

# MEAL MINISTRY RECIPE LIST

UPDATED: OCTOBER 2023



## ENTREES

1. Chicken and Rice Casserole
2. Easy Shepherd's Pie (with ground beef)
3. Chicken Cobbler
4. Poppyseed Chicken
5. Spaghetti Casserole (with ground beef)

## SOUPS

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

## SIDES

9. Southern Style Lima Beans (bacon)
10. Green Bean Casserole (meatless)
11. Corn Casserole (bacon)

## DESSERTS

12. Apple Pound Cake – RECIPE MAKES 2 8x5 PANS
13. Tres Leches Cake – RECIPE MAKES 2 8X5 PANS
14. 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:

### 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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## CHICKEN COBBLER

DATE PREPARED:

### INGREDIENTS

1 stick salted butter

2 cups shredded chicken

1 (12 oz) bag frozen Vegetable Medley

*(peas, corn, green beans, carrots)*

1 ¼ cups chicken broth

1 (10.5 oz) can Cream of Chicken Soup

1 ½ cups milk

1 box Red Lobster Cheddar Bay Biscuit Mix with seasonings

½ cup shredded Cheddar Cheese

1 tbsp Old Bay seasoning

### TO PREPARE:

1. Melt butter and pour into TWO 8.5" x 6" pans
2. Spread shredded chicken evenly in one layer over top and then the vegetables over chicken layer.
3. In a medium bowl, whisk together cream of chicken soup and chicken broth until combined and smooth. Pour over chicken and vegetables. Do not mix.
4. Prepare Red Lobster biscuit mix according to package instructions. Then drop heaping spoonfuls over top of casserole, lightly smoothing out with a spatula.
5. Cover and freeze.

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## POPPYSEED CHICKEN

DATE PREPARED:

### 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 8x6 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:

### **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.

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## TOMATO SOUP

DATE PREPARED:

### INGREDIENTS

- 1 medium white or yellow onion, diced
- 6 tablespoons Butter
- 2 (14.5 oz) cans diced or stewed tomatoes
- 1 (46 oz) bottle or can tomato juice
- 6 tablespoons sugar
- 2 tablespoons Chicken Base (or 3 chicken bouillon cubes)
- ½ tsp Black Pepper (freshly ground)
- 1 cup Sherry (optional)
- 1 ½ cups Heavy Cream
- ¼ cup Fresh Basil (chopped)
- ¼ cup fresh Flat-Leaf Parsley (chopped)

### INSTRUCTION

1. Melt the butter in a large pot or Dutch oven. Add onion and cook until translucent.
  2. Add the diced tomatoes and tomato juice. Stir.
  3. Add 3 to 6 tablespoons of sugar, 2 tablespoons chicken base, and pepper to taste to the pot.
  4. Bring to a boil and turn down heat.
  5. Add in the sherry if desired. Stir in the cream. Add basil and parsley.
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## TACO SOUP

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:

### INGREDIENTS

- 1 cup French Fried Onions
- 2 (10 3/4 oz) cans Cream of Mushroom soup
- 2 cups chicken broth for cooking fresh green beans*
- 2 cups, cut green beans (fresh or canned)
- 1 cup sliced fresh mushrooms
- 1/4 cup diced onions
- 1/3 stick butter
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 tsp garlic powder
- 1 cup 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 6" x 8.5" disposable aluminum pan and top with Cheddar cheese. Let cool completely, cover and freeze.

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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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## CORN CASSEROLE

DATE PREPARED:

SERVINGS: 6 - 8

## INGREDIENTS

2 (15-oz) canned corn, drained

2 eggs

¼ cup all-purpose flour

2 Tbsp sugar

2 Tbsp butter, softened

¼ tsp cayenne pepper

1½ cup shredded cheddar cheese

8 slices bacon cooked and chopped

## PREPARATION

1. Lightly spray a 9x13-inch pan with cooking spray.
2. Mix corn, eggs, flour, sugar, butter and cayenne pepper in a large bowl.
3. Stir in bacon and 1 cup cheddar cheese.
4. Pour corn mixture into prepared pan and top with remaining cheese. Cover and freeze.

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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
- ½ 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.