



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

assembly day March 30 after service
sign up by March 26
cost – \$25 for 6 entrees

March 2008 Menu

Breakfast Burritos

Bring: 1 pound ground cooked sausage (frozen or fresh); 2 gallon freezer bags

PB&J Chicken

Bring: 4 chicken breasts (can cut up) or 1½ lb. legs, wings or thighs; 1 gallon freezer bag

Chicken Lasagna Rolls

Bring: 3 cups (4 large breasts/1.5 lbs) cooked diced chicken; two 8x8 or one 9x12 pan for freezing

King Ranch Turkey Casserole

Bring: 1 pound browned ground turkey or cooked diced chicken, one 9x12 or two 8x8 pans for freezing

Soup & Salad Roast Beef

Bring: 3 pounds of beef roast; one gallon freezer bag (two if you want to split this into two meals)

Citrus Marinated Pork

Bring: 6 boneless pork chops or 1.5 pork roast; one gallon freezer bag

You MUST sign up and pay for this event by March 26. 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, Beth Roberts, Andrea Pieper or Gina McGill.

Make and Take will occur on Sunday March 30 from noon until about 2:30pm. You may grab a quick bite to eat and return to the church by 1pm, or you may simply bring your materials to church and complete your meals in about an hour directly after the second service. No meal will be served this month.

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 complete recipes on our website. Feel free to edit the recipe as you see fit – you’re the one who gets to eat it.

The next *Make & Take* events is scheduled April 27. If you have menu suggestions (that freeze well!) for April, contact Beth, Gina or Andrea.



Breakfast Burritos

8 rolls

SAUSAGE

Cutting Prep: none

Pre cook: eggs, sausage

Assembly: assemble in rolls

Freezer Container: foil or plastic / bag

Prepared meat: frozen or unfrozen

Angel Food Items Used: none

*For Make & Take, we will split this recipe in thirds and each will take home 8 burritos.
This recipe makes 24 burritos*

12 eggs, beaten

1 lb bulk sausage, cooked and crumbled

½ cub chunky salsa

8 ounces (2 cups) shredded cheddar cheese

24 flour tortillas

1. Scramble eggs in a large skillet until cooked through.
2. Stir together cooked eggs, cooked sausage and salsa in bowl.
3. If necessary, warm tortillas in the microwave for 20-30 seconds until flexible.
4. Place 1/2 cup of egg/sausage/salsa mixture into each tortilla and roll up burrito-style.
5. Wrap individually (use plastic wrap or foil).

You can also add some other items to make the filling different. (1 green pepper, 6 potatoes, shredded or fried until cooked through [or use hashbrowns], 2 cloves minced garlic, 1 finely diced onion, 1 peeled and chopped tomato, 2 green onions, sliced with tops.) We will have some diced jalapeño peppers on hand left over from last time.

To freeze:

Place wrapped burritos in a large zipped freezer bags and place back in the freezer.

To cook:

To serve: Cook from the frozen state in the microwave for about 2 minutes or until heated through (remove foil first). Or, thaw burritos, wrap in foil, and bake in the oven at 350 degrees for 10 minutes.

BRING:

1 pound cooked sausage

Gallon Plastic Freezer Bags

Additional ingredients as you like

Peanut Butter and Jelly Chicken

Serves 4

CHICKEN

Cutting Prep: cooked meat

Pre cook: meat

Assembly: mix & dump

Freezer Container: bag

Prepared meat: frozen or unfrozen

Angel Food Items Used: March: Chicken (boneless skinless or leg quarters)

1 lb-1-1/2 lb. chicken breasts(four; you may cut into pieces if you wish)

OR Chicken legs, quarters, wings or thighs

12 oz. Apricot jam

1/4 c. creamy peanut butter

1/3 c. orange juice

1/3 c. apple juice

2 Tbsp. Balsamic vinegar

2 Tbsp. Lemon juice

4 cloves garlic, minced

2 tsp. Salt

2 tsp. Curry powder

1/2 tsp. Cinnamon

1/2 tsp. Cardamom

1/2 tsp. Ground cumin

To FREEZE: Combine all ingredients except chicken in a bowl and mix until smooth. Add chicken and mix. Pour into 1 gallon freezer bag and lay flat to freeze.

To SERVE: Preheat oven to 350 degrees. Pour thawed chicken mixture into a 2 quart casserole dish, and bake, uncovered for 20 to 30 minutes. Serve over hot rice.

BRING:

At least Four Boneless Skinless Chicken Breasts

OR 1 lb. chicken leg quarters, wings or thighs

Gallon Plastic Freezer Bags

Chicken Lasagna Rolls

6 servings

CHICKEN

Cutting Prep: onion (if making sauce), broccoli

Cooking Prep: if prepared sauce not used, cook sauce in advance

Pre cook: meat (shredded or diced)

Assembly: easy layer

Freezer Container: two pans

Prepared meat: frozen or unfrozen or canned

Angel Food Items Used: March: Chicken (boneless skinless)

We will use pre-made alfredo sauce. To create your own use the following ingredients:

1 small onion, chopped

3 tablespoons butter or margarine

3 tablespoons all purpose flour

14.5 ounce can chicken broth

1-1/2 cups Monterey Jack cheese

3 cups diced cooked chicken (1-1/2 lbs, or about 4 large breasts)

20 ounces frozen chopped broccoli, thawed and drained

2 eggs, beaten

3/4 cup dry bread crumbs

3 two ounce jars diced pimiento, drained

1/4 cup minced fresh parsley

1/2 teaspoon salt

12 lasagna noodles, cooked and drained (we may use large shells or manicotti tubes)

To prepare your own sauce (*we will have prepared sauce*):

In a saucepan, sauté onion in butter until tender. Stir in flour until blended. Gradually add broth and milk. Bring to a boil; cook and stir for 2 minutes. Remove from the heat; stir in cheese. Pour 1/3 cup each into two greased 8-inch square baking dishes; set aside

In a bowl, combine 1 cup cheese sauce, chicken, broccoli, eggs, bread crumbs, pimientos, parsley and salt if desired. Spread about 1/2 cup over each noodle (or stuff 1/2 cup into half cooked manicotti tube). Roll up jelly-roll style, beginning with a short side; secure ends with toothpicks. Place six roll-ups curly end down in each baking dish. Top with remaining cheese.

Cover and freeze

To cook: thaw in refrigerator. Bake thawed dish covered with foil at 350 degrees for 40 minutes. Uncover; bake 5 minutes longer. Discard the toothpicks before serving. Bake at 350°F. for 40 minutes or until hot. Serve with additional Picante sauce and sour cream.

BRING:

3 cups diced or shredded cooked chicken

Two 8x8 pans or one 9x12 pan

King Ranch Turkey Casserole **TURKEY** or BEEF or CHICKEN

8 servings

Cutting Prep: tomatoes, tortillas, cooked meat

Pre cook: meat (shredded or diced)

Assembly: easy layer

Freezer Container: pan

Prepared meat: frozen or unfrozen or canned

Angel Food Items Used: March: ground turkey

1 can (10 3/4 ounces) Campbell's Condensed Cream of Mushroom Soup

3/4 cup Picante Sauce or Salsa

3/4 cup sour cream

1 tablespoon chili powder

2 medium tomatoes, chopped (about 2 cups)

1 pound ground browned turkey (or beef, or 3 cups diced chicken – 1-1/2 pound breasts)

12 corn tortillas (6 inch), cut into 1 inch pieces

1 cup shredded cheddar cheese (4 ounces)

Mix soup, Picante sauce, sour cream, chili powder, tomatoes and chicken.

In 2 quart shallow baking dish arrange half the tortilla pieces. Top with half the chicken mixture. Repeat layers. Sprinkle with cheese.

To freeze: Freeze this uncooked.

To serve: Defrost and bake for 40 minutes. In a pinch you can micro defrost and nuke to heat but it is not as good.

BRING:

Cooked ground turkey or beef or cubed chicken

Two 8x8 pans or one 9x12 pan

Crock Pot “Soup & Salad” Roast Beef

Serves at least 8

BEEF

Cutting Prep: none

Pre cook: none

Assembly: dump

Freezer Container: bag

Prepared meat: frozen or unfrozen

Angel Food Items Used: March: Top Sirloin Roast

3 lbs beef roast (boneless)

You may choose to bring two smaller roasts and create two meals from the following ingredients

1 (1 ounce)package lipton dry onion soup mix

1 (7/8 ounce)package brown gravy mix

1 (5/8 ounce)package zesty Italian salad dressing mix

1 (1 ounce)package ranch dressing mix

1 cup grape juice

1 cup sliced mushrooms

1-1/2 teaspoons thyme (or to taste)

You may bring additional ingredients, such as carrots and celery, to include in your bag.

To Freeze: Mix all ingredients together in bag and freeze.

To Cook: Dump frozen in crock pot and cook on low 8-10 hours or high 4-6 hours

BRING:

Uncooked roast

One or two gallon freezer bags

Citrus Marinated Pork Chops

6 servings

PORK

Cutting Prep: none (trim pork); juice fruit

Pre cook: none

Assembly: mix & dump

Freezer Container: bag

Prepared meat: frozen or unfrozen

Angel Food Items Used: March: 1.5 Boneless Pork Fillet

6 boneless pork chops, or pork fillet

Juice of 2 limes

Juice of 2 oranges

Juice of 2 lemons

2 tablespoons balsamic vinegar

3 tablespoons honey

1 teaspoon Dijon mustard

1 teaspoon paprika

3 garlic cloves, crushed

1 teaspoon pepper

½ teaspoon salt

To Freeze, combine all ingredients in a gallon freezer bag and freeze.

To Cook: dump contents of frozen bag into crock pot and cook on high 4-6 hours or low 8-10 hours.

BRING:

6 pork chops or 1.5 lb. loin or roast

Gallon freezer bag