

# FAITH IN ACTION

## **Our Daily Bread Casseroles**

### **Mac and Cheese**



St. Mary of the Assumption collects casseroles for delivery to Our Daily Bread on the **first** and **third** Mondays of each month. There are several options for helping in this way.

- Purchase a family/party size casserole (e.g. Stouffer's).
- Prepare 4 boxes of dry mix (e.g. Kraft's).
- Cook your own macaroni and cheese recipe, see other side for recipe.

Pans are available on the gathering space tables. Please bring frozen mac and cheese casseroles to the rectory by noon of the Sunday before each first and third Monday.

**Casseroles may also be dropped off during the week from 9 to 4.**

The number of casseroles from our parish has decreased greatly during the past year, but unfortunately, the need has not changed. Our Daily Bread serves more than a quarter million meals to the hungry of Baltimore City each year. Please make mac and cheese casseroles part of your routine once or twice a month.



*If you lavish your food on the hungry,  
and satisfy the afflicted,  
Then your light shall rise in the darkness,  
and your gloom shall become like midday.  
Isaiah 58:10*



## **Macaroni and Cheese (Vegetarian)**

Serves 8-10

### Ingredients needed:

2 cups elbow macaroni, uncooked

1/2 cup margarine

1 medium onion, chopped

1 tsp. Salt

1 tsp. Pepper

1/2 cup flour

2 cups milk

10 oz. shredded cheddar cheese

1 cup bread crumbs

Cook macaroni according to directions on box. Drain and set aside.

Sauté onions in margarine, and add salt and pepper. Slowly stir in flour.

Cook over low heat until mixture is smooth and bubbly. Stir in milk.

Add in cheese and continue stirring until melted. Remove from heat.

Stir in cooked macaroni and pour into casserole pan. Top with bread crumbs.

Bake at 375-degrees for 30 minutes.

Cool completely, cover with aluminum foil.

Label with casserole name and date. Freeze.

See more at: <http://www.catholiccharities-md.org/our-daily-bread/odb-food-service/favorite-casserole-recipes.html#Guidelines>