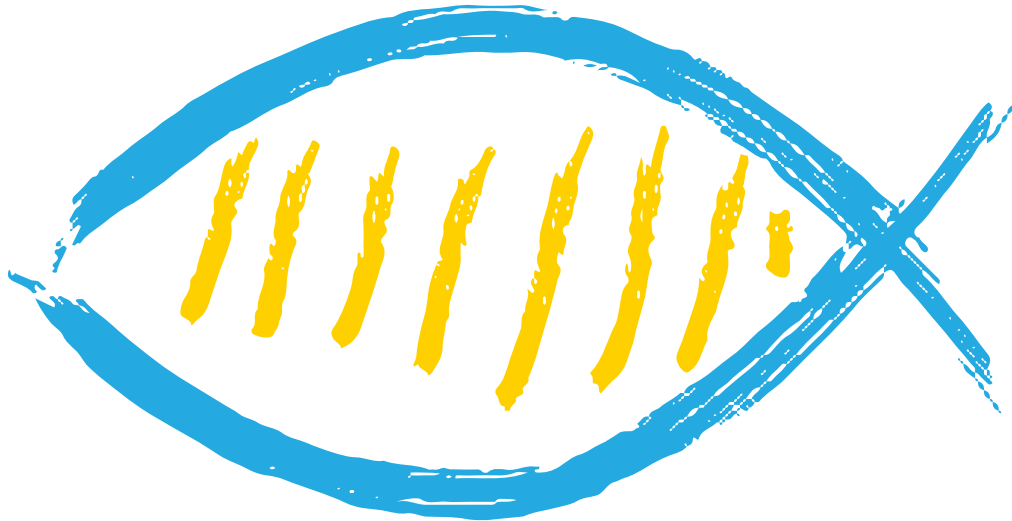


loaves & fishes

A MEAL MINISTRY OF BROOKWOOD BAPTIST CHURCH



"I am the Bread of Life"

JOHN 6:35

Recipe Book

Loaves & Fishes Recipes

Important Information

Approved meal recipes for the Loaves & Fishes Meal ministry are listed below. Please NO SUBSTITUTIONS, NO EXCEPTIONS due to allergies and dietary restrictions.

You will find 8" x 8" disposable aluminum pans, ziplock bags and food labels located in the Loaves & Fishes cabinet down in the church kitchen. You will see a Loaves & Fishes sign on the cabinet door.

Instructions for Preparing Meals

1. Each recipe fills 2 - 8"x 8" disposable tins. Prepare your meal and allow to cool before tightly covering each pan with plastic wrap to prevent freezer burn. Then wrap each pan completely in heavy duty aluminum foil. Note: If needed, you may freeze in your own freezer and then transport to the Loaves & Fishes freezer in the church kitchen later.
2. Fill in the appropriate information on the Loaves & Fishes food label and place label on top of the wrapped meal.
3. Enclose each tin in its own ziplock bag.
4. Take the meal to church kitchen and put in the freezer marked with the Loaves & Fishes sign.
5. Please fill in the "Sign In" sheet hanging on the freezer door. Make sure you tightly close the freezer door.

May God bless you for your service to His glory!

Lowfat Cheeseburger Pie

2 lbs. extra lean ground turkey or beef
2 cups non-fat (small curd) cottage cheese
2 eggs
1 cup chopped onions
2 cloves garlic, chopped
1½ cups of 2% shredded cheddar cheese
4 tablespoons Worcestershire Sauce
1 tube crescent rolls or sheet
sliced tomatoes (optional)

Preheat oven 350 degrees. Brown turkey (or beef), onion and garlic in pan. Set aside. Place crescent rolls or crescent roll sheet in a 9x13 pan or two 8x8 pans. Add Worcestershire sauce to meat. Place evenly over rolls. In separate bowl, mix eggs and cottage cheese together. Spread over meat in pan. Top with shredded cheddar cheese. Can top with sliced tomatoes (optional). Bake uncovered at 350 for 30-40 minutes. Cool completely. Place layer of plastic wrap over top of casserole to prevent freezer burn. Then wrap the entire pan in heavy duty aluminum foil, label, place in large zip bag, and freeze.

Easy Chicken Divan Casserole

2 packages frozen cut broccoli or broccoli florets (20 oz total) cooked and drained well or 2 heads steamed fresh broccoli florets
2 cups cooked cubed chicken (white meat preferred) about 2 cooked medium breasts
2 cans (10 ¾ oz. each) cream of chicken soup, undiluted
1 cup mayonnaise, regular or light (not fat free)
1 teaspoon-1 tablespoon fresh lemon juice - to taste
1/2 tsp. curry powder
Topping:
1/2 cup shredded cheddar cheese (can use 2 % cheese)
1/2 cup soft bread crumbs
1 tablespoon butter

Combine cooked broccoli and chicken in bottom of greased 9x13 or two 8x8 disposable aluminum pans. Set aside. Combine soup, mayonnaise, lemon juice, and curry powder in a bowl; pour over chicken and broccoli. Combine topping ingredients; sprinkle over casserole. Bake at 350 for 30 minutes. Allow to cool. Tightly cover with plastic wrap to prevent freezer burn. Wrap the entire pan in heavy duty aluminum foil, label, place in XL zip bag, and freeze.

Chicken & Dressing

6 cooked chicken breasts or 1 whole chicken (or leftover turkey)
1 can cream of chicken soup
1 can cream of celery soup
1/3 cup evaporated milk
1 8oz. package Pepperidge Farm prepared cornbread dressing mix
3/4 stick butter or margarine
1 - 2 cups chicken broth (depending on how moist you like dressing)

Debone chicken and break into bite sized pieces. Layer in 9x13 or two 8x8 disposable aluminum pans. Heat soups, milk, salt and pepper (to taste) until well blended. Pour over chicken. In separate pan, melt butter, add dressing and broth. Dressing should be fairly wet. Cover chicken with dressing. Bake at 350 until it bubbles, about 25 minutes. Allow to cool. Tightly cover with plastic wrap to prevent freezer burn. Wrap entire pan completely in heavy duty aluminum foil. Label, place in XL zip bag and freeze.

Easy Chicken Pot Pie

2 cups Bisquick, low fat
1 cup skim or low fat milk
2 eggs
2 cups cooked, skinless chicken, chopped small
2 bags mixed vegetables, thawed
2 cans Healthy Request Cream of Chicken Soup

Mix chicken, vegetables, and soups together and place in a 9x13 pan or two 8x8 pans. Mix Bisquick, milk and eggs in a separate bowl. Pour over chicken mixture and spread evenly. Bake at 400 degrees for 30 minutes or until bubbly and brown. Cool completely. Place layer of plastic wrap over top of casserole to prevent freezer burn. Wrap entire pan completely in heavy duty aluminum foil. Label, place in XL zip bag and freeze.

Chicken & Rice Casserole

3 cups cooked rice (1 ½ cups rice + 3 cups water)
4 cooked and diced chicken breasts or canned chicken
1/2 cup diced celery
1/4 cup diced onion
1 can cream of chicken soup (can use Healthy Request)
1 tablespoon lemon juice
3/4 cup regular or light mayonnaise
Salt and pepper to taste
1/4 - 1/2 can chicken broth or stock from chicken
1 small can of sliced water chestnuts, drained
8oz. sharp cheddar, regular or 2 % shredded cheese

Mix all ingredients together except cheese. If mixture seems too thick, add a little more chicken broth. Place in one 9x13 or two 8x8 disposable aluminum pans. Top with cheese. Bake at 400 degrees for 20-30 minutes, or until hot. Cool completely. Place layer of plastic wrap over top of casserole to prevent freezer burn. Wrap entire pan completely in heavy duty aluminum foil. Label, place in XL zip bag and freeze.

Chicken Spaghetti

1 pound of spaghetti, broken in 2-3 inch pieces
2 cups chicken broth
1 cup water
4 cups cooked chicken, shredded
1/2 cup chopped onion
1/2 cup chopped green pepper, (more if you like)
2 cups shredded cheddar cheese, divided
1 tablespoon seasoning salt or lemon pepper
1 teaspoon ground black pepper
2 cans cream of mushroom soup

Preheat oven to 350 degrees. Boil pasta in broth and water according to package directions (use more water if needed). Drain pasta, but reserve 1 cup of liquid. In large mixing bowl, combine cooked pasta, chicken, onion, bell pepper, 1 ½ cups cheese, soups and seasonings. Stir well, add a little of the reserved liquid (if too dry) until desired consistency. Pour mixture into one 9x13 or divide into two 8x8 disposable aluminum pans. Use the remaining cheese to top. Bake uncovered for 30-40 minutes until bubbly around the edges. Allow to cool to the touch. Tightly cover with plastic wrap, then wrap entire pan or pans in aluminum foil. Label and place in XL zip bag and freeze.

Heart Healthy Lasagna

1 lb. very lean ground beef
1 clove garlic, minced
1 ½ tablespoon crushed dried basil
1/2 tsp. salt
1 teaspoon. oregano
1 28oz. can crushed tomatoes
1 8 oz. can tomato sauce
3 cups low fat cottage cheese
1/2 cup Parmesan cheese
2tablespoon. dried parsley flakes
2 eggs, beaten (can also use Eggbeaters)
1/2 teaspoon pepper
2 cups shredded mozzarella cheese
8 precooked lasagna noodles

Brown meat and drain off any fat. Add next 6 ingredients. Simmer uncovered for 30 minutes, stirring occasionally. Combine cottage cheese, parmesan cheese, parsley flakes, eggs, and pepper. Place 4 precooked noodles in 9x13 or two 8x8 disposable aluminum pans. Spread with half the cottage cheese filling. Add one half of the mozzarella cheese and one half of the meat sauce. Repeat layers. End with cheese. Bake at 375 for 30 minutes. Turn oven off and allow to sit in oven for an additional 30 minutes. Allow to cool. Tightly cover with plastic wrap to prevent freezer burn. Wrap the entire pan in heavy duty aluminum foil, label, place in XL zip bag, and freeze.

Easy Italian Pasta Casserole

1 lb. extra-lean ground beef
1/2 small chopped onion
2 1/2 cups whole wheat penne pasta or macaroni, cooked and drained
1 can Hunts spaghetti sauce or 1 24 oz. jar spaghetti sauce
1/3 cup Grated Parmesan Cheese, divided
1 1/2 cups 2% Milk Shredded Mozzarella Cheese

Heat oven to 375 degrees. Brown meat and onion in large skillet, drain. Add pasta, sauce and half the Parmesan cheese; mix well. Spoon into pan(s); top with remaining cheeses. Bake 20 minutes or until heated through. Allow to cool. Tightly cover with plastic wrap to prevent freezer burn. Wrap entire pan completely in heavy duty aluminum foil. Label, place in XL zip bag and freeze.

Mexican Casserole

2 lbs of lean ground beef
1 19.5 oz can of green enchilada sauce (LasPalmas brand at Kroger works well.)
1 mild taco seasoning packet
6 soft tacos
3 cups shredded cheese

Brown beef and drain, then add taco seasoning and green enchilada sauce to beef mixture. In one 9x13 or two 8x8 disposable aluminum pans, layer 3 tacos in dish, then half of beef mixture, then cheese. Add a second layer (tacos, beef and cheese). Bake at 325 degrees for 20-30 minutes, or until heated thoroughly. Allow to cool. Tightly cover with plastic wrap to prevent freezer burn. Wrap the entire pan in heavy duty aluminum foil, label, place in XL zip bag, and freeze.

White Chicken Chili

2-3 cups cooked chopped chicken breast (or use a Rotisserie chicken)
3 cans white beans, drained
2 cans chicken broth
1 small can green chiles
1 - 16oz. jar mild salsa
2 teaspoons cumin or chili powder
8oz. pkg. Monterey Jack shredded cheese

Combine all in large pot, simmer 2-3 hours. Cool, place in a 9x13 pan or two 8x8 pans. Cool completely. Place layer of plastic wrap over top of casserole to prevent freezer burn. Then, wrap the entire pan in heavy duty aluminum foil, label, place in plastic bag, and freeze.

Garden Vegetable Soup

1 1/3 cup sliced carrot
1 cup diced onion
4 garlic cloves, minced
6 cups fat-free broth (beef, chicken or vegetable)
3 cups diced green cabbage
1 cup green beans
2 tbsp. tomato paste
1 tsp. dried basil
1/2 tsp. dried oregano
1/2 tsp. salt
1 cup diced zucchini

In large saucepan, sprayed with nonstick cooking spray, sauté the carrot, onion and garlic over low heat until softened, about 5 minutes. Add broth, cabbage, beans, tomato paste, basil, oregano and salt; bring to a boil. Lower heat and simmer, covered, about 15 minutes or until beans are tender. Stir in zucchini and heat 3-4 minutes. Makes 8 servings about 1 cup each. Cool soup and place in a 9x13 or two 8x8 Loaves & Fishes pans and freeze.