



Throw a “Pack-the-Freezer Party”

Adapted from *The Carry Crew Concept*
by Elizabeth Billups

Preparing frozen meals can be a great solution for providing food for families. We’ve also provided some recipes from *The Carry Crew Concept* that make great freezable meals.

For the party, first figure out how much freezer space the care recipient has. You may need to find a few people willing to store some meals and replenish her freezer as needed.

Organize a time and place for people to deliver the frozen meals. Consider doing it at a church or school so the caregiver doesn’t have the burden of receiving lots of visitors at her home. You can bring coolers to transport the meals back to her home.

Include the following information in your “Pack the Freezer” party email invitation:

- Package the meal in disposable, freezable and oven-ready containers.
- Divide the meal into containers that hold four to six servings. This allows the care recipient to only prepare what she needs.
- Use containers they don’t want back (Avoid the burden of having to return containers.)
- Label each container with the name of the meal, your name, email address, baking instructions and the date you made and froze the meal.
- An alternative place, such as your home, to deliver the meal if they can’t make the drop-off date.
- Foods the family avoids because of allergies, and foods the family enjoys, such as lasagna and sloppy joes.

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## Chicken Enchiladas

Recipe by Janna Oliver

4-5 chicken breasts (boiled and shredded)  
16 oz. sour cream  
2 cups jalapeño jack or Monterey Jack cheese  
1 large or 2 small cans chopped green chili peppers  
1 can cream of mushroom soup

1 can cream of chicken soup  
1 cup sharp or Mexican cheddar cheese  
Flour tortillas (about 16)  
Finely chopped cilantro for topping (optional)  
Salsa (optional)

1. Mix all ingredients except the cheddar cheese.
  2. Insert filling into tortillas, leaving some filling for topping. Roll and place them in a greased 9-by-13-inch baking pan.
  3. Top enchiladas with extra mixture.
  4. Sprinkle cheddar over enchiladas and bake at 350°F for about 30 minutes or until bubbly.
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## Mini Cheddar Meat Loaves

Recipe by Jane Sieve

1 egg  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{4}$  cup shredded cheddar cheese  
 $\frac{1}{2}$  cup quick-cooking oats  
 $\frac{1}{4}$  cup chopped onion

1 tsp. salt  
1 lb. lean ground beef  
 $\frac{2}{3}$  cup ketchup  
 $\frac{1}{2}$  cup packed brown sugar  
 $1\frac{1}{2}$  tsp. mustard

1. In a bowl, beat the egg and milk.
2. Stir in cheese, oats, onion and salt. Add raw beef and mix well.
3. Shape into 8 small loaves; place into a greased 9-by-13-inch baking pan.
4. Combine ketchup, brown sugar and mustard to create a yummy, tangy sauce. Spoon sauce over loaves prior to baking.
5. Bake uncovered at 350°F for 45 minutes, until the meat is no longer pink or a meat thermometer reads 160°F.



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Postpartum Chicken Pot Pie

Recipe by Shay Rogillio

1 can cream of chicken soup
1 can cream of potato soup
(or cream of chicken)
1 large can mixed veggies

2 heaping cups cooked, cubed or shredded
chicken (boil or simmer frozen or thawed
chicken for 45 minutes or until done)
2 frozen deep-dish pie crusts (for top and
bottom of pie)

1. Preheat oven to 400°F. Combine chicken soup, potato soup and mixed veggies. Add chicken and mix well.
 2. Place 1 crust in pie pan and fill with mixture. Cover with other crust. Pinch edges, and make slashes on top.
 3. Put pie on baking sheet and bake 45 to 60 minutes. Cover pie edges with foil to prevent burning for the last 10 minutes.
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Cheesy Baked Turkey, Rice and Lentils Casserole

Recipe by Jo Ann Schomerus

1 tsp. extra virgin olive oil
8-oz. turkey breast cut into bite-size cubes
1 small yellow onion, chopped
5-oz. package fresh spinach
(about 2 cups packed)
19-oz. can of lentil soup
 $\frac{3}{4}$ cup converted (parboiled) brown rice

$\frac{1}{2}$ tsp. dried thyme
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. ground black pepper
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ cup grated reduced fat Swiss cheese
 $\frac{1}{2}$ cup grated extra-sharp cheddar cheese

1. Preheat oven to 400°F. Coat a 2-quart baking dish with cooking spray.
2. In a large skillet over medium high, heat the oil. Add the turkey and onions, and sauté until the turkey is no longer pink, about 5 minutes.
3. Add the spinach and sauté for another minute. Transfer the mixture into the prepared baking dish.
4. Add the soup, rice, thyme, salt, pepper and water. Stir to combine.
5. Cover the baking dish tightly with foil and bake for 40 minutes or until the rice has absorbed all the liquid.
6. Uncover and sprinkle with both cheeses. Bake for another 5 minutes or until the cheeses have melted.



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# Pepperoni Macaroni Casserole

Recipe by Jo Ann Schomerus

2½ cups uncooked elbow macaroni  
1 lb. bulk Italian sausage  
(can substitute turkey sausage)  
1 large onion, chopped  
15-oz. can pizza sauce  
8-oz. can tomato sauce

⅓ cup milk  
3.25-oz. package sliced pepperoni, cut in half  
(can substitute turkey pepperoni)  
4.5-oz. sliced mushrooms, drained  
2.5-oz. sliced ripe olives, drained  
1 cup shredded mozzarella cheese

1. Cook macaroni according to package directions, and then drain.
  2. Meanwhile, in a large skillet, cook sausage and onion over medium heat until meat is no longer pink; drain.
  3. In large bowl, combine the pizza sauce, tomato sauce and milk. Stir in sausage mixture, macaroni, pepperoni, mushrooms and olives.
  4. Transfer to a greased 9-by-13-inch baking dish. Cover and bake at 350°F for 30 minutes.
  5. Uncover, sprinkle with cheese. Bake 10 to 15 minutes longer or until heated through and cheese is melted.
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# Turkey Veggie Chili

Recipe by Annette Scribner

2 green peppers  
½ medium onion  
2 small yellow squash  
2 small zucchini  
4 stalks celery  
1 lb. lean ground turkey

1 can black beans  
1 can kidney beans  
1 can corn  
2, 25-oz. can diced tomatoes  
1-2 pkgs. dry chili seasoning  
1 can vegetable broth

1. Chop veggies into small cubes and set aside.
2. Cook turkey and drain. Add chopped onion to turkey and sauté for 5 minutes. Set aside.
3. Drain and rinse beans and corn.
4. In large pot, combine all ingredients and seasoning. Bring to boil for 10 minutes, stirring often. Reduce heat to simmer for 40 minutes. Add salt and pepper to taste.
5. Serve with sour cream, cheese and corn chips.

