



TREATS FOR A CAUSE

# SHEPHERD'S Freezer

*IF WE HAVE FOOD AND COVERING,  
WITH THESE WE SHALL BE CONTENT*



MILLINGTON  
baptist church

# EASY CROCKPOT RECIPES

## ITALIAN CHICKEN

- 1 lb. chicken breasts
- 2 T butter
- 2 oz. cream cheese and chives
- 1 can cream of chicken soup
- 1 package Italian dressing mix
- ¼ cup water

Put chicken into crockpot. Mix butter, cream cheese, soup, and Italian dressing and pour over chicken. Add water. Cook on low 6-8 hours. Freeze.

## POT ROAST

- Pot roast
- 1 can cream of chicken soup
- 1 envelope dry onion soup mix

Put roast in aluminum foil. Mix soup mix and soup and brush on all sides of roast. Close foil pouch. Put in crockpot with 1 cup of water. Cook on low 6-8 hours. Freeze.

## EASY CHICKEN

- 4-6 lb. chicken breasts
- 1 cup water
- ¼ cup vinegar
- 1/3 cup soy sauce
- 2 cloves garlic, sliced

Put all ingredients in crockpot. Cook for 6-8 hours on low. Freeze.

## **CREAMY LINGUINE**

2 lb. pkgs linguine  
4 tbs margarine  
4 tbs flour  
3 cans evaporated skim milk  
4-6 cups cooked, cubed chicken  
1 cup grated Romano cheese

Cook linguine according to package directions. Melt margarine in saucepan. Stir in flour and milk. Bring to a boil, stirring constantly until sauce is thickened and bubbly, about 10 minutes. Mix sauce, chicken, and linguine together. Sprinkle w/ cheese. Freeze.

\*\*\*TO REHEAT: 400 degrees FOR 20 MINUTES OR UNTIL THAWED\*\*\*\*

## **SWISS STEAK**

7-8 lbs of chuck or rump roast  
1-2 sliced  
onions  
V-8 Juice  
(In a plastic bag, flour,  
S&P & paprika)  
Cut meat into 2" thick 2x2  
steaks

Coat meat in flour mixture by shaking in bag. Pound meat for tenderness. Fry at 300 degrees - both sides until browned. Once meat is browned, place in layers: alternating meat & sliced onion. Pour V-8 juice over until covered. Simmer for at least 1½ hours. Serve with egg noodles. Freezes well.

## **CHICKEN CURRY CASSEROLE**

Serves 6

- 2 packages frozen broccoli florets - cooked and chopped into bite sized pieces - don't overcook
- 4 cups cubed cooked chicken meat - (If you use breasts or tenders, you can par boil or quickly sauté)
- 2 cans Campbell's cream of chicken soup
- 1 cup mayo
- 2 t curry powder
- Juice of 1 lemon
- Potato chips (broken)
- Pinch of paprika

Mix all ingredients except broccoli. Layer mixture, broccoli, etc into a buttered casserole dish. Top with crumbled potato chips. Sprinkle with paprika. Bake @350 degrees for 30-40 minutes. Serve over rice. Serve with condiments like chutney, cashews, coconut, raisins.

You can double recipe with no problem on cooking time. You can make the morning of and leave at room temperature until ready to bake. Or, you can freeze before the baking step.

## **MACARONI & CHEESE**

- Elbow macaroni (8 ounces or 2 cups-dry)
- 1 can Campbell's tomato soup
- 8-12 oz sharp cheddar cheese
- Worcestershire sauce (3-4 tbs or to taste)
- S&P

Boil water and cook macaroni according to package directions. In a saucepan, on low heat, combine soup, cheese and other ingredients. When macaroni is ready, drain and rinse. Place in casserole dish, pour over cheese sauce, stirring to mix well. (Can be frozen at this point. Defrost completely before baking!) Bake in oven at 350 degrees for 30 minutes. Serve with salad.

## **VEGETARIAN CHILI**

Saute: small onion, green and red peppers, 1 clove of garlic

Add: 16 oz. can of white kidney beans

16oz. Can red kidney beans

16oz. Can crushed tomatoes

3 medium cans of corn niblets

Add spices: chili powder, Tabasco, Salt & Pepper to taste.

Simmer 20-30 minutes. Can be frozen.

## **TORTELLINI SOUP**

2 medium or 1 large onion, diced

2-3 cloves of garlic, crushed

1 large can of chicken broth

1 package of chopped spinach, thawed

1 16 oz. package of Tortellini

1 large can of diced tomatoes

Olive Oil/butter

Basil

Oregano

Heat oil/butter in heavy pot. Add onion and sauté until translucent, season with salt and pepper. Add garlic and sauté another two minutes. You do not want the garlic to toast. Add chicken broth, spinach, and tomatoes to pot. Add basil and oregano and bring to boil. Add tortellini and cook according to package directions, about 10 to 12 minutes.

## HERB STUFFED PORK CHOPS

6 double pork chops - slit in middle to provide pocket.

S & P

1/4 cup butter

3/4 cup chopped onion

1/4 cup chopped celery

1 1/2 cup bread crumbs (peppridge farm stuffing)

1 tsp crushed fennel seeds

1/2 cup chopped parsley

1/4 cup heavy cream

Dry white wine

1 tsp cornstarch

Preheat oven to 350 degrees.

Sprinkle inside and out of pork chops with S&P

In a dutch oven, heat 3 tbsp butter, add onions and celery and cook until onion is transparent. Add bread crumbs, fennel seeds and parsley. Remove from heat. Add enough heavy cream to moisten the mixture. Stuff pork chop cavities with mixture & close openings with a toothpick.

In the dutch oven, melt the remaining butter, and add pork chops and brown on both sides. Add wine to a depth of 1/4 - 1/2 inch. Cover and bake for 1 hour.

Transfer chops to a warm platter & keep hot. Bring remaining sauce to boil. Mix cornstarch w/cold water & stir into mixture. Collect the seasonings and serve over the pork chops.

## BRAZILIAN STEW

1 lb top round steak or London Broil—cut in bite size cubes  
2 center cut pork chops—cut in bite size cubes and reserve the bones  
4-5 links of pork sausage—cut into bite size cubes (Brown N Serve)  
1/2 cup peanut oil  
1/2 cup chopped onion  
2 cloves garlic, crushed  
1 tbsp. firmly packed light brown sugar  
1 1/2 tsp salt  
1 tsp turmeric (yellow powder)  
1/8 tsp cayenne pepper  
1/4 tsp oregano leaves, crushed  
Generous dash of saffron powder  
1 large green pepper cut into 1/2" strips  
1/2 cup water  
1 tbsp. white vinegar  
2 pimentos cut into strips  
Dry roasted peanuts

Heat peanut oil in large skillet. Brown the meat and bones, about 1/3 at a time - using a combination of all 3 in each portion. Remove cooked meats to a large bowl, leaving oil in pan. Sauté onion and garlic until golden. Combine meats and bones with onion and garlic in pan. Add brown sugar, salt, turmeric, cayenne pepper, saffron, oregano and green pepper. Stir in water and vinegar. Cover and simmer 45 minutes.

Before serving or freezing, remove bones.

Stir in 1/2 pimento strips and Spoon over hot rice.

Sprinkle with dry roasted peanuts and garnish with remaining pimento strips.

## RATATOUILLE

- ½ cup olive oil
- 2 large onions - sliced
- 2 large cloves garlic - minced or crushed
- 1 medium sized eggplant - cut into ½" squares
- 6 medium zucchini - thickly sliced
- 2 green or bell peppers, cut in chunks
- 2 tbsp Salt
- 1 tsp basil leaves
- ½ cup minced parsley
- 4 large tomatoes, cut in chunks

Heat ¼ cup of oil in large fry pan over high heat.

Add onions and garlic; cook, stirring until onions are limp but not browned. Stir in eggplant, zucchini & peppers, salt, basil and minced parsley. Add a little oil as needed to keep vegetables from sticking. Cover pan and cook over moderate heat about 30 minutes - stirring occasionally, using a spatula to help preserve their shapes.

Add the tomatoes and stir. Add more oil if required. Cook and cover over moderate heat for about 15 minutes. Stir. If soupy, allow moisture to escape. Ratatouille should have little free liquid, but still be of a good spoon and serve consistency. Add more Salt if desired.

Can be frozen.

Serve hot or cover and chill to serve cold.

Garnish with fresh parsley and sliced tomatoes.

Excellent served with fresh Italian bread.



## SPAGHETTI PIE SUPREME

- 1 Jar spaghetti sauce
- 2 eggs, slightly beaten
- 2½ cups of drained thin spaghetti
- 1/3 cup of grated parmesan cheese
- 1 package (10 oz) frozen chopped broccoli - cooked and well drained
- Pinch of tarragon
- ½ cup of creamed cottage cheese
- 1¼ cup of chopped, cooked chicken
- ½ cup of shredded Swiss cheese (2 oz.)

In a medium bowl, combine ½ cup of spaghetti sauce with eggs and cooked spaghetti and parmesan cheese. Toss until spaghetti is well coated.

Spread spaghetti mixture on bottom and sides of a greased, 9 inch pie plate, making a small rim.

Finely chop broccoli. In a small bowl, stir together broccoli, cottage cheese and tarragon. Spread on spaghetti shell.

Top with chicken and remaining sauce.

Can be frozen at this stage. Defrost completely before continuing.

Bake at 350 degrees for 30 minutes.

Top with Swiss cheese, bake 5 additional minutes.

Let stand for 5 minutes before serving.

Cut into pie shaped wedges.

Serve with salad and Italian bread.

## MAIN DISH MINISTRONE

- ¾ stick of butter
- 3 large carrots, sliced
- 2 medium celery stalks, sliced
- 2 medium onions, diced
- 1 small garlic clove, minced
- 1 medium head of cabbage (1½ lbs) sliced
- 1 16 oz. can of tomatoes (peeled and crushed)
- 8 cups of water
- 1/3 cup regular long grain rice (or orzo)
- 2 t salt
- 2 t Worcestershire sauce
- ¼ t oregano leaves, crushed
- ¼ t pepper
- 4 medium potatoes (bite sized)
- 4 beef bullion cubes
- 2 large zucchini, cut into bite sized pieces
- 2 15 ½ - 20. oz cans of red kidney beans, drained
- 1 10 oz package of frozen spinach
- ½ cup of grated parmesan cheese

About 1½ hours before serving:

In an 8 qt. sauce pot, over a medium high heat, melt the butter and cook the first 5 ingredients, stirring frequently. Add tomatoes with liquid and next 9 ingredients; over a high heat, bring to boil. Stir occasionally. Reduce heat to low. Cover and simmer 30 minutes until vegetables and rice are tender. Add beans and spinach; cook over medium heat until spinach is cooked and beans are heated through. Add more water if necessary - soup thickens upon standing. Serve with Parmesan cheese.

## **EASY CHICKEN CACCIATORE**

- 2 cups cooked rice
- 1 tsp olive oil
- 1 lb. skinned, boneless chicken breasts, cut into 1 inch pieces
- 1 cup frozen chopped green pepper
- 1 14 oz jar pasta sauce
- ½ cup water
- ¼ cup salt

Cook rice according to package, omitting salt. Coat skillet with cooking spray; add oil, and place over medium-high heat until hot. Add chicken and green pepper; cook, stirring constantly, 5 minutes or until chicken is lightly browned. Add pasta sauce, water, and salt to chicken mixture; bring to a boil. Cover, reduce heat, and simmer 5 minutes. Drain rice. Add to chicken, stirring well. Freeze.

## **MEAL-IN-A-BOWL CHICKEN/TURKEY SOUP**

- 4 lb. chicken/turkey
- 1 lb. peeled, trimmed, diced carrots
- 1 celery heart, with leaves, diced
- 4 cloves garlic, crushed
- 1 small diced onion
- 12 cups water

Wash the chicken well. Place in 6 quart pot. Add the cold water until the pot is about 50% full. Bring to boil and skim off foam until no more appears. Add vegetables and top off pot with water if there is room. Cover and simmer 3-4 hours. Remove from heat, remove poultry parts and strain broth. Add salt and pepper. Add cooked noodles or rice if desired. If freezing, place broth in refrigerator overnight and remove fat next day, then recombine all ingredients. FREEZE.

## **FREEZER STASH MEATBALLS**

3 lbs. ground beef  
3 eggs  
2 cloves garlic (or powder)  
1½ cups soft bread crumbs  
6 tbs. minced onion  
½ tsp. pepper  
1½ tsp salt

In large bowl mix all ingredients together. Shape into 1 ½ inch meatballs. Arrange in two 10x15-inch jelly roll-type pans. Bake in 400 F oven until meatballs are browned, with no trace of pink, and juices run clear, about 10-13 minutes. Drain; let cool to room temperature. Freeze. Makes approx. 48 meatballs.



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