



# **Adopt-A-Night Meal Program**

Guidebook



# OUR MISSION

For almost 40 years, Hudson River Housing has worked hard to provide, shelter, food, and services to those without homes, veterans, and at-risk youth. The Adopt-A-Night program's main goal is to give the public a chance to help community members in need by choosing a night to cook a meal. You can prepare full meals, or even just a portion, and our homeless shelter guests won't have to worry about going hungry...

**THANKS TO YOUR CONTRIBUTION!**

**To Help Please Contact:**

**Kristine Kortright**

845-242-5159

[volunteer@hudsonriverhousing.org](mailto:volunteer@hudsonriverhousing.org)



# Notes

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recipes sourced from  
ellens.com  
delish.com  
cdkichen.com  
inspiredtaste.net  
simplyrecipes.com  
tasteofhome.com





# JOIN IN 3 EASY STEPS

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## 1. Set a Date:

Sign up to cook a meal by contacting  
(845) 242-5159 or  
volunteer@hudsonriverhousing.org

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## 2. Pick a Meal Plan

To feed 50-100 shelter guests  
(see next page)

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## 3. Choose your Meal!

Choose to cook your own meal or pick  
from the easy-to-make recipes in the  
recipe book below.

# PORTIONS:

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The following recipes are set up to feed 50-100  
people. Feel free to reduce or double the  
recipes in order to suit either Meal Plan:

**Half Meal Plan serves 50 people**

**Full Meal Plan serves 100 people**

For efficiency purposes, all meals should be  
placed in disposable foil trays:

**A 24 x 20 tray holds apx. 40 meals**

**A 12 x 10 tray holds apx. 20 meals**

*If the trays are smaller than a 12 x 10,  
please prepare 8-10 trays*

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Disposable thermal bags are recommended to  
transport the food.



# Chili & Chips



*This recipe feeds 100 people*

7 ½ lbs. dried pinto beans  
3 ¾ tablespoons salt  
25 lbs. Lean ground beef  
1 ¼ lbs. Chopped onions  
5 cloves garlic, minced  
7 ½ quarts canned peeled and diced tomatoes in juice  
2 ½ quarts tomato paste  
1 ⅓ cups chili powder  
3¾ tablespoons ground cumin  
2 teaspoons ground black pepper beef broth (optional)  
Chips : fritos, tostitos, other

Begin by washing and sorting the pinto beans. In a large pot, boil 3 gallons of water, and add the beans. After 3 minutes, remove from heat and let sit for 1hr. Add salt and stir.

After 90 minutes. Drain out the water and set aside. Cook beef, garlic, and onions in a pan over medium high heat or place in oven at 350 degrees and wait until the beef is browned.

Add spices : chili powder, cumin, pepper to meat mixture.

Place meat mixture, tomatoes, tomato paste, and cooked beans into the pot, stir and cover. Add water or beef broth until preferred consistency is reached. Let simmer for 1hr and stir when needed.



# Sloppy Joe's



*This recipe feeds 100 people*

15 lbs. Hamburger  
6 tall cans of Manwich  
100 buns  
potato chips  
3 large bags of baby carrots

suggested sides:  
potato chips  
carrots

**Stove:** Place onions, 2 cups of water in a pan and cook until tender.

In a separate pot add browned beef, 6 tall cans of Manwich and stir. Optional: add chili powder, and peppers in batches until all meat is browned. Use baby carrots as a side or mix in with a salad.

**Oven:** Set oven to 300 degrees, cover pan with lid. Cook 2-3 hours, turn down to 180 degrees to hold for serving.

# Cheeseburger Macaroni



*This recipe feeds 50 people*

12 ½ lbs. Ground beef  
8 ⅓ lbs. Cups chopped onion  
208 ⅓ Oz. (13.02 lbs.) spaghetti sauce  
8 ⅓ cups water  
12 ½ cups uncooked macaroni  
8 ⅓ cups shredded cheddar cheese

Place ground beef in a pan, once browned, drain. Place the the ground beef back in the pan and add onions. When the onions are soft, season with salt, pepper, and paprika. Mix in spaghetti sauce and water.

Let it sit until it begins to boil, add uncooked macaroni to the pan and stir. Cover the pan until pasta is cooked. Once the pasta is cooked add in cheddar cheese and stir until melted.



# Spanish Rice & Chicken



*This recipe feeds 50 people*

40 pounds broiler/fryer chicken  
cut up  
15 teaspoon garlic salt  
15 teaspoon celery salt  
15 teaspoon paprika  
15 cup uncooked rice  
11 ¼ cup chopped onion  
11 ¼ cup chopped green pepper  
3 ¾ cup minced fresh parsley  
7-15 cups chicken broth  
15 cup chopped tomatoes  
7-15 teaspoons chili powder  
15 teaspoon salt

In a greased pan, place chicken seasoned with paprika, salt, and garlic. Set oven to 425°

After 20 minutes, take the chicken out of the oven and add diced onions, rice, parsley, red and green peppers. Place chili powder, broth, and tomatoes into a pan and let sit until it boils. Combine the rice, sauce, and chicken (diced) and mix. place a lid over the comined mixture and bake for up to 50 minutes



# Watermelon Strawberry Caprese Salad



*This recipe feeds 50 people*

- 45 c. watermelon, cubed
- 30 c. strawberries, chopped
- 7 ½ c. Feta, crumbled
- 3 ¾ c. extra-virgin olive oil kosher saltground black pepper
- 3 ¾ c. basil, torn

Place chopped watermelon, strawberries, and feta into a large bowl. Add oil or Balsamic Vinaigrette. Season with salt and pepper and toss. Top it off with with basil.

# Tomato Soup & Grilled Cheese



*Soup*

*This recipe feeds 50 people*

- 10 (14.5-15 oz.) cans of tomatoes, drained
- ½ -2 lb Chopped Onions
- 1 stick margarine butter

Place pot over medium heat, and add butter. When melted, add onions cut into large wedges, and canned tomatoes. Add water/broth over low heat, season with salt, and let sit for 40-50 minutes. Blend using a blender or boil till desired consistency.

*Grilled Cheese*

- 100pc bread , 50-60 slices of cheese, 2-3 sticks margarine butter

Butter two slices of bread, place slice of cheese int the middle and place in pan. Let sit until golden brown.



# Chicken Salad



*This recipe feeds 100 people*

3 chicken breasts

1 tablespoon olive oil

Salt and pepper

1 small yellow onion, peeled and diced

3 tablespoons sweet pickle relish, drained

2 ribs celery, strings removed and diced

1 cup mayonnaise

1/4 cup cider vinegar

1 tablespoon sugar

1 tablespoon Dijon mustard

1 tablespoon chicken base (see note)

2 hard-boiled eggs, peeled and coarsely chopped

Brush both sides of the chicken breasts with olive oil, sprinkle with salt and pepper, and bake for 35 to 45 minutes, turning once, until chicken is cooked through. Cool, then shred, or cut into 1/2-inch cubes. Place in large mixing bowl, and add the diced onion and celery and drained pickle relish.

In a small bowl, whisk together well the mayonnaise, vinegar, sugar, mustard and chicken base.

Fold the mayonnaise mixture into the chicken mixture a little at a time, until the salad reaches the consistency you like. You might not need all the mayonnaise mixture. Fold in the chopped hard-boiled eggs and the grapes



# Sausage & Peppers



*This recipe feeds 50 people*

60 Italian sausage links

30 tablespoons extra virgin olive oil

15 green bell pepper, sliced into 2 to 3 inch-long strips

15 red bell pepper, sliced into 2 to 3 inch-long strips

15 bell pepper of another color (yellow or orange or purple), sliced into strips 2-3 inches long

60 garlic cloves, sliced into slivers

15 large sweet or yellow onion, sliced into 1/4-inch half-moons

15 small (15-ounce) can crushed tomatoes

15 tablespoon dried oregano

1 1/2 teaspoon red pepper flakes (optional)

**Brown the sausages:** Heat the olive oil over medium heat in a large pan that has a lid. When the oil is hot, add the sausages and brown them slowly. Cook for several minutes, turning them occasionally. When the sausages are browned, remove from the pan and set aside.

Increase the heat to high and add the onions and peppers. Toss until coated with oil and sear. Once the onions and peppers soften, add salt and garlic and cook for one more minute. Add the tomatoes, oregano, and red pepper flakes (if using) and stir well. Add the sausages back in. Bring to a simmer, then reduce the heat to low. Cover until the peppers are soft and the sausages are cooked through, about 20 minutes.



# OTHER IDEAS

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## **Vegan Options:**

Butternut Squash & Spinach Casserole  
Mashed Potatoes & Vegetables  
Quinoa & Tofu



## **Quick Meals:**

Hot Dogs  
Taco Bar  
Hamburgers & French Fries  
Mac N' Cheese  
Sandwiches  
Pizza  
Soups



## **Quick Desserts:**

Cookies  
Banana Bread  
Brownies

# TIPS

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1. Choose your meal based on what's on sale to save money
2. Use your crockpot or grill to help cook larger portions
3. Invite family, friends, & neighbors to participate in preparing the meal

# FACTS

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- 5 gallons of soup feeds 100 people
- 8 heads of lettuce feeds 50 people
- 6 pies feeds 25 people



# GROUP VOLUNTEER OPPORTUNITY

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A fun and meaningful activity to engage your co-workers, family, or neighbors in a charitable experience.

## Adopt-A-Night Potluck

If you are a group, company, or Annual Sponsor, and are interested in providing a shelter meal, consider inviting your friends, neighbors, family, or employees to participate in a potluck style Adopt-A-Night.

Have each person in your group contribute different recipes so our shelter guests will have a variety of dishes to choose from. Hudson River Housing serves up to 100 people a night, we ask that you plan for all dishes to amass to serve accordingly.

If you are unable to meet in person, make this a fun activity to participate in virtually over Zoom or through a group call.





## Volunteer Opportunities

Volunteers run supply drives, assist with meal preparation in our kitchens, help at special events, and perform many other tasks throughout the year. We have different activities to accommodate individuals, groups, and people of all ages and abilities.

All volunteers must complete a Volunteer Application before being scheduled for a shift.

Please visit [volunteermatch.org](http://volunteermatch.org) to view our current volunteer needs, fill out an application to get started today.



## Donations & Sponsorships

### Become an Annual Sponsor

We invite you to become a part of the difference Hudson River Housing is making in our community each day by becoming an Annual Sponsor.

### Hold a Fundraiser

Holding a fundraiser for Hudson River Housing is a great way to support our vital community programs. Help organize events by contacting us at [volunteer@hudsonriverhousing](mailto:volunteer@hudsonriverhousing) with your Ideas

### In-Kind Donations

Donations of gift cards to local grocery stores, Kmart, Target, and similar stores are also an excellent donation. Cards are distributed by staff to mothers who need diapers, parents who need holiday gifts for their children, and other similar uses.



# Hudson River Housing, Inc.

If you're able to help or have questions, please email  
[volunteer@hudsonriverhousing.org](mailto:volunteer@hudsonriverhousing.org)

To learn more about our organization visit  
[www.hudsonriverhousing.org](http://www.hudsonriverhousing.org)

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