



Crossroads Soup Kitchen
2424 W. Grand Boulevard
Detroit, MI 48208
Office Phone: 313-831-2787
Email: ewalters@crossroadsofmichigan.org

Mission of Crossroads:

The purpose of Crossroads is to care for any person in need by providing counseling, advocacy and material assistance when possible and appropriate, and responding to other human needs in the community as we are enabled to do so.

Goals of Crossroads Soup Kitchen:

1. Provide a hot, nutritious meal, to hungry, impoverished individuals and families every Sunday of the year;
2. Serve the meal each Sunday from Noon to 3:00 PM;
3. Ensure that our meals are prepared, served, and consumed in a welcoming, clean, and safe environment;
4. Create opportunities for mutual ministry and service among and between our guests and soup kitchen volunteers; and,
5. Interconnect the work of our soup kitchen to the vision, mission, programs, and services of Crossroads.

Crossroads' basic soup kitchen meal includes a 16-oz bowl of hearty, nutritious soup, two sandwiches one with mustard and one with salad dressing with or without cheese and a beverage—coffee, creamer, a cold beverage, and a gallon of milk available for children and the elderly. Some groups also include fruit and or sweet or salty treats. Crackers with the soup is good too!

The sponsoring group brings the ingredients for the soup, bread and lunchmeat for the sandwiches, the beverages—coffee, creamer, the cold beverage (concentrated liquid lemonade or other drink of your choice, one gallon of milk available for children and the elderly, and if you want extras like cheese, fruit, and treats. Also, the sponsoring group recruits the volunteers for the soup team that does morning setup and meal preparation and the volunteers for the afternoon soup team that does serving and cleanup.

Crossroads provides bowls, cups, napkins, soup spoons, sugar, salt, pepper packets, mustard and salad dressing for sandwiches, sandwich bags, beverage stirrers, gloves, lunch bags for carry out, paper towels, garbage bags, and cleaning supplies. Crossroads also provides a staff member and trained volunteer managers who orientate the volunteers and accompany the them throughout the day; a security team to ensure everyone is safe; and maintenance workers to ensure that the soup kitchen is clean throughout preparation and serving time.

Arrival/departure times and number of volunteers: Crossroads staff and the soup kitchen managers will be arriving at Crossroads Soup Kitchen by 8:00 AM. It is good that the soup cooks plan to arrive at 8:00 AM too. **We will need 15-18 soup team members from 8:15 AM to 11:15 AM and 15-18 soup team members from 11:15 AM to 3:15 PM soup team members.** If at all possible we are hoping that your meal preparation soup team members will arrive at 8:15 AM and stay until 11:15 AM and that the afternoon team will arrive at 11:15 AM be able to stay for cleanup until 3:15 PM. Some of the members of your morning soup kitchen team will be needed to assemble condiment packs for your meal.

SPECIAL NOTE:

In place of soup and sandwiches, creative meals and different menus are also welcome!

For example, sometimes soup teams serve hot dogs and buns or hamburgers and buns, diced onions, baked beans and/or potato salad. Others serve pizza. Others serve beef and vegetable tacos. Others serve sloppy joes with buns or spaghetti and meatballs. These are popular meals and a nice change. If you decide to do a creative meal, please contact Sister Liz in advance for guidance information regarding amounts.

Amounts are very important. For example, using 8 ounce containers, 550 servings of Baked Beans require 38 large cans of Baked Beans Also, it's important to make the creative meal doable given the limited time and limited number volunteers for both preparation and serving. If you elect to serve a creative meal, please join us in thinking these challenges through and let's plan to have two or three phone conversations.

- Also, if you need different kinds of serving supplies (for example smaller containers, or clamshell boxes) let us know.

When hot dogs or hamburgers and baked beans and potato salad are served, in addition to the above list, Crossroads provides packages of mustard, ketchup, sometimes relish, forks for the condiment packs, aluminum foil to wrap the special meat and buns, and packets of mustard and ketchup.

Sandwich Planning

Here 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.

Week of the Month	Projected Number of Meals	Number of Sandwiches and 1 oz. slices of lunch meat	Number of Loaves of Bread-20 slice Loaf	Needed pounds of lunch meat with 1 oz. slices
1st Sunday	550	1100	110	68.75
2nd Sunday	550	1100	110	68.75
Third Sunday	600	1200	120	75
Fourth Sunday	650	1300	130	81.25
Fifth Sunday	650	1300	130	81.25

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 slice the lunchmeat, tell the butcher the number of 1-oz slices of lunchmeat needed. If you buy packaged, pre-sliced lunchmeat be sure 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 additional 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 lunchmeat as the number of sandwiches you plan to make.

Sandwiches taste much better on FRESH BREAD. Please have bread delivered on bread trays to ensure that it is not crushed!

Soup Planning Chart

Week of the Month	Projected Number of Meals	Needed Gallons of Soup
1st Sunday	550	62.5
2nd Sunday	550	68.75
Third Sunday	600	75
Fourth Sunday	650	81.25
Fifth Sunday	650	81.25

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 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 or planning a creative meal.

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 rice or barley and a shorter time for noodles to be added to the soup. We ask that vegetables and meat is cut into small pieces; small pieces cook quicker and are easier for the guests to eat. The soup is cooked in the two large soup kettles because they are built to prevent burning or scorching.

Beverages

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., Also needed: two 12 oz. containers of instant powdered coffee cream.

Lemonade or punch: The beverage dispenser works best with the liquid concentrates.

Generally, the lemonade and punch come 4 gals to a case. Powdered mixes clog the machine.

Milk: One gallon for children and the elderly

Crossroads has an ice machine.

Places to Shop: Every soup team does their own price comparisons and each has a favorite place to shop. This seems to work very well. However, soup teams occasionally request information on nearby market facilities that deliver the order to Crossroads. Here are some possibilities:

Kay Foods

1352 Division

Detroit, MI 48207

313.393.1100

See: <http://www.easternmarket.com/explore/kay-foods>

OR

Northwestern K & L Meat Company

3131 Mack, Detroit, MI 48207

313-922-2030

See: <http://businessfinder.mlive.com/northwestern-k-l-meat-co-detroit-mi.html>

<https://www.facebook.com/pages/Northwestern-K-L-Meat-Company/126164164104582>

And/or many meal sponsors elect to shop at Gordons Food Service and/or Costco.

Regarding BREAD OR BUNS many meal sponsor groups:

1. Order Bread or Buns from Aunt Millie's Bakeries-They do deliver the order to Crossroads
24734 Van Board Road
Dearborn Heights MI 48125
313 291-0670
2. A new group, Bread Unlimited, hope our sponsors will call for pricing and quality. The contact is Doug Simpson. The phone number is 248 217-0769.

Thank you so much for all you are doing and will be doing on behalf of Crossroads' mission!

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Some Crossroads Recipes

Vegetable Beef Soup Please purchase 10-20% more of the ingredients for the soup for the 4th & 5th Sundays.

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 10-20% more of the ingredients for the soup for the 4th & 5th 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 10-20% more of the ingredients for the soup for the 4th & 5th 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
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

Spaghetti Please purchase 10-20% more of the ingredients for the soup for the 4th & 5th 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)
14 jars Beef base (16 oz)
20 green peppers
Spices: 8 pounds Mixed Italian spices, 6 pounds Granulated Garlic, Salt, 3 pounds Sweet Basil

Potato Soup Please purchase 10-20% more of the ingredients for the soup for the 4th & 5th 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 oz 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.

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.

Sloppy Joes—a recent recipe:

200 lbs. of ground beef

30 lbs. of onions

20 lbs. of green pepper

20 lbs. of celery

12 gallons baby ray barbeque sauce

4 jars, 16 oz., garlic powder

Special note

For the spaghetti and sloppy joesi, we use hinged plates instead of bowls.