



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

assembly day April 27 after service
sign up by April 23
cost – \$25 plus your own meat

April 2008 Menu

Many of these recipes may be split into two – check the recipes to see if you need multiple containers.

All meats can be fresh or frozen (don't freeze then thaw to bring)

Chicken in Raspberry Sauce

Bring: at least 6 chicken breasts (fresh or frozen); gallon freezer bag(s). Serves 6.

Ham & Asparagus Casserole

Bring: 1 pound diced ham; gallon freezer bag(s). Broccoli avail. to substitute. Serves at least 6.

Hashbrown Casserole

Bring: 1.5 lbs browned ground turkey or hamburger, or 2 large cans shredded chicken, two gallon freezer bags or casserole dish(es). Serves 8.

Caramel Apple Pork Chops

Bring: 4 pork chops; gallon freezer bag. Serves 4.

Creamy Chicken Casserole

Bring: 3 cups diced chicken (4 breasts or 2 large cans); casserole dish(es). Serves 8.

Crock Pot Lasagna

from February menu

Bring: 1.5 pound ground beef, browned (fresh or frozen); one gallon ice cream tub or TALL casserole dish. Serves at least 8.

You MUST sign up and pay for this event by April 23. 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 April 27 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.

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.

At this assembly, we will determine if we want an assembly event in May or if we want to take a break. If you have menu suggestions (that freeze well!) for the next assembly, contact Beth, Gina or Andrea.



Crock Pot Lasagne

Repeated from February

Serves at least 8

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).

BEEF

Cutting Prep: none

Pre cook: meat, noodles

Assembly: layer

Freezer Container: tub / bag

Prepared meat: frozen or unfrozen

BRING:

DEEP round casserole dish or plastic (ice cream) tub

1 pound browned ground beef fresh or frozen

Chicken in Raspberry Sauce

Serves 6

CHICKEN

Cutting Prep: none, mash raspberries

Pre cook: none

Assembly: dump in bag

Freezer Container: bag

Prepared meat: fresh or frozen

6 boneless, skinless chicken breasts
½ cup raspberry preserves (fruit only)
½ cup frozen pineapple juice concentrate,
½ cup soy sauce

2 Tablespoons rice wine vinegar
½ teaspoon chili powder
½ teaspoon curry powder
¼ cup fresh (or frozen) raspberries, mashed

Combine preserves, juice concentrate, soy sauce, vinegar, chili powder, curry powder, garlic and mashed raspberries. Place raspberry mixture together with chicken breasts in freezer bag and seal securely. Label and Freeze

To Cook:

Thaw chicken mixture completely and place sauce and chicken in large baking dish. Bake covered at 350 degrees for 30-40 minutes. Remove from oven, transfer chicken to serving platter and top with pan juices. Garnish with fresh raspberries.

BRING:

**6 chicken breasts
Gallon freezer bag**

Caramel Apple Pork Chops

Serves 4

PORK

Cutting Prep: apples

Pre cook: melt butter

Assembly: dump

Freezer Container: gallon bag

Prepared meat: frozen or unfrozen

4 (¾ inch) thick pork chops
1 teaspoon vegetable oil
2 tablespoons brown sugar
salt and pepper to taste
1/8 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg
2 tablespoons unsalted butter
2 tart apples - peeled, cored and sliced
3 tablespoons pecans (optional)

In a bag, combine brown sugar, salt and pepper, melted butter, cinnamon, nutmeg and apples. Squish together to mix well in bag. Add in pork chops and seal. Label and freeze.

To Cook:

Slow Cooker: Place frozen in slow cooker and cook on low for 6-8 hours or high for 3-4 hours. You may need to add water to make sure meat is covered. (Dump bag then get all the contents of bag by filling with water and then pouring into slow cooker.)

Oven: Thaw in refrigerator overnight. Dump in casserole dish and cook at 350 degrees for 30 to 40 minutes. Remove from cooker onto platter and cover with sauce and apples, and top with pecans if you desire

BRING:

**Four pork chops
Gallon freezer bags**

Ham & Asparagus Casserole

HAM

Cutting Prep: dice ham, cut asparagus

Pre cook: blanch asparagus; put breadcrumbs into pre-measured bags; melt butter
Serves 6-8

Assembly: dump

Freezer Container: gallon bags

Prepared meat: frozen or unfrozen, diced

1 pound ham, cubed
1 pound fresh asparagus, cut into pieces
6 hard boiled eggs, chopped
2 tablespoons cornstarch
½ cup shredded cheddar cheese
2 tablespoons chopped onion
1 tablespoon chopped fresh parsley
15 ounces alfredo sauce
1 tablespoon lemon juice

1 cup bread crumbs
2 tablespoons melted butter

Combine blanched asparagus, chopped eggs, diced ham in bowl and mix well. Sprinkle with cornstarch. Mix well. Stir in cheese, onion and parsley, alfredo sauce, and lemon juice, mix all well. Dump into gallon freezer bag (or separate into two bags to split mixture). Place 1 cup breadcrumbs into separate quart bag. Place breadcrumb bag and ham mixture bag into a second freezer bag. Label and freeze.

To Cook:

Thaw ham mixture and breadcrumbs completely. Put thawed ham mixture into casserole dish to bake.

Combine 2 tablespoons melted butter and breadcrumbs. Sprinkle over the casserole.

Bake at 375 degrees for 25-30 minutes or until bubbly and heated through. Let stand for several minutes before serving.

You may substitute broccoli or another vegetable for the asparagus. We will have some broccoli on hand.

BRING:

**1 pound diced ham, fresh or frozen
Gallon freezer bag**

Hashbrown Casserole

BEEF / TURKEY or SHREDDED CHICKEN

Serves 8

Cutting Prep: dice chicken if not using canned

Pre cook: melt butter

Assembly: dump or layer

Freezer Container: gallon bags or casserole dishes

Prepared meat: frozen or unfrozen

Box (9?) frozen hashbrown patties

½ cup butter, melted

1 cup sour cream

1 can cream of chicken soup

Choose your meat:

1.5 lbs. ground browned turkey or beef

2 large cans shredded cooked chicken (you don't have to use canned)

or 4 breasts diced (or other chicken parts)

1-1/2 cups shredded cheddar cheese.

Line 9x12 pan (for one recipe) or two 8x8 pans (to split recipe) with frozen hashbrowns. Mix melted butter, sour cream, creamed soup, chicken, and cheese and place on top of hashbrowns. Cover and freeze.

or

You can also bag up the hashbrowns and the mixture separately and thaw the mixture and create the 2 layers on day of cooking. Label and Freeze

To Cook: Thaw (them assemble if frozen in bags). Bake in oven at 350 degrees for one hour or until bubbly.

BRING:

2 cans canned chicken, or 4 diced breasts

or 1.5 lbs. ground browned turkey or beef

frozen or unfrozen

2 Gallon freezer bags or freezer casserole dish(es)

Creamy Chicken Casserole

CHICKEN

Cutting Prep: dice chicken, chop celery, chop onions, chop chives

Pre cook: melt butter

Assembly: layer

Freezer Container: casserole dish(es)

Prepared meat: frozen or unfrozen

Serves 8

- 1 (12 ounce) package seasoned stuffing mix
- 2 tablespoons melted margarine
- 2 cups chicken broth
- 3 cups chopped cooked chicken
- 1/2 cup finely chopped onions
- 1/4 cup minced chives
- 1/2 cup finely chopped celery
- 1/2 cup light mayonnaise
- 3/4 teaspoon salt
- 2 eggs
- 1 1/2 cups milk
- 1 can (10 3/4 ounce) condensed cream of mushroom soup
- 1/2 cup grated mild cheddar cheese

In a medium bowl, mix stuffing, melted margarine and 1 1/4 cups broth.

Then mix chicken, 3/4 cup broth, onion, chives, celery, mayonnaise and salt in another bowl.

Spread half the stuffing in a 13x9x2 inch baking dish treated with nonstick spray. (or you can split into 2 containers for two meals)

Spread chicken mixture over stuffing.

Cover with remaining stuffing.

Whisk eggs, milk, and soup in a large bowl. Pour sauce evenly over stuffing.

Cover dish with foil, and freeze.

Put cheese in a small freezer bag, and attach it to the dish. Label.

To Cook:

Thaw grated cheese and chicken dish.

Bake covered in a preheated 325 oven for 30 minutes.

Remove foil, sprinkle with cheese, and continue to bake uncovered for 10 minutes more.

BRING:

**Diced Chicken
Casserole Dish(es)**