

Sept 11th, 2013 - Easy Chicken Bake

1 pkg (6 oz) Stove top stuffing mix for chicken

1 1/2 lb boneless chicken breasts (cut into 1" pieces) cooked

1 can (10 3/4 oz) condensed cream of chicken soup

1/3 cup sour cream

1 bag (16 oz) frozen vegetables

Prepare stuffing mix as directed on package, set aside.

Mix chicken, soup, sour cream, and vegetables in large bowl

Spread mixture in aluminum foil casserole pan.

Top with prepared stuffing.

Note: for freezing do not thaw frozen vegetables; simply break them up

To prepare for yourself (and not for freezing), thaw and drain mixed vegetables

Defrost in the refrigerator for 24 hours, then Bake at 400 degrees for 30 minutes

October 2nd, 2013: Beef Stew

Ingredients

- 2 pounds cubed beef stew meat
- 3 tablespoons vegetable oil
- 4 cubes beef bouillon, crumbled
- 4 cups water
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1/2 teaspoon ground black pepper
- 3 large potatoes, peeled and cubed
- 4 carrots, cut into 1 inch pieces
- 4 stalks celery, cut into 1 inch pieces
- 1 large onion, chopped
- 2 teaspoons cornstarch
- 2 teaspoons cold water

Directions

1. In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot. Stir in rosemary, parsley and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.
2. Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.
3. Cover and freeze for delivery to Grace Fellowship Church on October 2, 2013
4. Attach the following label:

Defrost in the fridge for 24 hours. Bake at 350 F for 30-45 minutes until bubbling and serve.

November 6th, 2013: Salsa Chicken Rice Casserole

Ingredients

- 1 1/3 cups uncooked white rice
- 2 2/3 cups water
- 4 skinless, boneless chicken breast halves
- 2 cups shredded Monterey Jack cheese
- 2 cups shredded Cheddar cheese
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 onion, chopped
- 1 1/2 cups mild salsa

Directions

1. Place rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes.
2. Meanwhile, place chicken breast halves into a large saucepan, and fill the pan with water. Bring to a boil, and cook for 20 minutes, or until done. Remove chicken from water. When cool enough to handle, cut meat into bite-size pieces.
3. Lightly grease a 9x13 inch baking dish.
4. In a medium bowl, combine Monterey Jack and Cheddar cheeses. In a separate bowl, mix together cream of chicken soup, cream of mushroom soup, onion, and salsa. Layer 1/2 of the rice, 1/2 of the chicken, 1/2 of the soup and salsa mixture, and 1/2 of the cheese mixture in prepared dish. Repeat layers, ending with cheese.
5. Cover and freeze for delivery to Grace Fellowship Church on November 6, 2013
6. Attach the following label:

Let defrost in the fridge for 24 hours. Bake in an oven preheated to 350 for about 40 minutes, or until bubbly.

December 4, 2013: Baked Ziti Casserole

Ingredients

- 1 pound dry ziti pasta
- 1 onion, chopped
- 1 pound lean ground beef
- 2 (26 ounce) jars spaghetti sauce
- 6 ounces provolone cheese, sliced
- 1 1/2 cups sour cream
- 6 ounces mozzarella cheese, shredded
- 2 tablespoons grated Parmesan cheese

Directions

1. Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes; drain.
2. In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce, and simmer 15 minutes.
3. Butter a 9x13 inch baking dish. Layer as follows: 1/2 of the ziti, Provolone cheese, sour cream, 1/2 sauce mixture, remaining ziti, mozzarella cheese and remaining sauce mixture. Top with grated Parmesan cheese.
4. Cover and freeze for delivery to Grace Fellowship Church on December 4, 2013
5. Attach the following label:

Let defrost in the fridge for 24 hours. Bake in an oven preheated to 350 for about 30 minutes, or until cheeses are melted.