

MEAL MINISTRY RECIPE LIST

UPDATED: JUNE 2023



ENTREES

1. Chicken and Rice Casserole
2. Easy Shepherd's Pie
3. Easy Jambalaya (sausage and chicken with rice)
4. Poppy Seed Chicken
5. Spaghetti Casserole

SOUPS

6. Taco Soup (ground beef) – RECIPE MAKES 2 SOUP CONTAINERS
7. Broccoli Cheddar Soup (meatless) – RECIPE MAKES 2 CONTAINERS

SIDES

8. Southern Style Lima Beans (bacon)
9. Green Bean Casserole (meatless)

DESSERTS

10. Apple Pound Cake – RECIPE MAKES 2 8x5 PANS
11. Tres Leches Cake – RECIPE MAKES 2 8X5 PANS
12. Heavenly Oreo Dessert – RECIPE MAKES 2 8x5 PANS

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CHICKEN and RICE CASSEROLE

DATE PREPARED:



INGREDIENTS

3 cups chicken, cooked and diced

2 cups rice, cooked

1 (10.75 oz) can Cream of Celery soup

1 (10.75 oz) can Cream of Chicken soup

1 (10.75 oz) can Cream of Mushroom soup

2 garlic cloves

1 tbsp parsley, diced

1 tsp red pepper flakes

Salt (or garlic salt) and pepper to taste

¼ cup butter, melted

1 cup Cheddar cheese

COOKING INSTRUCTIONS

1. In a mixing bowl - mix all the ingredient except the cheese together
2. Place into 2 small disposable pans (8 x 5.375 in)
3. Top with cheese
4. Cover and freeze once completely cool

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EASY SHEPHERD'S PIE

DATE PREPARED:

SERVINGS: 6 - 8

INGREDIENTS

3 lbs potatoes, peeled and cooked

1 cup sour cream

2 lbs ground beef

½ cup onion, chopped

1 medium red bell pepper, chopped

1 (10.5 oz) can Cream of Mushroom Soup

1 (15.25 oz) whole kernel corn, drained

½ cup milk

Garlic salt and pepper to taste

2 tablespoons butter, melted

COOKING INSTRUCTIONS

1. In a large bowl, mash potatoes with sour cream. Season with garlic salt and pepper; set aside.
2. In a large skillet, cook beef with onion and red pepper, crumbling beef, until meat is no longer pink and vegetables are tender; drain. Season with garlic salt and stir in soup, corn and milk.
3. Spread meat mixture into the baking pan. Top with mashed potatoes and drizzle with melted butter.
4. Let cool completely and freeze.

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EASY JAMBALAYA

DATE PREPARED:

SERVINGS: 6 - 8

INGREDIENTS:

- 1 large onion, diced
- 1 large bell pepper, chopped
- 2 – 3 tbsps vegetable oil
- 4 chicken breasts, cut into bite-size pieces
- 2 lbs Andouille sausage (Kielbasa for less spice), sliced
- 1 (15 oz) can stewed tomatoes, drained and chopped
- 2 (10.5 oz) cans Campbells French Onion Soup
- 2 cups chicken broth
- 3 cups uncooked long or short grain white rice
- 4 tsps Creole seasoning
- 1 lb shrimp (optional)*

INSTRUCTIONS

1. In a large Dutch oven, saute onion and green pepper in oil over medium heat until tender.
2. Add sliced sausage and cook for 1 minute or until sausage is lightly brown. Add the chicken, creole seasoning, soups, broth, tomatoes, and uncooked rice.
3. Cover and simmer until rice is cooked and liquid is evaporated, about 15 - 20 minutes. (Add ¼ cup chicken broth if rice is still undercooked and let simmer for another 5 to 10 minutes.)
If desired, add shrimp and heat through until pink in color.
4. Place in disposable tray, cover with lid, and let cool down before freezing.

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POPPYSEED CHICKEN

DATE PREPARED:

SERVINGS: 4

INGREDIENTS

4 chicken breasts, boiled, shredded

1 (8 oz) sour cream

2 (10.5 oz) cans Cream of Chicken Soup

1 tsp Poppy seeds

1 sleeve Ritz crackers, crushed

1 stick of butter, melted

INSTRUCTIONS

1. Mix chicken with sour cream and soup.
2. Transfer into provided 8x5 disposable pan.
3. For topping: Combine crushed crackers, poppy seeds and melted butter.
4. Cover and freeze.

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SPAGHETTI CASSEROLE

DATE PREPARED:

SERVINGS: 6 - 8

INGREDIENTS

2 lbs ground beef

16 oz Spaghetti, cooked and drained

2 (28 oz) jars meatless spaghetti sauce

1 cup sour cream

½ cup Parmesan cheese

1 cup Mozzarella cheese, shredded

½ teaspoon sugar

½ teaspoon garlic powder

½ teaspoon Italian Seasoning

½ teaspoon pepper and ½ teaspoon salt

COOKING INSTRUCTIONS

1. Grease disposable pan. Brown ground beef, season with sugar, garlic powder, Italian seasoning, salt and pepper. Add spaghetti sauce and simmer for 10 minutes. Mix in sour cream, 1 cup Mozzarella and cooked noodles.
2. Transfer pasta mixture to prepared baking pan. Top with remaining Mozzarella and Parmesan cheese.
3. Cover, let cool completely and freeze.

TACO SOUP

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DATE PREPARED:

YIELD: 2 x 32 oz containers

INGREDIENTS

2 lbs ground beef

1 tbsp Olive oil

1 onion, chopped

1 package Taco Seasoning, mild

1 package Hidden Valley Ranch Dips Mix

1 can kidney beans, undrained

2 cans pinto beans, undrained

1 can whole kernel corn, undrained

2 cans stewed tomatoes, chopped and undrained

½ cup Cheddar cheese for toppings, shredded

INSTRUCTIONS

1. Saute meat and onion in olive oil until meat is cooked.
2. Add Taco seasoning and Ranch dressing, mix well.
3. Add all the other ingredients and about ½ cup of water. Cook for at least 30 minutes. The longer it cooks, the better.
4. Pour into plastic soup containers and top with shredded Cheddar cheese. Let cool completely before freezing.

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BROCCOLI CHEDDAR SOUP

DATE PREPARED:

YIELD: 2 x 32 oz containers

INGREDIENTS

¼ cup melted butter

½ medium chopped onion

¼ cup flour

2 cups half and half

2 cups chicken stock or broth

½ lb (3 cups) broccoli, chopped

1 cup carrots, julienned (or matchstick carrots)

2 cups sharp Cheddar cheese, grated or shredded

Salt and pepper and ¼ tsp nutmeg (optional)

INSTRUCTIONS

5. Melt the ¼ cup butter and saute onions until soft. Sprinkle the flour over the mixture. Cook and stir over medium heat for 1 – 2 minutes.
6. Whisk in the half & half and chicken stock.
7. Add the broccoli and carrots. Cook over low heat for 20 – 25 minutes or until vegetables are tender.
8. Season with salt and pepper. You can leave the soup chunky or blend about 1 cup of the soup for a smoother texture. Return to low heat and add the cheese. Stir in nutmeg if desired.
9. Pour into disposable plastic containers and let cool completely before freezing.

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GREEN BEAN CASSEROLE

DATE PREPARED:

YIELD: 6 servings

INGREDIENTS

- 1 cup French Fried Onions
- 2 (10 3/4 oz) cans Cream of Mushroom soup
- 4 cups chicken broth (for cooking green beans)
- 4 cups fresh, cut green beans (or canned)
- 1 cup sliced fresh mushrooms
- 1/2 cup diced onions
- 2/3 stick butter
- ½ tsp salt
- ½ tsp pepper
- ½ tsp garlic powder
- 2 cups grated cheddar cheese

INSTRUCTIONS

1. If using fresh green beans, boil green beans in chicken broth for 15 – 20 minutes and drain.
2. In a skillet, sauté the onions and mushrooms in butter.
3. Add the green beans, mushroom soup, onion rings and season with salt, pepper and garlic powder. Stir well.
4. Pour into disposable aluminum pan. Bake for 20 minutes, then top the casserole with the Cheddar and let cool completely before freezing.

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SOUTHERN STYLE LIMA BEANS

DATE PREPARED:

YIELD: 6 servings

INGREDIENTS

2 – 3 slices bacon, chopped

2 cups chicken broth or stock

1 clove garlic, minced

1 teaspoon sugar

½ teaspoon black pepper

½ teaspoon salt

⅛ to ¼ red pepper flakes, (optional)

16 ounces frozen baby lima beans

INSTRUCTIONS

1. In a large pot, saute bacon for about 1 to 2 minutes.
2. Add remaining ingredients and stir. Cover pot and bring to a boil. Reduce heat to simmer and cook for at least 30 minutes to 1 hour, stirring periodically. Add more chicken broth if needed.
3. When buttery tender, pour into disposable pan and let cool completely before freezing.

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APPLE POUND CAKE

DATE PREPARED:

INGREDIENTS

1 1/2 c. vegetable oil
2 c. sugar
3 eggs
3 c. flour
1 tsp. salt
1 tsp. soda
2 tsp. vanilla
3 lg. apples, cut into small pieces

WHITE POWDERED SUGAR ICING:

2 cup powdered sugar
1/2 tsp vanilla
3-4 tbsp milk

INSTRUCTIONS

1. Combine the oil, sugar and eggs and beat for three minutes. Add flour, salt, soda and vanilla. Fold in apples.
2. 2 Small Pans: Grease pans, bake at 325 degrees for ONLY 1 hour.
3. Whole Cake: Bake in greased tube pan at 325 degrees for 1 hour and 25 minutes.
4. Cool and drizzle with powdered sugar icing.
5. Cover with provided lid and freeze.

*****Thaw at room temperature before serving.*****

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TRES LECHES CAKE

INGREDIENTS

- 1 box French vanilla or yellow cake mix
- 1 ¼ cups water
- 1 tbsp. vegetable oil
- 2 tsp. vanilla
- 3 eggs
- 1 can (14 oz) sweetened condensed milk
- 1 can (12 oz) evaporated milk
- ½ cup ½ and ½
- 1 container (8 oz) frozen whipped topping, thawed

INSTRUCTIONS

1. Heat oven to 350 degrees. Spray bottom of 2 small aluminum loaf pans with cooking spray.
2. In large bowl, beat cake mix, water, oil, vanilla, eggs with electric mixer on low speed for 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally, pour into pan.
3. Bake 30 minutes or until edges are golden brown and toothpick inserted in center comes out clean. Let stand 5 minutes. Poke top of hot cake all over with fork or wooden skewer, wiping occasionally to reduce sticking.
4. In medium bowl, stir condensed milk, evaporated milk and ½ and ½ until blended. Slowly pour evenly over top of cake. Cover; refrigerate about 1 hour or until mixture is absorbed into cake.
5. Spread whipped topping over cake and cover with lid. Freeze

*****Thaw in refrigerator before serving.*****

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HEAVENLY OREO DESSERT

1 package (20 oz, family size) Double Stuffed Oreo cookies

½ cup butter melted

2 boxes (3.9 oz each) instant chocolate pudding mix

3 ¼ cups cold milk

2 containers (8 oz each) Cool Whip, thawed

1 block (8 oz) cream cheese, softened

1 cup powdered sugar

INSTRUCTIONS

1. Using a rolling pin, crush the cookies in a large Ziploc bag, a few at a time, until they are small chunks/crumbs (but not fine crumbs). Reserve the other 1/3 of cookies whole for topping.
2. Set aside 1/3 of the cookie crumbs to be mixed into filling. Pour remaining 2/3 cookie crumbs into a small bowl and mix with melted butter until well combined. Press into the 3 pans to form crust.
3. In a bowl, whisk together the pudding and milk. Cover and place in fridge to set.
4. In a medium bowl, blend cream cheese until smooth. Slowly add in the powdered sugar. Fold in one container of Cool Whip.
5. Spread cream cheese mixture over the cookie crust. Then spread pudding over the cream cheese mixture. Spread the other container of Cool Whip over the pudding layer.
6. Crumble the remaining cookies on the top. Cover and freeze.