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2. CROSSROADS MISSION AND SOUP KITCHEN GOALS AND 2019 OBJECTIVES

MISSION: 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.



Crossroads Sunday Soup Kitchen

2424 W. Grand Boulevard
Detroit, MI 48208

Goals of Crossroads Soup Kitchen:

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

1977 to the Present:

In 1977 Crossroads Sunday Soup Kitchen began serving nutritious meals to individuals and families hungry and in need. From 1977 to the present, Crossroads only missed serving two Sunday meals. On both occasions, impassable blizzards prevented Crossroads from serving the hungry.

Each year fifty-two groups, including worship sites, organizations, businesses, and families sign up to sponsor a Sunday meal. Sponsors partner with Crossroads and purchase, prepare, and serve one Sunday meal. Most Sunday meals cost \$1200-\$1500. Meals are served every Sunday from Noon to 3:00 PM.

Send an email or call Crossroads by the middle of September, if your group is new to sponsorship and interested in signing up to sponsor a Sunday for the coming year.

CONTACT

Office Phone: 313-831-2787

Sister Liz Walters - Email: ewalters@crossroadsofmichigan.org

Chef Michael Teasley is joining our Soup Kitchen Team. He will be Crossroads Soup Kitchen Coordinator on most fourth Sundays of the year. Chef Teasley is a certified chef. He worked as a cook both in the military and in prison food service and he has served as a chef at local restaurants. Presently Chef Michael Teasley also coordinates another soup kitchen one day a week and he teaches cooking classes.

Chef Michael Teasley Email: mteasley@crossroadsofmichigan.org

3. PARTNERING WITH CROSSROADS AND HOW TO PREPARE AND SERVE A MEAL

Special thanks to you and to your group for agreeing to sponsor the Crossroads Soup Kitchen meal on a Sunday. We look forward to your coming. Together we will be providing a nutritious meal in a clean and safe environment for hungry, impoverished men, women, and children.

Here is what is needed regarding the soup teams and food amounts.

Arrival/departure times, number of volunteers and required health regulation meeting:

Each Sunday, Crossroads Staff and Soup Kitchen Managers arrive at Crossroads Soup Kitchen by 8:00 AM. We 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. Some of the members of your morning soup kitchen team will be asked to assemble condiment packs and set up the sidebars and free to take tables.

Everyone who works with food and beverages needs to participate in the 'Welcome to Crossroads and Health Regulations Meeting' before beginning their food preparation tasks. Ideally, the meal preparation team meeting begins at 8:15 AM and the meal serving team meeting begins at 11:15 AM.

At present, our best estimate regarding the number of meals to be served is 550-650 meals.

As the sponsoring group you are asked to bring the ingredients for the meal and the beverages—The cold beverage-is concentrated liquid (not powder) lemonade or other drink of your choice, one gallon of milk available for children and the elderly. The hot beverage is coffee. Please bring one or two thirty oz containers of roast ground coffee.

Please do not bring COFFEE CREAMER, and for a variety of reasons please avoid serving bologna.

Pork is enjoyed by almost everyone. However, a few guests cannot consume pork for religious or health reasons. Often, they will ask for two of what they can eat and Crossroads has soups and peanut butter and jelly on hand to supplement.

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, clamshell containers, cups, napkins, soup spoons, coffee creamer packets, sugar, salt, pepper packets, mustard and salad dressing for sandwiches, mustard, ketchup, and relish packets for hot dogs or hamburgers, sandwich bags, beverage stirrers, food handler 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 help ensure that

everyone is safe; and maintenance workers to ensure that the soup kitchen is clean throughout preparation and serving time.

Chefs work with our Soup Kitchen and often stop by to assist us.

Plenty of spices available: Usually there is NO left-over garlic. **However, there are loads of other spices in our stock room. We hope you will use these.** There is a very large supply of salt, kosher salt, pepper, Italian seasoning, parsley, basil, bay leaf, chili powder, ground cumin. Some chicken soup base and beef soup base. Also, right now there are #10 cans of a variety of food for the taking including refried beans, vegetables, beans, sauces, desserts.

An invitation to consider: In place of soup and sandwiches, creative meals and different menus are also welcome and encouraged! For example, sometimes soup teams serve hot dogs and buns with diced onions and other toppings, baked beans and/or potato salad. Others serve pizza. Others serve sloppy joes with buns or spaghetti and meatballs. Once hamburgers were served. Another time Chicken tenders with potato salad, baked beans, and ice cream were served. These are very popular meals and a nice change. If you decide to do a creative meal, please contact Sister Liz in advance for information regarding amounts.

Let's connect by phone or email:

To let Crossroads, know the menu you are planning AND to ensure that we have needed supplies available and staff on hand for deliveries, please contact Sister Liz via email or a phone call.

SOUP Kitchen Food Delivery Information:

You will need this information when you are planning on deliveries to Crossroads of food purchases for your Sunday Meal:

Crossroads "Open to Close Daily Operations" changes twice during each year.

- From May 31 to Labor Day, Crossroads is open Monday thru Friday 9:00 AM to 4:30 PM. Deliveries work best between 10:00 AM and 3:30 PM
 - During May 31 to Labor Day please plan to have all food deliveries occur Monday thru Friday or early Sunday morning. If you need to deliver food on a Saturday we will arrange to have a staff member meet you.
- Fifty-two Sundays a year Crossroads Soup Kitchen is open: for meal preparation 8:00 AM to Noon and for meal serving Noon to 3:00 PM.
- From the Day after Labor Day to May 30 Crossroads is open Monday thru Friday. Deliveries work best between 10:00 AM and 3:30 PM
- From the Day after Labor Day to May 30 Crossroads is open on Saturdays from 9:00 AM to Noon. Deliveries are possible from 9:30 AM to 11:30 AM – but there is a shortage in staff so the company or soup team members would bring in the food.
 - The day after Labor Day to May 30, soup kitchen food can be delivered during the week and on Saturday morning

Some Shopping Information:

Meal Sponsors choose their own places to shop. However, occasionally there are requests to list companies that deliver to Crossroads. In that spirit, we share this information with you:

To purchase meat, vegetables, beans, etc.

One of our trusted companies, Kay Foods, closed. The new company recommended by Kay Foods is:

Joseph Frontera & Son Inc

Address: 4205 Saint Aubin St, Detroit, MI 48207

Phone: 313 831-1770

See <http://businessfinder.mlive.com/frontera-joseph-son-inc-detroit-mi.html>

Some of Kay Foods staff moved to Frontera, including Bob

Another very reliable company is:

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>

Both companies deliver all purchased items to Crossroads. This is a benefit for sponsors.

To purchase bread or buns you need to go to another company. These companies have served us well and they deliver! Aunt Millie's and Bread Unlimited invite you to call for pricing and quality.

Aunt Millie's Bakery.

24734 Van Born Road

Dearborn Heights MI 48125

313 291-0670

Bread Unlimited

Contact Doug Simpson

248 217-0769

Thank you so much for all you will be doing on behalf of Crossroads mission and the wonderful people we serve! We look forward to being with you and your soup team.

CROSSROADS SOUP KITCHEN SCHEDULE DURING 2019

January 6	Tom Close & Family (Tom Close)	July 7	St. Michael's GPW (Bill Davenport)
January 13	C&C Manufacturing (Kim Santa Cruz)	July 14	Vackaro (James Vackaro)
January 20	Christ Church Cranbrook (Blythe Murphy)	July 21	Transfiguration Parish (Mike Dillon)
January 27	Greenfield Presbyterian (Susan Howell)	July 28	U of M Nurses (Sara Lange)
February 3	Christ Church Grosse Pointe (<i>Super Bowl</i>) (Eric Ash)	August 4	Anthony Family & Friends (Bob Anthony)
February 10	North Congregational (Sara Lange)	August 11	St. Lucy's (Donna Belli)
February 17	Nardin Park (Jeff Lockledge)	August 18	Northville Rotary (Dale Warnke)
February 24	MST Steel (Margie Bohmier)	August 25	Christ Church, Cranbrook (Blythe Murphy)
March 3	Stapleton Family (Julie Edgar)	September 1	Comerica (Wendy Ellis)
March 10	Conway MacKenzie (Glenn Kushiner)	September 8	St. Paul Presbyterian (Nola Bonandrini)
March 17	St. John's/St. David's (Dick Bass)	September 15	St. John/ St. David (Dick Bass)
March 24	Amerisure (Judy Hansen)	September 22	Comerica (Cathy Nardi)
March 31	Bittinger Family & Friends (Andrea Bittinger)	September 29	Copelands (Nancy Copeland & Dawn Bunkley)
April 7	St. Thomas More (Carole Sugrue)	October 6	St. Joan of Arc (Pam Haisenleder)
April 14	Friends of St. Andrew's (Cheryl Addington) Palm Sunday	October 13	Holy Cross Novi (Leon Collins)
April 21	St. Mary's (Kathie Wolney &) Easter Sunday	October 20	GESU Parish (Tim Renaud)
April 28	Christ Church Grosse Pointe (Eric Nash)	October 27	St. Patrick's Madison Heights (Randy Young)
May 5	First Presbyterian Plymouth (Charles Hodge)	November 3	N. Congregational (Sara Lange)
May 12	G.P. Memorial & Ann W. (Ann Wegrzynowicz)	November 10	Christ Church Grosse Pointe (Joseph Daniel)
May 19	St. George's Milford (Sandy Scott)	November 17	Turner Family & Friends (Yolanda Turner)
May 26	Gamble Lackey Crew (Carolyn Gamble)	November 24	Trinity Health (Donya Jones)
June 2	First Presbyterian Northville (David Atkinson, Tom Lahiff)	December 1	Our Lady of Refuge (Cindy Ciura)
June 9	Johnson Controls (Christine Liniarski)	December 8	Concentra (Janet Ramsden)
June 16	Our Lady Queen of Martyrs (Jim Schaeffer)	December 15	Henry Ford Health ENT (Mariam Fakhouri)
June 23	St. Mary in the Hills (Bobbie Patton)	December 22	St. John's/ St. David's (<i>Christmas Dinner</i>) (Dick Bass)
June 30	Grey Ghost Detroit (Dave Vermiglio)	December 29	Weaver Media (Ben Weaver)

KEY: moving left to right in each column → Date, Church or Group, City, (Name of Team Leader(s))

If you have questions or changes in team leadership, please contact Crossroads.

Thank you Soup Teams and Leaders for participating in Crossroads Soup Kitchen Ministry!

Thanks also to: Soup Kitchen Managers; those who make condiment packets, collect food, clothing & hygiene supplies; and for all who hold Crossroads in prayer.

5 CROSSROADS 2019 MENU AND RECIPE COMMITTEE

Crossroads Menu-Recipe Committee revised Crossroads recipes and is working on new recipes that meet following objectives:

1. To rewrite the recipes and amounts needed to be purchased for 550 nutritious meals.
2. To promote healthy food service by:
 - a. Encouraging the use of natural, sustainable, and (when possible) locally sourced ingredients in the food served at Crossroads; and,
 - b. Encouraging salt reduction and elimination of oily soups.
3. To list preparation steps for the recipes.
4. To invite our meal sponsors to consider menu alternatives to the traditional soup kitchen meal.

The Members of Crossroads Menu-Recipe Committee are:

- Pete Anderson been a soup kitchen manager for many, years. Also, in recent years he has been taking cooking classes and does a great deal of reading about nutritious tasty food
- Chef Frank Gonda is a certified chef and he comes often to help out at our soup kitchen
- Chef T is a young woman who has completed training and certification; lives in the neighborhood; and helps in the soup kitchen
- Sister Liz Walters is an elderly woman who has been working part-time in soup kitchens for over fifty years

6. MEMBERS OF THE 2019 SOUP KITCHEN MANAGER TEAM

Members of the 2018 Soup Kitchen Manager Team

Pete Anderson
Bob Anthony
Brendan Battersby
Pat Battersby
Peter Chintis
James Copas
Lynnette Copas
Eric Feikens
Rob Feikens
Ted Hagan
Mike Hayden
Roberta Howell
Jan Ivinson
Tom Ivinson
Mark Lacombe
Catherine Niedermaier
Greg Niedermaier
Vince Ottoboni
Britta Ottoboni
Eric Pope
Karen Pope
Earline Power
Jessica Smith
Dale Warnke

Feel free to tweak these recipes
If you are “well seasoned” in the kitchen.

*** Please do not change the serving amount.

*** Please do not increase sodium content



Chicken Soup - Shopping List (Serves 550 People)

100 lbs. Chicken - cooked, diced or shredded

15 lbs. Onions

12 lbs. Potatoes

12 lbs. Carrots

12 lbs. Celery

15 lbs. Frozen mixed Vegetables

30 lbs. Frozen Corn

11.25 lbs (22.5 cups) uncooked White rice, or 45 lbs. uncooked Elbow macaroni or 16 boxes
Standard or Quick cooking Barley. **

5 cans Tomato Paste (#10 cans)

5 cans Diced Tomatoes (#10 cans)

6 lbs. Chicken flavor Base * (6-16 oz jars or equivalent) - you may want to use the lower sodium
and less base

* You can substitute low salt Chicken Broth if desired

** Cook Rice or Pasta separately on stovetop so it can be portioned in the soup container first.
If using Pasta, make sure to add enough salt to the BOILING water so it taste like seawater.
Than add pasta.

Spices:

12 oz. Parsley

5lbs. Granulated Garlic

12 oz. Basil
20 oz. Pepper

How To Prepare:

In the kettle on High heat

1. Add Chicken and season with salt and pepper.
Add water to avoid sticking as you go (up to 2 gal.) this will Evaporate.
2. Add onions, mix well. Cook at high temperature until they become translucent (or you run out of time). Taste and season accordingly.
3. Add Carrots and Celery, mix well. Cook for 10 min. Taste and season.
4. Add Potatoes, diced tomatoes and tomato paste, Add enough water to cover potatoes and be about 10 inches from the top of the kettle. Lower temperature to a simmer. Start heating large pots of water on the stove if using Rice or Pasta.
5. Add the parsley, basil, garlic and ½ of the seasoned salt and Italian seasoning.
6. If using standard barley (not quick) add it between 9:30 - 10:00 to allow cooking and thickening. 10:30 start cooking the pasta or rice.
7. At 11:00 add the frozen or canned vegetables (all), Quick cooking barley, and five (5) cans of base. Add water if necessary until 9 inches from top of kettle, to ensure proper serving total.
8. Taste and adjust seasoning (using remaining Chicken base, dried herbs or seasoned salt).
9. When rice is done: Cover rice in foil and keep warm in a 140 deg oven.
When pasta is done: Drain water and keep moist with Ladles of soup if necessary.



- ** Don't forget to have a styrofoam cup with plastic spoons for tasting as you go!
Keep it handy near the kettle to taste the soup throughout the cooking process and adjust the salt and pepper after you add new ingredients.
- ** Hold off on the last container of Base to see if it is necessary. Perhaps other seasonings
can be used that have less sodium content to achieve ultimate flavor.



Crossroads Famous Chili - Shopping list (Serves 550)

- 100 lbs. Stewing Meat or Hamburger
- 20 lbs. Onions
- 12 lbs. Celery
- 15 lbs. Okra chopped like small carrots
- 15 lbs. Green Bell Peppers (optional)
- 4 Cases of #10 cans + 4 Cans (28 total) - Kidney Beans
- 4 Cases of #10 cans + 4 Cans (28 total) - Diced Tomatoes
- 5 #10 Cans - Tomato Paste
- 6 lbs. Beef Flavored Base
- 8 Boxes of Standard or Quick Cooking Barley **or** 22.5 cups (11 lbs.) uncooked white rice



Spices:

- 3 lbs. - Mild Chili Powder **
- 3 lbs. - Cumin **
- 3 lbs. - Sugar
- 5 lbs. - Granulated Garlic
- 20 oz. - Black Pepper
- 20 oz. - Salt (as needed)

** Start with half amount and taste. Add more gradually until desired flavor.



How To Prepare:

In the kettle on High heat

1. Brown the meat and season meat with salt and pepper.
Add water to avoid sticking as you go (up to 2 gal.) this will evaporate. Tilt kettle and drain excess fat.
2. Add onions, mix well. Cook until they become translucent, about 10-15 min.
season with salt and pepper and taste.
3. Add celery and peppers (if available) mix together well and add ½ of the chili powder and cumin and approx. 4 lbs. of granulated garlic and the back pepper. Mix well!
4. Add the Diced tomatoes, Tomato paste and enough water until it is approx. 12 inches from top of the kettle. If cooking rice, start boiling large pots of measured water.
5. Add kidney beans and sugar and 5 cans of Beef flavored base. If using standard barley add at approx 9:30 Lower heat to a simmer.
6. When rice is done, cover with foil and keep warm in a 140 deg oven.
7. At 11:00, Add Quick cooking barley AND water until level is 9 inches from top of kettle (to ensure proper serving amount)
Taste and adjust seasonings with reserved cumin and chili powder. Use the remainder of Beef base if desired.



- ** Don't forget to have a styrofoam cup with plastic spoons for tasting as you go!
Keep it handy near the kettle to taste the soup throughout the cooking process and adjust the salt and pepper after you add new ingredients.
- ** Hold off on the last container of Base to see if it is necessary. Perhaps other seasonings can be used that have less sodium content to achieve ultimate flavor.



Feel free to tweak these recipes
If you are “well seasoned” in the kitchen.
*** Please do not change the serving amount.
*** Please do not increase sodium content

Ham and Bean Soup - Shopping List (Serves 550 People)

100 lbs. Fully cooked Smoked Ham - diced *
20 lbs. Onions - Medium dice
15 lbs. Carrots - Chopped or diced
15 lbs. Celery - Chopped
30 lbs. Frozen Corn
4 Cases #10 can Great Northern Beans
16 boxes of Standard or Quick Cooking Barley
5 cans Tomato Paste (#10 cans)
5 cans Diced Tomatoes (#10 cans)
6 lbs. Ham Base - Low sodium if possible

* Boneless weight

Spices:

5 lbs. Granulated garlic
20 oz. Black pepper



How To Prepare:

In the kettle on High heat

1. Add diced ham. Add a little water to avoid sticking as you go (up to 2 gal.) this will Evaporate.
2. Add onions, mix well. Cook until they become translucent. Taste and season accordingly.
3. Add Carrots and Celery, mix well. Cook for 10 min. Taste and season.
4. Add Tomato paste and mix occasionally for 5 min. then add the Diced tomatoes and beans. Add enough water until approx 12 inches from the top of the kettle and lower to simmer.
6. If using standard barley (not quick) add it between 9:30 - 10:00 to allow for cooking and thickening.
7. At 11:00 add the frozen corn, Quick cooking barley, and 5 lbs. Of the Ham base. Add water if necessary until 9 inches from top of kettle, to ensure proper serving total.
8. Taste and adjust seasoning (using reserved Ham base, dried herbs or seasoned salt).



- ** Don't forget to have a styrofoam cup with plastic spoons for tasting as you go! Keep it handy near the kettle to taste the soup throughout the cooking process and adjust the salt and pepper after you add new ingredients.
- ** Hold off on the last container of Base to see if it is necessary. Perhaps other seasonings can be used that have less sodium content to achieve ultimate flavor.



Feel free to tweak these recipes

If you are “well-seasoned” in the kitchen.

*** Please do not change the serving amount.

*** Please do not increase sodium content

Vegetable Beef Soup (Serves 550 People)

100 lbs. Hamburger, Stewing Meat, or Beef Shanks

20 lbs. Onions - Medium dice

20 lbs. Potatoes - Medium dice

12 lbs. Carrots - Chopped or diced

12 lbs. Celery - Chopped

15 lbs. other vegetables, e.g. Green Beans, Corn, Peas, Cabbage, Mixed Vegetables

15 lbs. Frozen Corn

15 lbs. Frozen Peas

11.25 lbs. (22.5 cups) uncooked White rice, or 45 lbs. uncooked Elbow macaroni or 16 boxes
Standard or Quick cooking Barley. **

5 cans Tomato Paste (#10 cans)

5 cans Diced Tomatoes (#10 cans)

12 jars Beef Base (16 oz jars) - Please start with six (6) and then taste. You may not want to
add

more. Gradually add and taste until a well-rounded (not salty) flavor is developed

** Cook Rice or Pasta separately on stovetop so it can be portioned in the soup container first.
If using Pasta, make sure to add enough salt to the BOILING water so it tastes like seawater.
Then add pasta.

Spices:

12 oz. Parsley
5 lbs. Granulated Garlic
12 oz. Basil

1.5 lbs. Lawry's Seasoned Salt
2 lbs. Italian Seasoning.
Pepper (to taste)



How to Prepare:

In the kettle on High heat

1. Brown the meat and season meat with salt and pepper.
Add water to avoid sticking as you go (up to 2 gal.) this will Evaporate. Tilt kettle and drain excess fat.
2. Add onions, mix well. Cook at high temperature until they become translucent (or you run out of time). Taste and season accordingly.
3. Add Carrots and Celery, mix well. Cook for 10 min. Taste and season.
4. Add Potatoes, diced tomatoes and tomato paste,
Add enough water to cover potatoes and be about 10 inches from the top of the kettle. Lower temperature to a simmer. Start heating large pots of water on the stove if using Rice or Pasta.
5. Add the parsley, basil, garlic and $\frac{1}{2}$ of the seasoned salt and Italian seasoning. 6. If using standard barley (not quick) add it between 9:30 - 10:00 to allow cooking and Thickening. 10:30 start cooking the pasta or rice.
7. At 11:00 add the frozen or canned vegetables (all), Quick cooking barley, and Beef base. Add water if necessary until 9 inches from top of kettle, to ensure proper serving total.
8. Taste and adjust seasoning (using Beef base, dried herbs or seasoned salt).
9. When rice is done: Cover rice in foil and keep warm
A 140 deg oven.
When pasta is done: Drain water and keep moist with
Ladles of soup if necessary.



- ** Don't forget to have a Styrofoam cup with plastic spoons for tasting as you go!
Keep it handy near the kettle to taste the soup throughout the cooking process and adjust the salt and pepper after you add new ingredients.
- ** Hold off on the last container of Base to see if it is necessary. Perhaps other seasonings can be used that have less sodium content to achieve ultimate flavor.

Sloppy Joes, Potato Salad, Baked Beans

Sloppy Joes for 550

120 lbs. of ground beef
25 lbs. of onions
12 lbs. of green pepper
12 lbs. of celery
Sloppy Joe sauce or mix --- ask at the store how much is needed for 550
4 gallons Baby Ray barbeque sauce
garlic powder and other seasonings to taste

Here is another recipe for 100 servings – If you like this recipe we could ask one of the Chef to work on a recipe for 550.

Sloppy Joes for 100, the ingredients are:

20 pounds ground beef
4 large onions, chopped
4 large green bell peppers, chopped
4 cups celery, chopped
1 cup brown sugar, packed
1 cup spicy brown mustard
4 cups ketchup
2 cans (12-ounce size) tomato paste
4 cans (15-ounce size) tomato sauce
6 cups water
1 cup vinegar
2/3 cup Worcestershire sauce
100 hamburger buns

Here are the needed amounts of Potato Salad and Baked Beans for 550 Meals

Potato Salad- An 8-ounce serving for each person is needed. If you purchase containers that look like large milk cartons with each container serving 32 people, we would need 17 containers.

Baked Beans – An 8-ounce serving for each person. Requires 34 gallons of baked beans.

Formula for 8 oz container

= number served*8/128

Bush's Baked Beans, #10 size cans hold 117 oz. in each can.

REQUESTS FROM GUESTS

Crossroads has a suggestion box that is available in the dining room during serving in February 2019. Also, we survey guests on some four each year. Here is a short list of requests or suggestions from a significant number of guests at the soup kitchen:

- With the exception of the wonderful chili and delicious spaghetti that groups make, please don't use tomato in the soups.
 - *Here are some alternatives from Crossroads' Chefs: In place of the tomato base, for the vegetable beef soup use BEEF STOCK that has 30% or less salt; for the chicken soup use CHICKEN STOCK that has 30% or less salt.*
- Some of our guests tell us they cannot eat ham/pork because of health or religious reasons. They request that when ham/pork is served an alternative is available. For sandwich alternatives, cheese, peanut butter and jelly or egg salad are appreciated.

Guests dislike barley when it is clumpy. They don't want any barley in chili. They enjoy rice or noodles in soups

SOUP KITCHEN FOOD DELIVERY INFORMATION

This is information you will need when you are planning on deliveries to Crossroads of food purchase for your Sunday Meal:

Crossroads "Open to Close Daily Operations" change twice during each year.

- From May 31 to Labor Crossroads is open Monday thru Friday 9:00 AM to 4:30 PM. Deliveries work best between 10:00 AM and 3:30 PM
 - During May 31 to Labor Day please plan to have all food deliveries occur Monday thru Friday or early Sunday morning. If you need to deliver food on a Saturday we will arrange to have a staff member meet you.
- Fifty-two Sundays a year Crossroads Soup Kitchen is open: for meal preparation 8:00 AM to Noon and for meal serving Noon to 3:00 PM.
- From the Day after Labor Day to May 30 Crossroads is open Monday thru Friday. Deliveries work best between 10:00 AM and 3:30 PM
- From the Day after Labor Day to May 30 Crossroads is open on Saturdays from 9:00 AM to Noon. Deliveries are possible from 9:30 AM to 11:30 AM – but there is a shortage in staff so the company or soup team members would bring in the food.
 - The day after Labor Day to May 30 soup kitchen food can be delivered during the week and on Saturday morning

When serving 550 Meals

Projected Number of Meals to be served	Number Sandwiches	Number of servings and gallons needed 14 oz per guest X 550 servings / 128 ounces in a gallon = 60 gallons of soup
550	1100	550 servings require 60 gallons of soup

550 servings = 14 ounces * 550 meals served / 128 ounces in a gallon
– N.B. 60 gallons is the equivalent of the amount that one kettle holds
.... Or two half kettles

When serving 600 Meals

Projected Number of Meals to be served	Number Sandwiches	Number of servings and gallons needed: 14 oz per guest X 600 servings /128 ounces in a gallon = 66 gallons of soup
600	1200	600 servings require 66 gallons of soup

600 servings = 14 ounces * 600 meals served / by 128 ounces in a gallon. N.B. 66 gallons is the equivalent of two kettles each filled half way PLUS three gallons more in each.

Cooking Rice for the Soup Using the Ovens

Use 4" pans stored on top of the refrigerator

Measure rice into pans – one part rice, two parts water

Add water

Add salt

Cover pan with metal lids or aluminum foil

Put in pre-heated oven 350 degrees for 45 to 60 minutes

8. SOME TIPS FROM SPONSORS AND CHEFS ON HEALTHY FOODS AND HEALTHY EATING

In the meals served this past year we were able to reduce salt consumption by 50% and grease consumption by 30%. After meeting with representative groupings of the Managers, Sponsors, Guests-Clients and with our four of our five Chefs we share these 2019 tips with you ...

Tips for Soups or Alternatives: Our nutrition goal is to lower sodium consumption and remove grease from the food we have prepared:

1. Please purchase lean meat;
2. Brown the meat to ensure that the flavors is locked in;
3. Drain grease from the large soup kettles before continuing to cook. Put the grease in a soup pot. One of our workers will refrigerate and then dispose of the grease;
4. Purchase low sodium soup base or soup broth. One brand that is popular among sponsors is "Better Than Bouillon;" and,
5. Use (when possible) fresh vegetables rather than processed vegetables.
6. Managers are asked to cook all the meat that is brought for the meal because we cannot refreeze this meat.

When serving the soups be sure to include meat and vegetables in every bowl. Often the first guests served come back to the window because they only received broth.

Tip for Bread: Loaves of Breads for Sandwiches or Rolls/Buns for Alternatives
Consider bringing at least half the amount as Wheat Bread/Rolls/Buns rather than all White

Tip for Children's Beverage: Please invite/encourage the children to drink milk or to take both milk and juice.

9. AN INVITATION TO CONSIDER ALTERNATIVES TO OUR TRADITIONAL MEAL OF SOUP AND SANDWICHES

Requests from our Soup Kitchen Guests-Clients:

Three times a year Crossroads has a suggestion box available in the dining room during serving. Also, we survey Guests-Clients four times each year. The wonderful people we serve, our Guests-Clients, enjoy these opportunities that invite them to tell us what they like, dislike, and get concerned about.

Here is a short list of requests or suggestions from a significant number of Guests-Clients at the soup kitchen during the past months:

- Guests-Clients often ask us why we do not serve different kinds of menu items like hamburgers, casseroles, chicken strips and dip, pasta salads, fried chicken, pizza...They say they like when the menu changes. During 2018 the most popular meals were Detroit Coney Islands served two times, pizza served two times, turkey dinners with all the fixings for Thanksgiving and Christmas, a ham dinner with all the fixings on Easter, a spaghetti meal that included pasta, meat balls, rolls & butter and salad one summer Sunday, hamburgers barbequed served once outside in late summer; and hot dogs cooked in the ovens and served twice.

- With the exception of the wonderful chili and delicious spaghetti that groups make, please don't use tomato in the soups.
 - *Here are some alternatives from Crossroads' Chefs: In place of the tomato base, for the vegetable beef soup or beef stew use BEEF STOCK that has 30% or less salt; for the chicken soup use CHICKEN STOCK that has 30% or less salt.*
- Some of our Guests-Clients tell us they cannot eat ham/pork because of health or religious reasons. They request that when ham/pork is served an alternative is available. For sandwich alternatives, cheese, peanut butter and jelly or egg salad are appreciated.
- Many Guests-Clients dislike bologna. Also, they do not want greasy soup. In addition, they mind when they get a couple of vegetables, lots of broth, and little meat in their bowls.
- Many Guests-Clients say they dislike the clumpy stuff in the soup (barley). They don't want any barley in chili. They prefer rice or noodles in other soups.
- Two Guest-Clients and one Worker cannot eat pork. They appreciate an alternative.

OTHER ITEMS

Sandwich Idea:

Turkey-Mayo-Cranberry Sandwich: Sliced deli turkey from Costco is free of the added sodium and preservatives. We usually make half the sandwiches with mayo anyway, we could mix 1/2 the mayo and 1/2 canned cranberries and have a delicious, festive spread for the turkey sandwich.

Coffee Creamer Packets: Crossroads is purchasing and using coffee creamer packets for the coffee and NOT creaming the coffee in the coffee carafes or coffee urns. Please do not bring any coffee creamer. Also, when volunteers are serving at the window, please ask them to give as many creamer packets that Guests-Clients-Client request when Guests-Clients-Client receive their coffee.