



Happy Cookers Guide and Recipes

The mission of ECA's Happy Cookers Ministry is to lovingly prepare meals that can be stored in the freezers at ECA to be support our parish families in times of need due to death, illness, etc.

The Happy Cookers generally meet at the church to prepare the food and to fellowship with one another. However, you can also prepare food at home and bring it to the church to place in the large freezer in the Activities Building. Here are some tips that make for a successful Happy Cookers freezer meal:

Avoid adding extra salt or using high sodium ingredients.

Package your meal in disposable foil or plastic containers.

Consider packaging single or 2 person meals, as well as family size meals.

Label your container with the following information: date, name of meal, number of servings, ingredients, preparation instructions

Wrap tightly in foil and/or plastic wrap.

Now that you know what to do, here are a few recipes to try!

Lasagna (serves 9)

1 lb ground beef or turkey
1 small onion, chopped
1 tsp. minced garlic
1 jar of low sodium spaghetti sauce (or use homemade)
1 pint ricotta or cottage cheese
¼ c. grated parmesan cheese
1 egg, beaten
2 T. dried parsley
12 cooked lasagna noodles
2 c. shredded mozzarella cheese

Brown ground beef with onion and garlic. Drain fat and add spaghetti sauce. Simmer 15 minutes, stirring occasionally. Combine ricotta/cottage cheese with parmesan, egg and parsley.

Assemble lasagna: spoon a small amount of sauce into the bottom of a 9x13 foil pan. Layer 4 noodles in the pan. Layer 1/3 of the sauce, followed by 1/3 of the ricotta/cottage cheese mixture, followed by 1/3 of the mozzarella cheese. Repeat layers in this order twice more. Wrap and freeze.

Preparation instructions: Bake at 350 degrees: from thawed, 45 minutes or until bubbly. From frozen, 1.5-2 hours or until bubble. Allow to stand 10 minutes before cutting into 9 pieces.

Cheesy Broccoli Chicken and Rice (serves 6)

2 c. cooked rice

2 c. cooked and diced chicken breast

1 can of reduced sodium cream of chicken or cream of mushroom soup

1 bag of broccoli fleurette pieces, steamed

½ T. onion flakes

2 cups shredded cheese

¾ c. milk

Combine all ingredients in a large bowl. Transfer to 9x13 foil pan, wrap tightly and freeze.

Preparation instructions: Thaw and bake 30 minutes at 350 degrees.

Chicken Enchiladas (serves 8)

8 flour tortillas
1 onion, diced
1 T. canola oil
2 c. cooked chicken, shredded
2 10 oz cans enchilada sauce
16 oz cheddar cheese, shredded

Heat oil over med high heat in a skillet. Add onion and saute until translucent and lightly browned, about 5 minutes. Remove onion from skillet, set aside. Add enchilada sauce to skillet and warm over medium low heat. Place a thin layer of sauce in a 9x13 foil pan.

Begin assembling enchiladas by dipping a tortilla into the sauce and place on flat surface. Place 1/8 of the chicken and 1/8 onions down the center of the tortilla; place a small amount of cheese on top. Roll up the enchilada and place it, seam side down, in casserole dish. Repeat with remaining tortillas.

Pour remaining sauce over the top of the enchiladas in the casserole dish and top with remaining cheese. Wrap tightly and freeze.

Preparation instructions: Bake uncovered at 350 degrees for 30 minutes.

Make Ahead Quiche (serves 8)

1 (9 inch) unbaked pie crust
1 c. shredded cheddar cheese
1 c. shredded Monterrey Jack cheese
1 T. flour
 $\frac{1}{2}$ c. cooked ham, diced
4 eggs
1 c. half and half
2 green onions, chopped
 $\frac{1}{4}$ t. salt
 $\frac{1}{4}$ t. ground dry mustard
Dash of pepper

In a medium bowl, toss the flour with the grated chese. Evenly spread the chese over the bottom of the pie crust. Top the cheese with the diced ham.

In a medium bowl, whisk together eggs, half and half, salt, pepper and dry mustard. Stir in the green onions. Pour the egg mixture over the ham and cheese.

Cover the unbaked quiche with plastic wrap, then with foil, sealing the edges well. Place the prepared quiche in the freezer.

When ready to bake, prehat the oven to 400 degrees. Do not thaw the quiche!

Remove the foil and plastic wrap. Place the foil around the edges of the crust to prevent burning.

Place the frozen quiche in the oven and bake for about 1 hour, or until the filling is set and the crust is golden brown.

Chicken Pot Pie (this recipe makes 2 pies, each with 8 servings)

- 1 c. chopped onion
- 1 c. chopped celery
- 1 c. chopped carrot
- 1/3 c. butter or margarine
- 1/2 c. all-purpose flour, sifted
- 2 c. chicken broth
- 1 c. half and half (can also use milk)
- 2 c. cooked chicken, chopped
- 1 c. frozen peas, thawed
- 1 t. salt
- 1/2 t. pepper
- 4 unbaked pie crusts (homemade or store bought)

Saute first 3 ingredients in butter in a big skillet over medium heat until tender. Add flour; stir until smooth. Cook 1 minute, stirring constantly. Add broth and milk; cook, stirring constantly until thickened and bubbly.

Stir in chicken, peas, salt and pepper. Cool before pouring into pie crusts. VERY important!

Roll out crusts and place bottom crusts in disposable pie plates. Pour cooled filling mixture into bottom crust and cover with top crusts. Fold edges under and crimp. Poke slits in the top. Cover tightly with foil/wrap, label and freeze.

Preparation instructions: Bake pie from frozen at 375 degrees, uncovered for 30 minutes, then cover with foil and bake 30 more minutes. Let rest 10 minutes before cutting.