

“TEXAS HASH” Recipe
for the
Men’s Shelter of Charlotte

When you make this casserole for our homeless neighbors, consider making enough for your family to eat for dinner as well. This will save you time, and give you something powerful to talk about during dinner.

TEXAS HASH

- 2 lb. lean ground beef (or turkey)
- 1 cup chopped onions
- ½ cup chopped bell pepper
- 1 clove garlic
- 1 (16 oz.) can tomatoes, chopped (not drained)
- 1 can peas (or any other vegetable, not drained)
- ½ cup uncooked rice
- ½ cup water
- 1½ tsp. chili powder
- 1 tsp. salt
- ¼ tsp. pepper

Sauté beef, onion, bell pepper, and garlic until beef is browned and onions are tender. Add remaining ingredients and bring to a boil. Reduce heat, cover and simmer 15 minutes or until rice is tender.

Please prepare and put into 1 gallon zip lock bags (add hash to bag, then flatten for easy stacking in the freezer), label it Men’s Shelter, and bring it to the Fellowship Hall. Between the main hall and the kitchen (next to the elevator) is a freezer where we keep these casseroles until needed. We need over 30 casseroles each of the 5 times we serve during the year.

You can make it ahead of time...anytime...
and put it in the freezer.

Thank you for making a difference in these men’s lives.