RECIPe
For Success

A collection of all the ingredients that help TEAM be a resource to strengthen our communities.
TEAM would like to thank Jones Family Farms and Winery for donating all the wine for each of our Men Who Cook events, and for being steadfast supporters and believers in our mission!

“At Liberty Bank, we lead with kindness throughout our communities. We are proud to be a long-time supporter of TEAM Inc. and for nearly 200 years, Liberty Bank has been dedicated to helping individuals and families throughout Connecticut. Today, we are reaffirming this commitment by working with our partners to improve the lives of our customers, teammates and communities for generations to come.”
Dear friends,

We are grateful for this opportunity to share with you *Recipe for Success*, a book showcasing TEAM’s programs, staff, and all supporters of Men Who Cook from chefs to business sponsors, large and small. Each individual, partner organization, staff member, and business supporter all make up TEAM’s unique Recipe for Success. We cannot meet our mission without you, especially given the challenges over the past two years. Thank you for standing by TEAM and being the key ingredients to our success and ability to keep moving forward!

When the realities of the public health crisis flared in mid-March 2020, TEAM, like all of us, had to sink or swim. TEAM is a lifeline for so many families and we knew that we still had the obligation to our mission to continue our services in whatever way possible.

First, when schools closed, we opened our childcare programs to hospital employees, so they could continue to go to work and save lives, knowing their children had a safe place to go. Additionally, we distributed thousands of daily meals to school-age children & families, young children including formula and diapers, elderly including home-delivered meals, and many other COVID relief programs including public food distributions, housing assistance, employment supports, and other emergency basic needs assistance and relief. Folks who had never asked for help before were suddenly knocking on TEAM’s door, often just looking for someone to talk to and walk with them through the unprecedented struggles they faced. We saw major increases in the number of people reaching out to us for help. The need was overwhelming, but we met it.

Simultaneously, we have kept our staff safe, requiring masks and regular cleaning protocols, and implementing all CDC guidelines. We are so proud of our staff for stepping up and being a steady light in the darkness.

As you peruse through *Recipe for Success*, recognize that each of us is the key ingredient in our own communities. A body is only the sum of its parts, and if one was missing, it could not function. Without further ado, we present with pride the efforts and triumphs of TEAM, Inc. in service to our community.

David Morgan, President & CEO
Brian Fonck, Board Chair
Kevin Spooner, Men Who Cook Co-Chair
Fred Ortoli, Men Who Cook Co-Chair

2022 Committee Members

Fred Ortoli - Chair  Kevin Spooner - Chair  Joyce Barclay
Diane Stroman  Kate Zarro
Gary’s East Coast Service, Inc is a family business that has looked for ways to support families in the Valley for 28 years. Cooking is an integral part of our business—and what better way to support our community than through Men Who Cook!

Dig in! BBQ served at Men Who Cook 2013

We are honored to collaborate and partner with TEAM to build healthier families and communities.
A Tribute to Our Visionaries...

TEAM’s Men Who Cook event launched in 2008, led by Diane Stroman, and Committee Co-Chairs David Grant and Charlie Sullivan. TEAM was seeking a fun way to bring the community together and raise some funds for the many programs offered – early childhood, senior services, basic necessities for individuals and families – this work serves over 15,000 people each year! What better way to meet your neighbors and support a good cause than over food, drink and music? So, Men Who Cook was born and this event has drawn hundreds of people together in the Valley each spring.

Men Who Cook is now a staple in the community, an event which folks look forward to each year. Due to the pandemic, we have not been able to gather together since 2019, but TEAM is aiming to host the fun and festivities in full-force in 2023, where you will be able to taste your favorite culinary masterpieces from stingin’ wings to grandma’s mac & cheese to fried oreos and more, throw in your auction bids, and of course hear your favorite DJ and emcees Chaz and AJ!

We would like to thank Diane, Charlie and Dave for every ounce of time and effort gone into planning and perfecting Men Who Cook. This event has brought so much joy and a sense of community to us all, and all thanks to the vision and creativity of our original leaders. Diane, Charlie and Dave, thank you!
We choose to support TEAM because of their dedication and commitment to aiding the under-served population in our community.

The Tarasovic Family has wonderful memories of Men Who Cook with father and son (Nick and Nick, Jr.) cooking Grandmother's recipes!

Team Kieley, Men Who Cook 2016
We support TEAM because it offers critical resources for the well-being of local families.

**Chefs**

*Richard Knoll and Ned Miller*

“Beef Rouladen & Red Cabbage

**BEEF ROULADEN**
This is a German dish served with Spätzle (noodle) or potatoes. Top-round is preferred but sirloin or flank can be used. Ask the butcher to slice the meat very thinly so it can be rolled.

Lay out four pieces of meat. Pound lightly. Sprinkle with Accent, garlic, pepper, salt and mustard seed (to taste). Roll up each slice of meat with a slice of bacon (add another if you like) and 1/4 (to 1/2) of a small onion. Secure with toothpick(s).

Brown the meat rolls in oil or butter on both sides & then simmer on low for 2 hours on top of the stove in a large heavy skillet or Dutch oven type pan. It should make its own gravy. For very large quantities it is more efficient to bake in a large pan. In this case, add some beef broth in the bottom of the pan.

**RED CABBAGE**
Cut up one whole cabbage & soak in water for 1/2 hour then drain off water.
Put some bacon fat in a pot & add 1/2 cup of sugar, 2 tablespoons of salt, 1/4 cup of vinegar (white wine), 4-5 cloves, 1-2 cubed apples, 1 large onion (chopped), and 1 bay leaf

Add cabbage & mix; heat on medium for 15 minutes (covered), mix up again after cabbage shrinks down; then simmer for 45 minutes (covered) or until ready; drain & serve.
Pitney Bowes is proud to partner with TEAM Inc. and our PB volunteers to make a difference for Shelton and the greater Valley area.

TEAM's Early Childhood workforce is comprised of MANY superstars. Our classrooms throughout our region are led by exceptional Early Childhood staff members who pour themselves into the work of young children, families, and one another every day with high quality early learning experiences and family partnerships. TEAM’s strength in Early Childhood is exemplified by its National Recognition and Accreditation by Head Start & NAEYC – these unparalleled marks of Early Childhood quality are made possible by the exceptionalism of TEAM’s Early Childhood workforce.
“Food is a perfect way to connect with the community. It's the bridge that binds us and we all feel like we have something in common!”

Chefs

**Louis Cutaneo Jr. & Louis Cutaneo III**

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**Filet Mignon Tenderlion Steaks**

- You can purchase a roast, or cuts, or cut them yourself (8oz, or any size will do!)
- Preferably, season the steaks with kosher salt and black pepper and let them sit 15 or 20 minutes to room temperature (indoors)
- Pre-heat your favorite cast iron frying or grill pan to 450 degrees (you can also use your BBQ grill outdoors)
- Cook your 8oz. steaks for 5-8 minutes on each side 5 minutes for rare 130 degrees, 6 minutes for medium 135 degrees, 7 minutes or more for well-done or more than 135 degrees to your liking. If steaks are larger, you will need to adjust the cooking time on each side, but not the temperature.
- Cook on one side at a time and flip only once. Do not press the steaks down to release the juice, you want to keep it in the center until you are ready to eat it. This is the best part!

Serve your delicious steaks with your favorite potato or vegetable and ENJOY!
We believe in supporting our local community.

John Yaeger prepares his seafood dish,
Men Who Cook 2017

Silvia Paytas excited about her auction prize,
Men Who Cook 2016
Why do you choose to support TEAM and Men Who Cook?
TEAM is a great organization in the Valley. Diane Stroman asked and we said yes. Always a fun event. Lots of people and a great night for all involved.

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**Chicken Cordon Bleu Casserole**

**Ingredients**

- 4 Boneless Skinless Chicken Breasts
- 8-10 Slices Ham (Approx) 1 pound
- 8-10 Slices Swiss Cheese (Approx) 1 pound
- ½ cup Flour
- 2 tsp Granulated Garlic
- 2 tsp Granulated Onion
- 1 tsp Black Pepper
- 1 tsp Basil
- 3 Large Eggs
- 2 TBSP Water
- 2 Cups Bread Crumbs Plain/ Panko
- ½ cup Olive Oil
- ½ Cup Unsalted Butter
- 1 Cup Chicken Broth
- 1 Can Cream of Mushroom Soup

**Directions**

1) Cut chicken breasts in half lengthwise, place chicken between 2 sheets of plastic wrap and pound chicken to desired thickness 1/4 inch.
2) Prepare standard breading setup. Blend flour 1t garlic, 1t onion, ½ t black pepper in a bowl. Whisk eggs and water in a separate bowl. In a third bowl blend breadcrumbs and remaining garlic, onion, black pepper and 1t Basil.
3) One piece at a time, dredge chicken pieces in seasoned flour shaking off excess, then place chicken in egg to coat, then place in bread crumbs pressing to coat completely.
4) Heat a large skillet with ¼ c olive oil and 4 T butter on medium low heat, cook chicken till golden brown 2 minutes each side. Transfer to a plate or platter and repeat until all chicken is cooked.
5) Preheat oven to 300 degrees F, grease a 9x9 baking dish, place a single layer of chicken in dish, then spread 1/3 can soup over chicken. Place a layer of Ham then follow with a layer of Swiss cheese. Repeat with second layer of chicken, soup, ham and cheese. Top with remaining soup, Pour chicken broth over casserole slowly.
6) Bake till top is brown. 35-40 minutes
MARQUEE SPONSOR

The Bassett Family

Men Who Cook
March 27, 2010

Celebrity Chefs 2010
This group of staff has handled a 21% increase in applications processed for home heating assistance over the past 12 months!

Our dedicated champions in our Energy Assistance programs are making a meaningful difference in the lives of thousands turning to TEAM for help amidst escalating energy costs & many other basic necessities of life impacted by unprecedented inflation. From financial assistance towards home heating costs as well as drinking & wastewater financial assistance, to household heating system repairs & replacements, this amazing TEAM crew of caregiving helpers and leaders embody the values of compassion, empathy, collaboration and excellence each day.

Blue Plate Sponsor

Hoffman Energy is proud to support such a wonderful organization that gives back to our community. Thank you TEAM!

CEDAR GROVE STUDIO

Edward C. Leavy, Professional Engineer
Why do you choose to support TEAM?
There is a constant need in the Valley that often seems to go unseen, TEAM sees the problems and even more, really sees the PEOPLE in need and never makes them feel less for needing assistance. They know so many of us are a few bad months away from needing help.

Favorite Men Who Cook memory
While running around and tasting what all the other chef brought is usually my favorite part, being featured on channel 8 to cook my recipe and promote the event has been my favorite.

**Empanadas de Pino**
*(Chilean Beef Empanadas)*

PREP TIME 1 hr 15 min
COOK TIME 30 min
TOTAL TIME 1 hr 45 min

**Ingredients**

**For The Empanada Filling**
- 1 ½ tsp oil
- 2 onions, minced
- 1 lb ground beef, (85% lean) 1 Tbsp paprika
- 1 tsp cumin
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp chili powder, (more if you want spicy)
- ¼ c beef broth, (we prefer low sodium)
- ½ c raisins
- 1 Tbsp unbleached all-purpose flour

**For The Empanada Dough**
- 1 c milk 1 ½ tsp salt
- 8 Tbsp (½ c) shortening, (or unsalted butter)
- 2 egg yolks 5 c unbleached all-purpose flour, (divided)
Putting The Empanadas Together

- 24 black olives, drained 3 hard boiled eggs, peeled and quartered
- 1 egg yolk beaten with 1 Tbsp milk, (for egg wash)

Instructions

For The Filling
1. Heat oil in a large saute pan. Add the onions and saute over medium heat until softened, 2-3 minutes.
2. Add the meat, cumin, paprika, salt, pepper and beef broth. Cook until the meat is cooked through, 5-7 min.
3. Add the raisins and flour. Cook until thickened slightly and saucy, not soupy, 1-2 min.
4. Taste your filling and adjust the salt and chili powder as desired.
5. Let cool slightly before filling the empanadas. (Or prepare the filling ahead of time and refrigerate overnight.)

For the Dough
1. Heat the milk in a small saucepan over medium heat until warm. Add the salt and shortening to the milk. Let the mixture cool slightly and add the eggs. Mix until combined.
2. Place 4 cups of flour into a large bowl. Mix this warm milk mixture into the flour. Add the remaining 1 cup of flour as needed until a soft dough forms.
3. Knead the dough with your hands until it is soft and easy to handle, 2-3 minutes.
4. Roll the dough into a long snake and divide in into 12, evenly sized sections (golf ball size). Roll each section into a ball.

To Make The Empanadas
1. Roll each ball into a circle ⅛ inch thick (6 inches diameter). Place 1/3 cup of filling in the upper half of each round. Place 2 olives into the filling and add ¼ of a hard boiled egg. Moisten the edge of the pastry with a little water and fold the dough over the filling, pressing the edge firmly, then twisting or crimping to seal.
2. Place on an ungreased baking sheet and brush with egg wash.

Notes
To Reheat: Bake at 350F for 15 min.
To Make Ahead: The filling can be made ahead of time and refrigerated for up to 2 days before using.
To Freeze: Freeze the egg-washed empanadas in a single layer on a baking sheet, until they are solid. Then transfer them to an air-tight container to store in the freezer for up to 6 months.
To Bake From Frozen: Let the empanadas thaw on a baking sheet for 30 minutes before baking at 350F for 35-40 minutes, until bubbly and golden.

YIELD: 6, SERVING SIZE: 2 empanadas
TEAM's Support Services staff of caring and compassionate caseworkers ensure every one of our clients have personal attention and a holistic assessment of their unique needs. These caseworkers handle everything from housing assistance (searching for affordable units, working with landlords, processing arrearages and more), to SNAP applications and food bank referrals, to processing training programs applications if an individual would like to change career trajectory, and coordinating all care from every department in TEAM - ensuring a parent can sign up for our diaper bank or Early Head Start and Head Start classes if applicable, and more. Our staff create long-term relationships with clients to empower and support them to create a new phase of their lives.

We're so happy to be able to support TEAM and all that they do to help our friends and neighbors in the Naugatuck Valley.

TEAM is a fantastic example of how a well run, innovative nonprofit organization can create enormous impact in the community they serve. Congratulations and keep up the great work!
We are thrilled to support TEAM, Inc and its mission to strengthen communities by educating, supporting and empowering individuals and families.

"Mayor Cassetti and Lorie Vaccaro photobombed by Kurt Miller! Men Who Cook 2015"

"Charles Marrone & Son Remodeling"

"Dexter Davis slices tender meat, Men Who Cook 2013"
Mayor David S. Cassetti

City of Ansonia
Men Who Cook participant for 4 years!

"Since I have been Mayor, TEAM has been an asset to the City of Ansonia and the Valley. Thank you for all your support to the residents of Ansonia!"

Giambotta

Ingredients
4-5 Cloves of garlic
(1) 35 ounce can peeled tomatoes
Salt and pepper to taste
1/2 cup olive oil
Pinch of crushed diced oregano
2 medium to large boiling potatoes
2 cups of green beans

Directions
Slowly brown garlic in olive oil. Drain liquid from tomatoes and chop them coarsely. Add tomatoes to browned garlic and oil and cook for 20-30 minutes over moderate heat stirring occasionally. Add oregano.

While this is cooking, parboil potatoes and beans separately. Cook beans until tender (or al dente), drain and add to tomato sauce, and cook for another 5-10 minutes. Salt and pepper to taste.

Giambotta can be served as a salad or an entree.

Yields 2 servings
Each day, the staff of TEAM’s Elderly Services Department make a meaningful difference in the lives of the elderly people in our community. From homemaking to Meals on Wheels, to assistance with basic needs such as housing and access to food, our staff ensure the elderly members of our community are safe and well. Throughout the course of the day, the social interactions between our staff and clients can make all the difference in how they are feeling. Thank you to the staff of our Elderly Services Department who remain positive and compassionate and have moved through the many challenges of the pandemic to continue to meet TEAM’s mission.

The number of meals our Meals on Wheels drivers have delivered to homebound elderly has increased over the past 12 months by 140%!
Yields 4 to 6 servings

Ingredients
1 TBSP vegetable oil
1 pound of elbow macaroni
1 ½ sticks of butter
½ cup shredded muenster cheese
½ cup shredded sharp cheddar cheese
½ cup shredded mild cheddar cheese
½ cup shredded Monterey jack cheese
½ cup of grated cheese
2 cups of evaporated milk
2 large eggs lightly beaten
¼ tsp salt
1/8 tsp freshly grounded black pepper

Directions
Preheat the oven to 350 degrees. Bring a large pot of salted water to a boil over high heat. Add the oil, then the elbow macaroni, and cook until the macaroni is just tender, about 7 minutes. Do not overcook. Drain well. In a small bowl, mix the cheeses together. Cut the butter squares. In a casserole pan, layer the bottom of the pan with macaroni. Cover the macaroni with a layer of the mixed cheeses. Then place three or four squares of butter on top of the cheese spacing out so there are 3 or 4 rows of butter. Then sprinkle the grated cheese over the butter and the cheese. Continue the layering process until the pan is filled. In a bowl, mix and beat the eggs until all yolks have been mixed, evaporated milk, seasoned salt and pepper in a bowl. Pour mixture evenly over the casserole dish. Place pan in the preheated oven until the mixture is bubble and the cheese is brown, about 35 minutes.
The Innovative CPA Group has been involved in the Men Who Cook event and other TEAM Inc. events for many consecutive years. Our team loves to support the community and TEAM Inc. does a great job providing opportunities for us to do so.
**Chicken Pot Pies**

Makes 4 - 2 cup ramekins or approx. 25 - 3 ounce mini pies

**Filling:**
6 cups organic chicken stock  
1 rotisserie roasted chicken  
2 carrots cut in 1/2 inch pieces  
2 celery stalks cut in 1/4 inch pieces  
1 onion, coarsely chopped  
1 bouquet garni (4 bay leaves, 2 thyme sprigs, 2 parsley sprigs, 9 whole peppercorns tied in cheesecloth)  
13 pearl onions  
1 carrot sliced 1/2 inch thick  
1 large potato, 1/2 inch cubed  
1 cup peas, fresh or frozen

**Sauce:**
3/4 stick unsalted butter  
1 onion sliced thin  
1/4 tsp fresh ground pepper  
1/3 cup flour  
2/3 cup heavy cream  
3/4 tbsp lemon juice  
dash of tobacco sauce  
2 cups chicken stock

**Pot Pie Dough:**
360 grams flour (about 3 cups, but weigh if possible)  
1 tsp salt  
1 1/2 sticks chilled unsalted butter  
3/4 cup ice water

**Directions for filling:**
Place first 6 ingredients in a large pot and bring to a boil. Reduce heat and simmer for 1 hour. Remove chicken, pull off meat, break into smaller pieces and set aside. Strain liquid and return to empty pot; return to a boil. Add pearl onions and blanch for 1 minute, then transfer to a bowl of ice water using a slotted spoon. Drain and set aside. Repeat with carrots for 2 minutes, then potatoes for about 15 minutes or until almost tender. Combine vegetables with 3 cups of chicken.
Directions for sauce: Melt 3/4 stick of butter in a large heavy pan, add sliced onions and ground pepper and sauce slowly until soft, about 5 minutes. Whisk in the flour stirring constantly and cook for 2 minutes. Gradually mix in 2 cups of the chicken stock and the whipping cream and gently boil 3 minutes, stirring constantly. Mix in the lemon juice and the tobacco sauce.

Directions for pie dough: Use a stand mixer or food processor if available, or knead by hand. Mix flour and salt and cut in butter until dough resembles a coarse meal. Add ice water and mix until dough forms a moist clump. Shape into a ball, flatten into a disc, wrap tightly in plastic and refrigerate for about 1 hour.

Assembly: Divide chicken and vegetable mixture between the ramekins, or 3 ounce foil cups and divide the sauce among them. For ramekins divide the dough into four pieces; one at a time roll the dough out to 1/8 inch thickness, cover a ramekin, press overhanging dough against side and trim off excess leaving about 3/4 inch of dough on side of ramekin. For minis roll out dough and cut circles to just fit inside cup using an appropriately sized cutter or can. Brush crust with egg wash and bake in a preheated 400 degree oven for about 30 minutes or until crust is golden.

Chef
Harry Burlakoff
Minuteman Press Shelton
Men Who Cook participant for 10 years!

“I choose to support TEAM because the donation goes directly into the community.”

Stingin’ Wings

Sauce ingredients:
Butter
Red Hot Habanero sauce

Directions:
Marinate wings in sauce, grill and baste with sauce as grilling.
MARQUEE SPONSOR

Newtown Savings Bank
The Power of Local

Celebrity Chefs 2016
TEAM would like to thank Chaz & AJ, and their entire team for emceeing and providing music at all Men Who Cook events, and for being steadfast supports of TEAM and our mission!

Over the holidays, TEAM hosts a toy drive for children of low-income families in our community. In 2020 TEAM collected and distributed toys to over 1600 children, and in 2021 over 1900 children! As budgets are squeezed tighter and tighter for parents, children also pick up on that pressure and worry. At such a special time of year, we like to help parents take one thing off their plates and make sure all kids can just be kids.
Bronze Plate Sponsor

The Cutaneo Family

Sharon Closius, Pat Tarasovic and Maureen Coffey at Men Who Cook 2019.

Jorge, Ramon and Kevin of Peralta Design at Men Who Cook 2018.
Chef
State Representative Jason Perillo

Tres Leches Cake

Ingredients

Cake
1 cup sugar
5 large eggs, separated
1/3 cup milk
1/2 tsp vanilla extract
1 cup all-purpose flour
1-1/2 tsp baking powder
1/2 tsp cream of tartar

Milk Syrup
1 can (12 oz) evaporated milk
1 cup sweetened condensed milk
1 cup heavy (or whipping) cream
1 tsp vanilla extract

Directions
Preheat the oven to 350. Butter a 13 x 9-inch baking dish.
Cake: Beat 3/4 cup sugar and the egg yolks until light and fluffy, about 5 minutes. Fold in the milk, vanilla, flour and baking powder. Beat the egg whites to soft peaks, adding the cream of tartar after 20 seconds. Gradually add the remaining 1/4 cup sugar and continue beating until the whites are firm, but not dry. Gently fold the whites into the yolk mixture. Pour this batter into the buttered baking dish. Bake the cake until it feels firm and an inserted toothpick comes out clean, about 40 to 50 minutes. (If you have a convection oven it will not take this long.) Let the cake cool completely. Pierce the cake all over with a fork, taking care not to tear it.

Milk syrup: Combine the evaporated milk, sweetened condensed milk, cream, and vanilla in a mixing bowl. Whisk until well blended. Pour the syrup over the cake and refrigerate. The longer it sits the better and more thoroughly the cake will absorb the milk. Overnight works well.

Topping: You can top the cake with whipped cream or a meringue, but I don't, as I think the cake is more than enough!
Joe Crisco, Jack Betkoski, Alan Tyma, David Cassetti and George Logan at Men Who Cook 2018.
Pierogis

Ingredients
7 Large Idaho Potatoes
12 oz package of American Cheese (sharp cheddar)
1 tbs salt
6 cups flour (extra for rolling)
6 large eggs
1 Cup water
1 large sweet onion chopped
2 sticks of butter
Sour cream

Directions
Early in the day, peel, cut up and boil potatoes until tender. Add cheese while mashing. Set potato mixture on counter, uncovered, to cool completely.

Put flour in bowl. Make a well in the center. Beat eggs. Add salt. Put eggs and water in well and work with hands to combine. Add more water if necessary to make a dough that is soft.

Turn dough out onto a floured surface and knead for about 5 minutes until smooth. Cover the dough and wait for about 20 minutes. Then, cut the piece of dough into 4 pieces. Work with one piece at a time. Keep remaining pieces covered (I just put a bowl over it).

On a fluted surface, roll out the dough. Cut the rolled out dough into squares. Put a ball of potato mixture into center of piece. Fold over and press edges to seal. Put folded pierogi on a floured surface.

Melt two sticks of butter and lightly brown the butter. Add a large onion which you have chopped and cook for a while until onions are soft.

Put a large pot of water to boil. Salt the water. Drop pierogi into boiling water and cook for a few minutes after they rise to the surface. Drain, salt, add butter and onions. I do it by colander full. Pierogi, salt, butter and onions and repeat.

If you put the raw pierogi on a cookie sheet in a single layer you can freeze them raw, bag them and cook when you want a few. This recipe makes about 120. Of course, we enjoy the leftovers fried in butter til browned with eggs.
Mr. & Mrs. Chris and Lorraine Wilson

TEAM's Early Childhood Programs

TEAM's Head Start and Early Head Start classrooms throughout our communities offer children a safe, fun environment for learning and development!
Key Lime Pie

Ingredients
1 Store bought pie crust (graham cracker)
1 Can sweetened condensed milk
1/2 Cup key lime juice (I use Nellie + Joe’s)
Small container of whipped topping - thawed
2 drops green food coloring

Directions
No more than 2 drops of the food coloring in bowl.

Add key lime juice and sweetened condensed milk and mix thoroughly.

Fold in whipped topping.

Scrape into pie crest.

Refrigerate for one hour.

Cut and serve!
TEAM's Food Hub

TEAM combats food insecurity in our community by collaborating with local food pantries. If our clients need help keeping food on the table for their families, we may help them apply for SNAP if they qualify, and refer them to our local pantries here in the Valley. We also have a special partnership with Bozzuto's, the wholesale distributor, in which they sell us healthy foods such as meats, dairy products, eggs, and vegetables at cost (they do not make a profit!) and we can then in turn keep pantry shelves stocked with these healthy items.

Griffin Health also is a partner in this project as we know healthy foods lead to healthy lives and can help people avoid heart disease, diabetes, and other common health issues that can result from lack of access to nutritious foods. Throughout the pandemic, TEAM also distributed nearly half a million pounds of food to community residents through the Farmers to Families Food Box program.

486,456 POUNDS of food distributed, via Farmers to Families program, no questions asked.
We enjoy every year participating in the Men Who Cook event. It brings us joy knowing what TEAM Inc. does to help make a difference in the lives of others.

**Sausage and Peppers**

**Ingredients**
- ¼ cup of extra virgin olive oil
- 1 pound of sweet Italian sausage, cut into 1-inch pieces
- 1 red bell pepper, sliced
- 1 green bell pepper sliced
- 1.5 yellow onions sliced
- 1 teaspoon of salt
- 1 teaspoon of black pepper

**Directions**

Preheat oven to 400 degrees F.

Heat 2 teaspoons olive oil in a large skillet over medium heat, and cook and stir the sausage until browned, 5 to 10 minutes. Transfer cooked sausage to a large baking dish.

Cook and stir green and red peppers, salt, pepper and remaining olive oil and onions in the hot skillet until they are beginning to soften, about 5 minutes. Add the vegetables to the large baking dish and stir with the sausage.

Bake in the preheated oven until hot and bubbling, 20 to 25 minutes. Serve hot.
TEAM's Diaper Bank

Parents and caregivers know this: diapers are expensive. It can cost between $70 and $100 per month, per child, to keep your infants and toddlers clean and dry, and neither SNAP nor WIC can be used to cover this necessity. One in three families reports struggling to pay for diapers, and a recent Yale study showed that diaper need is a growing health and psychological risk for babies and their mothers. This can be a factor contributing to maternal depression and poor health outcomes for children. TEAM operates a diaper bank from which families receive a monthly allotment of diapers and wipes to help supplement their diaper supply. The need has increased by 70% over the past year.

TEAM has distributed 194,240 diapers over the past year.

Celebrity Chefs 2019
White Chicken Chili

Ingredients
2 lbs chicken
29 oz white beans
1 tbsp canola oil
1 jalapeno pepper
2 poblano peppers
1 yellow onion
4 cloves of garlic
1 tbsp ground cumin
1.5 tsp ground coriander
1 tsp ancho chili powder
4 cups low sodium chicken broth
2 limes
1/4 cup cilantro
Sour cream
Tortilla chips

Directions

Drain and rinse the canned white beans. In a medium bowl, mash half of the beans with a potato masher until chunky. Reserve the beans until needed.

Add the canola oil to a large Dutch oven and heat it over medium-high heat. Add the peppers, onions, and garlic and saute until soft and fragrant, about 5 minutes. Season the vegetables with salt, and pepper, to taste. Add the cumin, coriander, and chili powder and continue to saute for 1 more minute to toast the spices. Stir in the chicken stock, and lime juice and bring to a simmer. Add the beans and continue to simmer for 20 more minutes.

After 20 minutes of simmering, taste for seasoning, and adjust if necessary. Stir in the shredded rotisserie chicken and cilantro and simmer until heated through, about 5 more minutes. Serve the chili in individual bowls topped with a dollop of sour cream, crushed tortilla chips, and lime wedges.
TEAM's Meals on Wheels drivers

On top of navigating a Meals on Wheels demand that has more than doubled this past year, each year for Men Who Cook, our dedicated drivers transport the prepared food from Ansonia High School to Warsaw Park, ensuring it stays hot for our guests!

Bronze Plate Sponsor
TEAM is a very important part of the Valley and supporting them is very important for those who can. We usually would have 3-4 guys doing the prep work for Jambalaya, or ribs or whatever we were doing and it was always great fun! Phil Iannaccone of Riverview Restaurant was always our guide.

-Owen N. Spargo

Thank you to BAD SONS for donating beverages for many Men Who Cook events!
Bronze Plate Sponsor

Minuteman Press. Shelton
WE DESIGN, PRINT & PROMOTE...YOU!

Blue Plate Sponsor

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Jenkins-King & Malerba
FUNERAL HOME
Recipe for Success highlights just a portion of all the moving parts and programs under TEAM's umbrella of services. From early childhood programs to workforce training programs, from addressing food insecurity and housing insecurity to keeping homes heated through the winter, from helping folks file their taxes for free to providing diapers for young families and homemaking, medical transportation, caregiving and meals to our elderly population, TEAM does it all. Our staff make this all function and each one of you - our supporters throughout the community - is a key ingredient we need to ensure we can meet our mission and keep our programs running for the benefit of the most vulnerable in our community. Pre-pandemic, TEAM served about 12,000 individuals a year and now our average is over 15,000. The need continues to grow in our region and TEAM continues to step up and meet it, with your help. Thank you to all who donated and sponsored this project, and continue to support TEAM in every way. You are the reason we can make a meaningful difference in the lives of the thousands of residents from all walks of life who turn to us in times of need. Thank you.
What will your legacy be?

When people want to leave a mark on their community - people who want to make a meaningful difference in their community and in the lives of children, adults, elderly, families, and households who need it most - we hope they will take a moment to learn about TEAM's Legacy Society.

We hope that our supporters will allow us to walk them through TEAM's garden of annuals (what we're doing each day throughout TEAM's inner workings for our most vulnerable populations), and that they will consider turning into perennials. What TEAM is able to do today - we want to make sure is possible forever.

Please reach out if you are interested in becoming a Legacy Society member - it is easy and costs nothing during our lifetime.

“ It is important to me that what I leave behind is reflective of my life and what I valued most. I have chosen to leave a portion of my assets to TEAM, so they can continue this good work in perpetuity. It is my hope that as long as there is need in our communities, TEAM can be a resource.

-TEAM Legacy Society member

Mission

To strengthen our communities by educating, supporting and empowering individuals and families.