Light House

A HOMELESS PREVENTION SUPPORT CENTER

The Light House Recipe Book 2025

Welcome to the Light House Recipe Book

The History of Our Meal Program

Thirty years ago, meals at the Light House started with neighbors wanting to feed neighbors. What began as a soup kitchen grew into a nightly shelter dinner program. Families, faith groups, civic organizations, and local businesses have all taken turns in our kitchen.
This meal service tradition has been a vital support to our mission. When you prepare a meal for our residents, you join thousands of volunteers who have shared their time and talents over the years.

Why Your Help Matters Now

Since COVID-19, we've seen a drop in our meal coverage. Only about half of our dinners are currently supported by community volunteers. We appreciate your commitment - whether for one evening or as part of a regular monthly or quarterly schedule.

What Your Meals Mean

Volunteers are essential to our meal services. Each meal you provide offers nourishment and human connection to our residents. Your contribution means no one goes without a home-cooked dinner and the dignity it represents.

About This Recipe Book

This collection includes recipes that our residents have enjoyed over the years. All recipes serve 50 people and work well with our kitchen equipment. They're offered as helpful suggestions, not requirements.
We welcome your family favorites too! We just ask that you share ingredient lists with us so we can inform residents about potential allergens.

Consider a Regular Schedule

If you enjoy your experience with us, please consider becoming a regular meal provider. Many volunteers start with one meal and then set up a monthly or quarterly commitment.
Faith groups, workplace teams, families, civic organizations, and friends groups all make great meal teams. We'd be happy to help you find a regular slot in our calendar.

Thank You

By preparing a meal, you provide more than food. You offer comfort and dignity to our residents. Thank you for supporting this important tradition.

Breakfast, Lunch and Dinner Ideas

A LA CARTE

Mix and match any combination of:

- A Protein
- A Fresh Veggie or Salad
- A Starch

ENTREES

- Scrambled Eggs, Potatoes, Breakfast Meat
- French Toast
- Meatloaf, Mashed Potatoes and Veggie
- Tex Mex Casserole
- Green Chicken Enchiladas, Salad and Rice
- Tacos with all the Fixings (shredded cheese, salsa, tortillas, sour cream and shredded lettuce)
- Italian Sausage, Peppers, Onions, Veggie and Starch
- Spaghetti and Meatballs
- Easy Chicken Teriyaki Bake, Salad and Rice
- Chicken and Rice Casserole, Fresh Veggie or Salad
- Chicken Tenders, Mashed Potatoes or Macaroni and Cheese, Fresh Veggie
- Chicken Pot Pie
- Pesto Parmesan Chicken
- Sloppy Joes, Rolls, Cole Slaw, Green Beans, Corn Casserole
- Beef Stroganoff
- Southwest Rice & Bean Bowls
- Mediterranean Grain Bowls

SOUPS

All soups are appreciated! Popular options include:

- Beef Stew
- Chili
- Maryland Crab Soup

SALADS

- Chicken Pasta Salad
- Tuna Pasta Salad
- Taco Salad

Pan Sizes

Hotel Pan Sizes:

- Full Size: 20 x 12 inches
- Half Size: 10 x 12 inches

Standard Full Hotel Pan Specifications:

- Length: 20¾ inches
- Width: 12¾ inches
- Depth: 3⅜ inches
- Capacity: 346 oz

These pans can be purchased at Sam's Club as "Full Aluminum Hotel Pan"

Condiments Are Always Appreciated!

- Cream Cheese
- Butter
- Hot Sauce
- Ketchup
- Mayonnaise
- BBQ Sauce
- Pancake Syrup
- Mustard
- Salad Dressing

A La Carte Quantities

All quantities serve 50 people

Fruits and Vegetables

- Grapes: 5 pounds
- Strawberries: 6 pints
- Cantaloupe and Honeydew: 3 each
- Pineapple: 3 each
- Watermelon: 1 large
- Fruit Salad: 8 pounds
- Bagged Salad Kits: 5 each
- Fresh Asparagus: 6 pounds
- Fresh Green Beans: 6 pounds
- Raw Vegetable Platter: 2 medium
- Cherry Tomatoes: 3 pints
- Cole Slaw: 10 pounds

Starches

- Corn on the Cob: 25 each (cut in half)
- French Fries or Tater Tots: 10 pounds frozen

- Home Fries, Diced: 10 pounds frozen
- Hash Brown Patty: 50 each
- Pasta: 10 pounds cooked
- Potatoes, mashed: 10 pounds
- Potatoes, Roasted: 10 pounds
- Rice: 2 Full Hotel Pans

Proteins

- Ground Beef - Burgers: 20 pounds
- Ground Meat (for Tacos/Casseroles): 20 pounds
- Steaks: 50 (5-6 oz) portions
- Flank Steak: 15 pounds
- Meatballs: 15 pounds
- Baby Back Ribs: 10 racks
- Boneless Pork Chops: 15 pounds
- Ham (Boneless): 15 pounds
- Sausage: 8 pounds
- Hot dogs: 8 packs
- Chicken, bone in: 20 pounds
- Chicken, boneless: 15 pounds
- Turkey, boneless breast: 15 pounds
- Fish filets: 15 pounds
- Eggs, scrambled: 8 Dozen
- Breakfast Sausage: 75 each
- Bacon: 15 pounds

Recipes

Note: All recipes serve 50 people. Feel free to adjust seasonings to taste.

Spaghetti and Meatballs

If using purchased meatballs or sauce, please provide ingredient lists for allergen information.

Ingredients for Meatballs:

- 8 cups panko breadcrumbs
- 2 cups milk
- 16 pounds ground beef
- 12 cloves garlic, pressed or minced
- 16 eggs
- 8 cups finely-grated Parmesan cheese
- 2 cups finely-chopped fresh Italian herbs (half parsley, half basil)
- 2 cups grated yellow onion
- 3 tablespoons Worcestershire sauce
- 2 tablespoons dried oregano
- 3 tablespoons fine sea salt
- 4 teaspoons black pepper
- 1 teaspoon crushed red pepper flakes

Additional Components:

- 1 Gallon tomato sauce
- 12 pounds cooked pasta

Instructions:

1. Mix breadcrumbs and milk, let soak 5-10 minutes
2. Combine remaining ingredients, mix until evenly combined
3. Optional: chill mixture 1 hour
4. Form into 2-tablespoon balls
5. Bake at 425°F for 10-12 minutes (internal temperature 160°F)

Chicken and Rice Casserole

Ingredients:

- 15 pounds cooked and diced chicken
- 13.5 cups cooked rice
- 1.5 tablespoon salt
- 1/2 teaspoon white pepper
- 9 ounces butter, melted
- 3 ounces onion, chopped
- 6 ounces celery, chopped
- 1.5 pounds mushrooms, sliced
- 8 ounces all-purpose flour
- 6 cups milk
- 8 cups chicken stock
- 5 ounces slivered almonds
- 8 ounces bread crumbs
- 5 ounces butter, melted
- 8 ounces Cheddar cheese, shredded

Directions:

1. Saute vegetables in butter, add flour
2. Add milk and stock, cook until thickened
3. Add seasonings, almonds, and chicken
4. Combine with cooked rice
5. Top with breadcrumbs, butter, and cheese
6. Bake at 350°F for 1 hour (internal temperature 180°F)

Southwest Rice & Bean Bowls

Ingredients:

- 15 pounds white or brown rice, uncooked
- 12 pounds boneless chicken thighs
- 6 tablespoons chili powder
- 3 tablespoons ground cumin
- 3 tablespoons garlic powder
- 3 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons black pepper
- 8 (15 oz) cans black beans, drained and rinsed
- 8 (15 oz) cans corn, drained
- 6 pounds romaine lettuce, chopped
- 5 pounds tomatoes, diced
- 3 pounds red onion, diced
- 2 pounds shredded cheddar cheese
- 2 quarts sour cream
- 2 quarts prepared salsa
- 3 pounds tortilla chips, crushed (optional topping)

Directions:

1. Cook rice according to package directions
2. Season and cook chicken until 165°F internal temperature
3. Heat beans and corn
4. Arrange all ingredients in separate hotel pans
5. Let guests build their own bowls

Make Your Own Taco Bar

Ingredients:

Protein Options (choose one or mix):

- 15 pounds ground beef
- 15 pounds ground turkey (budget-friendly alternative)
- 15 pounds boneless chicken thighs, diced

Taco Seasoning:

- 2 cups chili powder
- ¼ cup garlic powder
- ¼ cup onion powder
- ¼ cup dried oregano
- ½ cup ground cumin

- 3 tablespoons salt
- 2 tablespoons black pepper
- 1 tablespoon cayenne pepper (optional)

Shells/Wraps:

- 150 corn tortillas (6-inch) or
- 150 flour tortillas (6-inch) or
- 75 of each for variety

Toppings:

- 8 pounds shredded lettuce
- 5 pounds diced tomatoes
- 4 pounds shredded cheddar cheese
- 2 quarts sour cream
- 2 quarts prepared salsa
- 20 avocados for guacamole or sliced
- 2 bunches fresh cilantro, chopped
- 8 limes, cut into wedges

Optional Add-ons:

- 10 (15 oz) cans black beans or pinto beans, drained and heated
- 10 (15 oz) cans corn, drained and heated

Directions:

For the Meat:

1. Brown meat in large batches in skillet or large pot
2. Drain excess fat if needed
3. Add ¼ cup of taco seasoning mix and 1 cup water per 5 pounds of meat
4. Simmer for 10-15 minutes until liquid is mostly absorbed

For the Guacamole (if making):

1. Mash avocados in large bowls
2. Add juice of 4 limes, 1 cup chopped cilantro, and salt to taste
3. Mix well, cover surface with plastic wrap to prevent browning

Mediterranean Grain Bowls

Ingredients:

- 12 pounds couscous or quinoa, uncooked
- 15 pounds boneless chicken breasts
- 4 tablespoons oregano
- 4 tablespoons garlic powder
- 3 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons black pepper
- 1 cup olive oil
- 8 (15 oz) cans chickpeas, drained and rinsed
- 6 pounds cucumbers, diced
- 5 pounds tomatoes, diced
- 4 pounds red onion, diced
- 3 pounds feta cheese, crumbled
- 2 pounds kalamata olives, pitted
- 3 quarts tzatziki sauce
- 2 quarts hummus

Lemon-Herb Dressing:

- 2 cups olive oil
- 1 cup lemon juice
- 4 tablespoons dried oregano
- 4 tablespoons garlic powder
- 2 tablespoons salt
- 1 tablespoon black pepper

Directions:

1. Cook grain according to package directions
2. Season and cook chicken until 165°F internal temperature
3. Heat and season chickpeas
4. Prepare dressing
5. Arrange all ingredients in separate hotel pans
6. Let guests build their own bowls

Note: For both bowl recipes, components can be prepared in advance and assembled just before serving.

Bistro Meatloaf

Ingredients:

- 6 tablespoons oil
- 4 yellow onions, finely diced
- 8 cloves garlic, smashed to a paste with coarse salt
- Salt and freshly ground black pepper
- 28 large eggs, lightly beaten
- 3/4 cup chopped fresh parsley leaves, plus more for garnish
- 24 pounds ground beef
- 5 cups panko bread crumbs
- 5 cups ketchup

Directions:

1. Preheat oven to 325°F
2. Saute onions and garlic in oil, cool
3. Whisk together eggs and herbs in a large bowl
4. Add meat, bread crumbs, 3 cups ketchup, salt, pepper and cooled onion mixture
5. Mold meatloaf on parchment-lined baking sheets
6. Bake for 45 minutes
7. Remove from oven, brush with remaining 2 cups ketchup
8. Return to oven for 15 minutes more

Green Chicken Enchiladas

Ingredients:

- 30 cups cooked, shredded chicken
- 1 cup taco seasoning

- 6 pounds mozzarella, shredded
- 7 pounds Monterey Jack, shredded
- 6 cups sour cream
- 75 (10") corn tortillas
- 6 (28 oz) cans green enchilada sauce

Directions:

1. Preheat oven to 375°F
2. Combine chicken, 4 cups mozzarella, 4 cups Monterey Jack, sour cream and taco seasoning
3. Wrap tortillas in damp paper towel, microwave 1 minute
4. Warm enchilada sauce in skillet
5. Dip each tortilla in sauce, fill with 1/3 cup of mixture, roll tightly
6. Arrange in baking dishes (seam side down)
7. Pour remaining sauce over enchiladas, top with remaining cheese
8. Bake for 25 minutes until bubbly

Tex-Mex Casserole

Ingredients:

- 20 pounds lean ground beef
- 17 cups salsa
- 8 (16 ounce) cans chili beans, drained
- 25 cups tortilla chips, crushed
- 16 cups sour cream
- 8 (2 ounce) cans sliced black olives, drained
- 4 cups chopped green onion
- 5 cups chopped fresh tomato
- 15 cups shredded cheddar cheese

Directions:

1. Preheat oven to 350°F
2. Cook ground beef until no longer pink
3. Stir in salsa, simmer 20 minutes until liquid is absorbed
4. Stir in beans, heat through
5. Spray hotel pan with cooking spray
6. Layer: tortilla chips, beef mixture, sour cream
7. Sprinkle olives, green onion, and tomato over sour cream
8. Top with cheddar cheese
9. Bake for 30 minutes until hot and bubbly

Beef Stroganoff

Ingredients:

- 10 (14 oz) cans beef broth
- 2½ cups butter
- 2½ cups flour
- 10 pounds ground beef
- 10 (8 oz) bags egg noodles, cooked
- 7 pounds sliced mushrooms
- 4 tablespoons minced garlic
- 2½ teaspoons pepper
- 5 pounds sour cream
- 2 cups chopped parsley

Directions:

1. Melt butter, cook mushrooms and garlic
2. Remove vegetables from butter, set aside
3. Add beef, cook until brown
4. Sprinkle with flour to coat beef
5. Add broth, return mushroom mixture to pot
6. Bring to a boil, stir until thick
7. Remove from heat, add sour cream
8. Garnish with parsley
9. Serve with egg noodles

Pesto Parmesan Chicken

Ingredients:

- 20 pounds boneless chicken breasts, pounded to ½ inch thick
- 10 cups pesto
- 1¾ cups mayonnaise
- 6 cups panko
- 6 cups shredded Parmesan

Directions:

1. Heat oven to 400°F
2. Line baking sheets with foil
3. Mix pesto and mayo in one dish
4. Mix Parmesan and panko in another dish
5. Dip chicken first in pesto mixture, then panko mixture
6. Place on baking sheet
7. Bake 10 minutes, turn breasts
8. Bake additional 15 minutes until golden brown

Baked Potatoes

Ingredients:

- 50 potatoes
- Vegetable oil
- Salt and pepper

Directions:

1. Scrub potatoes
2. Rub with vegetable oil
3. Poke holes with fork
4. Place on baking sheet
5. Sprinkle with salt and pepper
6. Bake at 400°F for 1¼ to 1½ hours
7. Cool and place in hotel pans for delivery

Mashed Potatoes

Ingredients:

- 12 pounds potatoes
- 1¾ quarts hot milk
- 1¾ pounds butter
- 2 tablespoons salt

Directions:

1. Peel potatoes
2. Cut into uniform pieces
3. Cover with water, add half of salt
4. Boil until fork-tender (25-40 minutes)
5. Drain and mash until no lumps remain
6. Add hot milk, butter, and remaining salt
7. Mash until light and creamy
8. Pour into hotel pan to cool

Macaroni and Cheese

Ingredients:

- ½ cup butter
- ¾ cup all-purpose flour
- 5 pounds elbow macaroni

- 10 cups milk, divided
- 2 pounds Colby cheese, shredded
- 2 pounds sharp cheddar cheese, shredded
- 1 teaspoon salt
- ½ teaspoon white pepper
- 1 cup seasoned bread crumbs or crumbled crackers
- ½ cup melted butter

Directions:

1. Preheat oven to 350°F
2. Make roux: melt butter, add flour, cook 2-3 minutes
3. Cook macaroni according to package directions
4. Heat 8 cups milk, add cheeses, stir to melt
5. Add salt, pepper, and roux to cheese mixture
6. Combine cheese sauce with macaroni
7. Add remaining 2 cups milk
8. Mix bread crumbs with melted butter, sprinkle on top
9. Bake 30-45 minutes until bubbly

Sloppy Joes

Ingredients:

- 12 pounds ground beef, extra lean
- ½ cup flour
- 3 cups celery, diced
- 3 cups onion, diced (about 2 medium)
- ¾ cup mustard
- ¾ cup vinegar
- ¾ cup brown sugar
- 4 cups ketchup
- 2½ cups water
- 50 hamburger buns

Directions:

1. Brown beef in three batches
2. When each batch is halfway browned, add ⅓ of onion, celery, and flour
3. Transfer each batch to 8-quart soup pot
4. Add remaining ingredients, simmer 30+ minutes
5. If mixture seems dry, add BBQ sauce to taste
6. Adjust seasonings and serve on hamburger buns

Chicken Pot Pie

Ingredients:

- 4 quarts all-purpose baking mix
- 3 cans (50 oz) condensed cream of chicken soup
- 3 cans (50 oz) condensed cream of mushroom soup
- 2 tablespoons plus 2 teaspoons thyme leaves, crushed
- 4 quarts 2% milk
- 3 teaspoons black pepper
- 2 gallons chicken, cooked and cubed
- 2½ gallons frozen mixed vegetables

Directions:

1. Prepare baking mix according to package directions
2. Mix soups, milk, thyme and pepper in large pot
3. Heat to boil, stirring occasionally
4. Add chicken and vegetables
5. Heat until internal temperature reaches 165°F
6. Divide into hotel pans
7. Top with ¼ cup scoops of biscuit mix
8. Bake at 400°F until golden, about 30 minutes

Tuna Pasta Salad

Ingredients:

- 5 pounds pasta
- 4 pounds canned tuna, drained and flaked
- 1 medium onion, diced
- 1½ cups celery, diced
- 3 teaspoons salt and 2 teaspoons pepper
- 8 cups mayonnaise (or preferred dressing)
- ½ cup fresh lemon juice

Directions:

1. Cook pasta according to package directions
2. In large bowl, combine tuna with remaining ingredients
3. Add cooked pasta and mix well
4. Cover and refrigerate at least 2 hours before serving