



# Meals Ministry

## Drop-Off

**Sunday, May 4**

**8:30-11:30 am**

Help us stock the freezer for our Foster and Adopt Ministry! Your meal will be taken to one of our MR families in a time of need as they welcome children under their care.

Would you like to be notified of future meal drop-offs and other needs?

Email Jenn at: [FosterandAdopt@mitchellroad.org](mailto:FosterandAdopt@mitchellroad.org)



# Spaghetti Bake

PREP TIME: 10 MIN    COOKING TIME: 10 MIN

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## Ingredients

- 1 lb uncooked spaghetti
- 1 lb lean ground beef
- 1/2 medium onion, chopped
- 1/2 tsp dried oregano or Italian seasoning
- 1/2 tsp red pepper flakes
- 4 cloves garlic, minced
- 4 c marinara sauce
- 1 c shredded mozzarella
- 1 c shredded cheddar
- 1 c grated parmesan cheese

## Directions

1. Boil a salted pot of water for the pasta. Cook it for 2 minutes less than the package directions indicate. Once it's done, drain it and add it to a 9x13 casserole/baking dish.
2. Meanwhile, add the beef, onion, oregano, and red pepper flakes to a skillet. Cook over medium-high heat, stirring occasionally, until the meat has browned/cooked through (about 10 minutes). If there's a lot of excess fat, spoon most of it out.
3. To the skillet, stir in the garlic and cook for about a minute, then add in the marinara sauce and cook for a few more minutes until it's warmed through. Season with salt and pepper.
4. Pour the beef mixture over top of the spaghetti. Toss until everything is coated. Smooth it out into an even layer.
5. Top with the cheeses. Do not bake.
6. Let cool. Wrap with plastic wrap (try to get it as close to the food as possible). Then wrap with foil. Freeze.

# Beef and Sweet Potato Casserole

PREP TIME: 10 MIN    COOKING TIME: 20 MIN

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## Ingredients

- 1 lb ground beef
- 2 c sweet potatoes, diced
- 1 bell pepper, diced
- 2 cloves garlic (or garlic powder)
- 1 can diced tomatoes (14.5 oz)
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp salt
- ¼ tsp black pepper

## Directions

1. Spray a 9x13 baking dish with nonstick cooking spray.
2. Brown the ground beef in a large skillet over medium heat. Drain excess fat.
3. Add the diced sweet potatoes, bell pepper, garlic, and spices. Stir to combine.
4. Pour in the diced tomatoes and let simmer for 10-15 minutes until the sweet potatoes soften.
5. Transfer to the greased baking dish. Do not bake.
6. Let cool. Wrap with plastic wrap (try to get it as close to the food as possible). Then wrap with foil. Freeze.

# Sausage Breakfast Casserole

PREP TIME: 15 MIN    COOKING TIME: 10 MIN

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## Ingredients

- 1 lb breakfast sausage
- 1 red bell pepper, chopped
- 4 green onions, chopped, white & green parts divided
- 10 eggs
- 1 1/4 c heavy cream
- 1 T dijon mustard
- 2 tsp hot sauce
- 1 1/2 tsp salt
- 1 tsp black pepper
- 2 c shredded sharp cheddar cheese, divided
- 1 (30-oz) pkg gluten-free frozen shredded hash browns, thawed

## Directions

1. Grease a 9x13 baking dish with butter or nonstick cooking spray.
2. Heat a large skillet over medium-high heat. Add the sausage, breaking it up into small pieces with a wooden spoon. Cook the meat until no pink pieces remain, 6 to 8 minutes. Add the bell pepper and white and light green parts of the green onion, and cook for 3 more minutes. Transfer the mixture to a plate to cool slightly.
3. Meanwhile, in a large bowl, whisk together the eggs, heavy cream, mustard, hot sauce, salt, black pepper, and about half of the remaining green parts of the green onion. Gently fold 1 1/2 cups of cheese, the hash browns, and the sausage mixture into the egg mixture. Transfer the mixture to the baking dish and smooth it into an even layer. Do not bake.
4. Let cool. Wrap with plastic wrap (try to get it as close to the food as possible). Then wrap with foil. Freeze.

# Chicken and Stuffing Casserole

PREP TIME: 25 MIN    COOKING TIME: 15 MIN

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## Ingredients

- 1 c salted butter, divided
- 1 c onion, chopped
- 1 c carrot, chopped
- 1 c celery, chopped
- 1/2 c flour
- 6 c low-sodium chicken broth, divided
- 4 1/2 c shredded cooked chicken
- 1 c frozen peas
- 1/2 c heavy cream
- 1 T fresh thyme, chopped
- 3/4 tsp salt
- 1 tsp black pepper
- 1/4 tsp ground turmeric
- 2 (6-oz) pkgs Savory Herb flavored stuffing mix
- 1/4 c fresh parsley, chopped

## Directions

1. In a Dutch oven, melt 1/2 cup of the butter over medium-high heat. Add the onion, carrot, and celery, and cook until the vegetables are beginning to soften, about 3 minutes. Sprinkle the flour over the vegetable mixture and cook, stirring frequently, for 1 minute.
2. Gradually stir in 4 cups of the chicken broth. Bring to a boil, then reduce the heat to medium-low. Simmer, stirring often, for about 5 minutes or until the sauce begins to thicken. Stir in the chicken, peas, cream, thyme, salt, pepper, and turmeric. Return to a simmer and cook for 3 minutes more.
3. Spray a 9x13 baking dish with nonstick spray and pour in the chicken mixture. Place the remaining 1/2 cup of butter in a large, microwave-safe bowl. Cover and cook on high for 1 minute to melt. Stir in the stuffing mix, remaining 2 cups of chicken broth, and the parsley. Let stand 2 minutes or until the stuffing mix has absorbed the broth.
4. Top the chicken mixture evenly with the stuffing mixture. Do not bake.
5. Let cool. Wrap with plastic wrap (try to get it as close to the food as possible). Then wrap with foil. Freeze.

# Sausage and Potato Casserole

PREP TIME: 10 MIN    COOKING TIME: 10 MIN

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## Ingredients

- 1 lb ground sausage (pork or turkey)
- 3 c diced potatoes (russet or Yukon Gold)
- 1 bell pepper, diced
- 2 cloves garlic (or ½ tsp garlic powder)
- 1 tsp oregano
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper

## Directions

1. Brown the sausage in a skillet and drain excess fat.
2. Add the diced potatoes, bell pepper, garlic, and spices. Stir to combine.
3. Transfer to a greased 9x13 baking dish. Do not bake.
4. Let cool. Wrap with plastic wrap (try to get it as close to the food as possible). Then wrap with foil. Freeze.

# Chicken and Rice Casserole

PREP TIME: 15 MIN

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## Ingredients

- 2 c cooked chicken, shredded
- 2 c cooked rice
- 1 c carrots, diced
- 1 c celery, diced
- 2 c chicken broth
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp dried thyme

## Directions

1. In a large bowl, mix the shredded chicken, cooked rice, carrots, celery, broth, and spices.
2. Pour into a greased 9x13 baking dish. Do not bake.
3. Let cool. Wrap with plastic wrap (try to get it as close to the food as possible). Then wrap with foil. Freeze.