomato paste (#10 cans)
4 cases Kidney Beans (each case has six #10 cans)
10 boxes Quick Cooking Barley
15 jars Beef Base (16-oz jars)
Spices: 16 pounds Mild Chili Powder, 6 pounds Granulated Garlic, Container of Salt, fifteen small bottles of A1 Sauce or 6 larger bottles.
Options: six lbs of cumin and 10 lbs. green peppers

SPECIAL NOTE REGARDING CHILI:

*For Chili, please include **CANNED KIDNEY BEANS** on your shopping list. We are no longer able to use navy beans for chili, because the meat needs to be browned in the large soup pot, and there is not sufficient time to remove the beans to brown the meat.*

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)
Spices: 2 pounds ground Celery Seed, 6 pounds Granulated Garlic, two small bottles Tabasco Sauce

SPECIAL NOTE REGARDING BEAN SOUP:

Dried beans are available at Crossroads. The beans must be soaked for 24 hours. Call us before the Saturday we would soak the beans

Spaghetti

100 pounds Ground beef
50 pounds Spaghetti (pasta)
1-gallon olive oil
20 pounds onions
5 cases Diced Tomatoes each case has 6 # 10 cans
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 REGARDING SPAGHETTI:

For the spaghetti, we will 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.

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A New Recipe: Potato Soup

100 lb. potatoes

70 lb ham – smoked not fresh ham – we need 70 lbs of ham meat not counting bones, skin, fat

70 lb onions

2400 oz Campbell's cream of mushroom soup – purchase the equivalent in LARGE CANS of soup (for example if there was 32 oz of soup in a can you would need 75 cans)

15 lbs. barley

15 jars Ham Base (16 oz jars)

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

Preheat pot with enough water to cover the bottom.

Add barley with enough hot water to cover barley and cook for 30 minutes.

Add potatoes, ham and onions with enough water to cover

Cook until potatoes start to soften

Add soup and ham base to taste

Once potatoes break down, lower the heat

Helpful Hints:

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

SPECIAL NOTE REGARDING LUNCHMEAT SANDWICHES:

At Crossroads soup kitchen we have been serving bologna sandwiches almost every week for many, many years. If you are able to find a reasonably priced lunchmeat DIFFERENT from bologna it would be a wonderful change!