



Prepare several entrees to be stored in your freezer and served at your convenience

assembly day February 24 after service
sign up by February 20
cost – \$20 includes lunch after church

February 2008 Menu

Bring at least 5 gallon sized plastic freezer bags and the specific items for each entrée

Crock Pot Lasagna

Bring: 1.5 pound ground beef, browned (fresh or frozen); one gallon ice cream tub or TALL casserole dish

Cranberry Pork

Bring: at least four pork chops (fresh or frozen) or pork roast

Cheesy Chicken, Broccoli & Rice

Bring: at least four frozen or fresh boneless skinless chicken breasts

Chicken Burritos

Bring: two 12 ounce cans chicken breast meat, one 9x13 or two 8x8 pans (can be disposable)

Mexican Beef Shepherd's Pie

Bring: 1 pound ground beef, browned (fresh or frozen); one gallon ice cream tub or round casserole dish

BONUS: Pepperoni Pizza Rolls

Bring: nothing!

Don't worry about what is for lunch on assembly day—a meal (*Pork and Roasted Sweet Potatoes* from March menu) will be provided as part of the cost.

You MUST sign up and pay for this event by February 20. You may sign up at the information desk or stop by the church office. The fee is payable to Cicero Christian Church (cash or check) through office, Andrea Pieper or Gina McGill. The cost will never be more than \$20. If we get some bargains, you will be refunded any savings more than \$1.

Ingredients will be healthier choices where possible. You will be able to “edit” the recipes for your family's tastes during assembly. If you want to add or substitute additional ingredients to the recipes, bring those ingredients with you. Don't thaw frozen meat to be refrozen. See recipes on our website.

Make & Take events are scheduled March 30 & April 27. If you have menu suggestions (that freeze well!) for March, contact Beth, Gina or Andrea.



Cheesy Chicken, Broccoli and Rice

1 can condensed cheddar cheese soup (low fat/low salt will be purchased if available)
1 cup water
1 cup shredded cheddar cheese
¾ cup uncooked regular brown or wild rice (quick cook)
4 skinless, boneless chicken breast halves
Broccoli florets

To freeze:

Dump all ingredients into 1 gallon Ziploc freezer bag. Lay flat in freezer.

To cook:

Thaw in refrigerator. Place all ingredients in a 2 quart shallow baking dish. Cover.
Bake at 375 degrees F for 45 minutes or until chicken and rice are done.

BRING:

**At least Four Boneless Skinless Chicken Breasts
Gallon Plastic Freezer Bags**

Chicken Burritos

2 12-ounce cans Chicken Breast
2 cans Cream of Chicken Soup (reduced fat/sodium)
1 pint Sour Cream (light)
1 can Green Chilies Chopped
1 pkg Wheat Flour Tortilla
1 pkg Shredded Cheddar Cheese

Mix soups, sour cream & chilies together.

Spread 2 tablespoons of the soup mixture on each tortilla.

Divide chicken & spread evenly onto tortillas.

Sprinkle each with cheese.

Roll up & place in 9x13 pan. (or two 8x8 pans; you may bring disposable pans)

Cover with remaining soup mixture and top with cheese.

Cover with foil or place in freezer bag and freeze

Bake 350 degrees for 30 minutes. This freezes well, thaw completely before baking.

BRING:

**24 ounces canned chicken breast
9x13 or two 8x8 pans, can be disposable**

Mexican Shepherd's Pie

- 1 lb ground beef
- 1 1/4 ounces taco seasoning mix
- 2 cups canned corn niblets
- 1 pouch instant mashed potatoes, prepared according to microwave directions
- 1 cup cheddar cheese, shredded
- 1/2 cup milk (for potatoes)

Brown and drain ground beef.

Add taco seasoning to taste.

Add corn.

Boil water and mix up instant potatoes per directions.

Spread about one third of the potatoes in a round 2 quart casserole dish.

Top with the ground beef mixture, then the cheese.

Finish with the remaining potatoes.

To freeze: cover and freeze until solid. Lift out of casserole dish or plastic tub and wrap in foil. Place in zipper bag, label with name and date. Use within 3 months.

To reheat, unwrap and place in original dish, defrost completely.

Bake at 375 for 40-45 minutes.

BRING:

Round casserole dish or plastic (ice cream) tub

1 pound browned ground beef fresh or frozen

Slow Cooker Cranberry Pork

- 1 boneless pork roast or at least four boneless pork chops
- 2 tablespoons vegetable oil
- 1 (16 ounce) can whole berry cranberry sauce
- 3/4 cup sugar (we will use splenda)
- 3/4 cup cranberry juice
- 1 teaspoon ground mustard
- 1 teaspoon pepper
- 1/4 teaspoon ground cloves

Place roast or chops in plastic freezer bag. Combine the cranberry sauce, sugar, cranberry juice, mustard pepper and cloves; pour over roast. Freeze

To cook: From thawed or frozen state, place in crock pot over and cook on low for 6-8 hours or until a meat thermometer reads 160. Remove roast and keep warm. roast.

BRING:

1 boneless pork roast or at least pork chops

Gallon plastic freezer bag

Crock Pot Lasagne

8-12 whole wheat Lasagne noodles
6 cups Spaghetti sauce
1 lb browned ground beef
3 cups Mozzarella cheese (shredded)
2 cups Ricotta or small curd cottage cheese
Grated Parmesan cheese
2 Eggs

Combine spaghetti sauce and meat in bowl.

Combine cheeses and 1 – 2 eggs in another bowl, reserving about 1/2 -1 cup of Mozzarella for the top.

Place freezer bag in the tub, and press into bottom and sides, removing air bubbles. (fold the opening of the bag over the sides of the tub.) Spray with non-stick cooking spray.

Place small amount of sauce in bottom.

Breaking the uncooked noodles as you go to make them fit, layer noodles, then cheese mixture, then sauce about 1/2 way (using the gallon tub), and it makes about 5 – 6 layers. Finish off with noodles, sauce and sprinkle with shredded mozzarella.

Make sure noodles are fully covered with sauce.

Freeze in the container until solid, then remove bag and seal, pressing out the air.

To serve, remove FROZEN lasagne from bag.

Place in crock pot and cook on high for 3 – 3 1/2 hours (1/2 gallon container) or 4 – 5 hours (1 gallon container).

BRING:

**DEEP round casserole dish or plastic ice cream tub
1 lb browned ground beef fresh or frozen**

Pizza Rolls

Rhodes Frozen Bread Dough (3 loaf package) (makes 1 dozen)

Hormel Loose Pack Pepperoni (has enough pepperoni in this package to complete rolls)

1 bag shredded mozzarella or pizza cheese

Thaw bread dough in refrigerator, cut each loaf into 4 sections.

Sprinkle countertop with cornmeal.

Take each piece, flatten into a rectangle shape (vertically, about the size of your hand).

Place 8 slices of pepperoni (2 rows of four) in the middle, overlapping but not stacked.

Add cheese on top.

Roll it up like a jelly roll, primp to seal the ends into an oval, no pepperoni sticking out.

To freeze-individually wrap each roll in foil and place rolls in freezer bag.

Remove foil, and heat in microwave approximately 2 minutes for one roll.

Place on a baking sheet (seam side down) with at least an inch between each one.

Bake rolls at 425 degrees until golden brown (12-15 minutes)

BRING:

Freezer bags