

apples, tart – 6
peppers, green – 2
peppers, red – 2
zucchini – 4
carrots – 4
celery – 1
onions – 8
onion, red - 1

garlic powder – 4 t
curry – 1 T
ginger – 2 T
red pepper flakes – 2 t
parsley – 2 T
mustard, dried – ½ cup
cumin – 1 ½ t.

mango, dried - ½ cup
cranberries, dried – 1 cup
walnuts – 4 c
cashews – 3 c
stock, chicken – 8 t
rice, white – 8 c
bread crumbs – 2 ½ c
coconut, flaked – 4 c

chocolate chips – 2 pkgs
butterscotch chips – 2 pkgs
brown sugar – 2 ½ c
tortillas, corn – 36

ketchup – 24oz
barbecue sauce – 24 oz
mango chutney – 16 oz
soy sauce – 20 oz
vinegar, white wine - 8oz
vinegar, red wine – 20 oz
Worcestershire sauce – 10 oz

milk, sweetened condensed – 4 cans
picante sauce – 3 c
tomato sauce – 45 oz
tomatoes, stewed – 30 oz
pineapple, crushed – 32 oz
pinto beans – 45 oz

apple jelly – 10 oz
graham crackers – 1 box

b/s chicken – 12#
chicken legs – 7-10#
ground beef – 4# & 5#
pork loin roast – 8#
boneless pork – 10#

string cheese – 12 sticks
Mexican grated cheese – 6 c
margarine – 1 #
butter - 1#
stir-fry veggies, frozen – 3
lemonade concentrate - 18oz

gallon bags – 26
2-gallon bags – 3
9x13 pans – 7 (3 deep & 4 shallow)
printable address labels

MY KITCHEN

sesame oil
canola oil
1/3 c. milk
pepper grinder
apple cider vinegar
3 eggs
minced garlic
snack-size ziplocs (3)

CHURCH KITCHEN

salt
plastic wrap
foil
cooking spray
vegetable oil
plastic gloves

RECIPES

(*) = on bar counter, used in multiple recipes

Mango-Cranberry Chicken

(cut raw meat)

supplies: 6# chicken breasts, dried mango, ¼ c. cranberries, 1 tablespoon curry, 2 cups mango chutney, ½ c. white wine vinegar, 1 onion, sesame oil, medium bowl, 3 labeled gallon freezer bags

- Chop ½ cup dried mango
- Mince ½ the onion
- Cut chicken into bite-sized strips
- Boil water

- Pour 2/3 cup boiling water over mango & cranberries in a med. bowl and let sit 5 min.
- Divide sliced chicken equally between the 3 labeled freezer bags.

- Drain dried fruit, then add 2 cups mango chutney, ½ cup white wine vinegar, minced onion, 1 tablespoon minced garlic(*), 1 tablespoon sesame oil, 1 tablespoon curry powder; stir.

- Evenly divide cooled chutney sauce over chicken in bags; seal and freeze.

Cashew Chicken Stir-fry

(cut raw meat)

supplies: 5 lbs raw chicken, 2 tsp. red pepper flakes, 3 cups cashew pieces, 3 small ziplocs, 3 unlabeled gallon ziplocs, 3 labeled 2-gallon ziplocs, 3 bags frozen stir-fry veggies

- Cut chicken into bite-sized pieces and divide it evenly between 3 unlabeled gallon bags.
- In med. bowl, mix together ¾ c. soy sauce(*) and 1/3 c. red wine vinegar(*).
- Measure 1 cup cashew pieces into each of the small ziplocs.

- Divide marinade evenly between bags of chicken pieces.
- Into each bag of chicken, measure 1 teaspoon minced garlic(*), ¾ t. ginger(*), and ½ t. red pepper flakes. Seal bags.

- Into the three labeled 2-gallon freezer bags, insert one bag of chicken, one bag of cashews, and one bag of stir-fry veggies. Seal and freeze.

Teriyaki Chicken

supplies: 7-10 lbs raw chicken pieces, 3 labeled gallon ziplocs

- Divide chicken pieces evenly between the three labeled bags.
- Combine, stirring until sugar is dissolved, 1 cup soy sauce(*), 1 cup brown sugar(*), ¼ c. red wine vinegar(*), and 1 tablespoon oil(*).
- Divide soy sauce marinade over the chicken in the bags.
- Measure 1 teaspoon minced garlic(*) and 1 teaspoon ground ginger(*) into each bag.
- Seal bags and freeze.

Cheesy Chilada Bake

supplies: 5-6 cups cooked ground beef, 2 green peppers, 3 onions, 3 c. picante sauce, 45oz tomato sauce, 45oz pinto beans, 1 ½ t. cumin, 36 corn tortillas, 6 cups shredded cheese, 3 9x13 foil pans, labels

- Dice and saute until soft the onions and peppers.
- Drain and rinse 3 cans pinto beans.
- In a mixing bowl, combine browned beef, sauted vegetables, 2 teaspoons minced garlic(*), 3 c. picante sauce, 45 oz tomato sauce, the rinsed pinto beans, 1 ½ teaspoons cumin, and 1 teaspoon salt(*).
- Grease the foil pans with cooking spray.
- Spread 3 generous cups of the meat mixture over the bottom of each pan. Layer 6 corn tortillas over the meat mixture in each pan. In each pan, sprinkle one cup shredded cheese over the tortillas. Divide the remaining meat mixture between the pans, then repeat the tortilla and cheese layers.
- Wrap each pan in plastic wrap, top with foil, and affix a label on top. Freeze.

Mozzarella Meatballs

(handle raw meat)

supplies: 4-5lbs raw ground beef, 12 sticks string cheese, 2 ½ cups bread crumbs, 1/3 c. milk, 3 eggs, 1 small onion, ketchup, Worcestershire sauce, dry mustard, pepper grinder, 3 labeled gallon freezer bags.

- Finely dice the onion; reserve ¼ cup.
- Cut each cheese stick into 8 equal pieces.
- Preheat oven to 500-degrees.
- Thoroughly combine in the large bowl with your hands the beef, 2 ½ cups bread crumbs, 1/3 c. milk, 3 eggs, diced onion minus the reserve, 1 ½ tablespoons minced garlic(*), 2 teaspoons salt(*), 1 ½ teaspoons pepper.
- Line baking sheets with foil and spray with cooking spray.
- Shape the beef mixture into 1-1 ½ inch meatballs, each around a piece of mozzarella. Seal the meatballs well so that the cheese does not ooze out. Place meatballs close together on the baking sheets. Bake for 15 minutes. Cool.
- While meatballs are baking and cooling, mix 3 cups ketchup, 1 ½ cup red wine vinegar(*), 1 ½ cup Worcestershire sauce, 1 ½ cup packed brown sugar(*), 5 teaspoons minced garlic(*), the reserved diced onion, 2 teaspoons dried mustard, and 1 ½ teaspoons pepper(*).
- Divide sauce evenly between 3 labeled freezer bags.
- Divide cooled meatballs evenly between bags of sauce; there should be around 30 meatballs per bag.
- Seal and freeze.

Apple and Cranberry Pork Loin

(cut raw meat)

supplies: 8# pork loin, cider vinegar, 10oz apple jelly, 3 onions, 6 apples, ¼ c. dried cranberries, dry mustard, 3 labeled freezer bags

- Dice the onions.
- Peel & core & slice apples.
- Cut loin into three equal portions.

- Evenly divide between the bags the apple slices, diced onion, and apple jelly.
- Into each bag, measure ¼ c. dried cranberries, 1 tablespoon cider vinegar, and 1 teaspoon dry mustard. Moosh around to blend.
- Place one roast in each bag.
- Seal and freeze.

Pineapple Pork Steaks

(cut raw meat)

supplies: 5# boneless pork, 3 c. barbecue sauce, 32oz crushed pineapple, 2 t cinnamon, 2 t. dry mustard, 3 labeled gallon ziplocs.

- Cut the pork into single-serving-size pieces and divide evenly between bags (at least 6 servings per bag)
- Mix together thoroughly the barbecue sauce, crushed pineapple (undrained), cinnamon, and dry mustard. Divide mixture between bags.

- Freeze.

Lemonade Pork Steaks

(cut raw meat)

supplies: 5# boneless pork, 18oz lemonade concentrate (thawed), 2 t. garlic powder, 3 labeled gallon ziplocs.

- Cut the pork into single-serving-size pieces and divide evenly between bags (at least 6 servings per bag)
- Mix together thoroughly the lemonade concentrate, ½ cup soy sauce(*), 1/3 cup Worcestershire sauce(*), and 2 tsp. garlic powder. Divide mixture between bags.

- Freeze.

Rice Pilaf

supplies: 1 c. butter, rice, carrots, celery, red onion, chicken stock, parsley, red pepper, 4 zucchini, 4 labeled freezer bags, skillet

- Wash & dice 4 carrots, 4 stalks celery, 1 red onion, 2 red peppers, and 4 zucchini.
- In the saucepan, work in individual batches. For each batch, melt butter; add ¼ of each vegetable and saute briefly. Add 2 cups rice and saute in the butter until it is all absorbed and the rice is golden brown, about 5 minutes.
- Dump into a bowl to cool and begin the next batch.
- Dump each cooled batch into one labeled freezer bag. Add 2 teaspoons chicken base, 1 teaspoon dried parsley, and grind about ¼ teaspoon pepper(*) into each bag.
- Seal and freeze.

7-Layer Bars

supplies: 4 sticks margarine, 1 box graham crackers, 4 c flaked coconut, 2 packages chocolate chips, 2 pkg butterscotch chips, 4 cans sweetened condensed milk, 4 c. chopped walnuts, 4 9x13 foil pans, 4 labels, 1 gallon bag

- Put all the graham crackers in the bag and crush them
- Perform the following for each pan:
 1. In a microwavable dish, melt 1 stick margarine; pour it into the pan
 2. Spread 1 cup cracker crumbs over the melted margarine
 3. Sprinkle 1 cup flaked coconut over the top
 4. Sprinkle 1 cup chocolate chips over the top
 5. Sprinkle 1 cup butterscotch chips over the top
 6. Pour one can sweetened condensed milk evenly over the top
 7. Top with 1 cup chopped walnuts
- DO NOT MIX
- Top each pan with heavy-duty foil and affix labels to the top. Freeze.

LABELS

Mango-Cranberry Chicken, serves 6

1. Completely thaw one entree overnight in refrigerator.
2. Simmer chicken and sauce in a large skillet over medium heat until chicken is thoroughly cooked, 15-20 minutes.
3. Serve over hot rice or noodles.

Cashew Chicken Stir-Fry, serves 6

1. Completely thaw one entree overnight in refrigerator.
2. Heat 2 teaspoons oil in a wok or large skillet. Stir-fry chicken and sauce over medium-high heat until meat is cooked through, 20-25 minutes. Remove chicken from the pan.
3. Add bag of veggies and stir-fry until heated, about 5 minutes. Return chicken to the pan and add cashews. Heat through and serve over rice.

Teriyaki Chicken, serves 6

1. Completely thaw one entree overnight in the refrigerator.
2. Preheat the oven to 350-degrees.
3. Place chicken pieces in an ungreased baking dish. Bake, uncovered, for 1 hour, or until chicken reaches an internal temperature of 180-degrees. Turn pieces once or twice during the baking period. The longer the cooking time, the thicker and stickier the sauce will be.

Cheesy Chilada Bake, serves 8

1. Completely thaw overnight in the fridge.
2. Preheat oven to 350-degrees.
3. Remove plastic wrap that is under the foil and replace the foil. Bake for 40 minutes, or until the center is hot and the edges are bubbly.

Mozzarella Meatballs, serves 6

1. Completely thaw overnight in the refrigerator.
2. Preheat the oven to 350-degrees.
3. Pour meatballs and sauce into an ungreased baking dish. Bake, uncovered, for 30 minutes, or until meatballs are heated through.
4. Serve over rice or noodles.

Apple & Cranberry Pork Loin, serves 6

1. Completely thaw overnight in the refrigerator.
2. Preheat the oven to 350-degrees.
3. Place the roast in the center of an ungreased baking dish, distributing apples and onions around the meat. Bake, uncovered, for 1 hour or until a thermometer inserted into the thickest part reads 160-degrees.

Lemonade Pork Steaks, serves 6

1. Completely thaw overnight in the refrigerator.
2. Preheat the oven to 350-degrees.
3. Place pork & sauce in an oven-proof baking dish and leave uncovered. Bake for 90 minutes or until meat is done. OR grill over medium heat 15 minutes, turning and basting occasionally, or until done.

Pineapple Pork Steaks, serves 6

4. Completely thaw overnight in the refrigerator.
5. Preheat the oven to 350-degrees.
6. Place pork & sauce in an oven-proof baking dish and leave uncovered. Bake for 90 minutes or until meat is done. OR grill over medium heat 15 minutes, turning and basting occasionally, or until done.

Rice Pilaf, serves 6

1. Place frozen pilaf in a medium saucepan and add 3 cups of water.

2. Bring to a boil; reduce heat to very low and cook, covered, for 20 minutes or until water is completely absorbed.

7-Layer Bars

1. Thaw overnight in the refrigerator.
2. Preheat the oven to 350-degrees.
3. Bake, uncovered, for 30-35 minutes.