THE link volunteer

Frozen Meal Prep Kit

Thank you for your interest in providing frozen meals to The Link youth and young families. In this packet you will find everything you need to complete the frozen meal project, including recipe ideas and instructions.
Please contact Lauren Matykowski at volunteer@thelinkmn.org or 612.767.4487 if you are interested in providing meals.

Instructions

1. Please select a warm meal or crock pot meal to prepare.
2. Each meal should provide 10 servings.
   a. Warm Meals need to be packaged in 10 separate serving containers
   b. Crock Pot Meals can be in a large zip lock bag.
   c. Label/sticker with name of the meal and cooking instructions so that the youth are able to re-heat on their own. Labels should be on both freezer meal and left over crock pot meal containers.

crock pot meals

freezer meals packaged for 10

3. Please complete and turn in the In-Kind form attached at the end of the packet. Include cost of supplies and volunteer hours utilized in completing the meal prep.

Thank you for your generous support and your time to make healthy meals for the youth and young families who need to access these meals each month!

Taco Lasagna

Ingredients

- 24 oven ready lasagna noodles
- 2 pound lean ground beef
- 2 (1-oz.) package Old El Paso taco seasoning
- 2 egg
- 2 (15-oz.) carton ricotta cheese
- 6 cups shredded cheddar cheese
- 2 (24-oz.) jar chunky salsa

Instructions

1. Preheat oven to 350 degrees.
2. In a large skillet, brown beef until no longer pink. Drain meat and add the taco seasoning. Stir until combined and set aside.
3. In a small bowl, add the egg and ricotta and stir until combined.
4. In each 9x13 baking dish, start by layering 4 lasagna noodles on the bottom of the pan. Next, layer the ricotta, the beef mixture, the salsa, and the cheese. Repeat the layers 2 more times.
5. Bake covered for 30-40 minutes or until the casserole has heated through and is bubbly. Let casseroles stand 10 minutes before cutting.

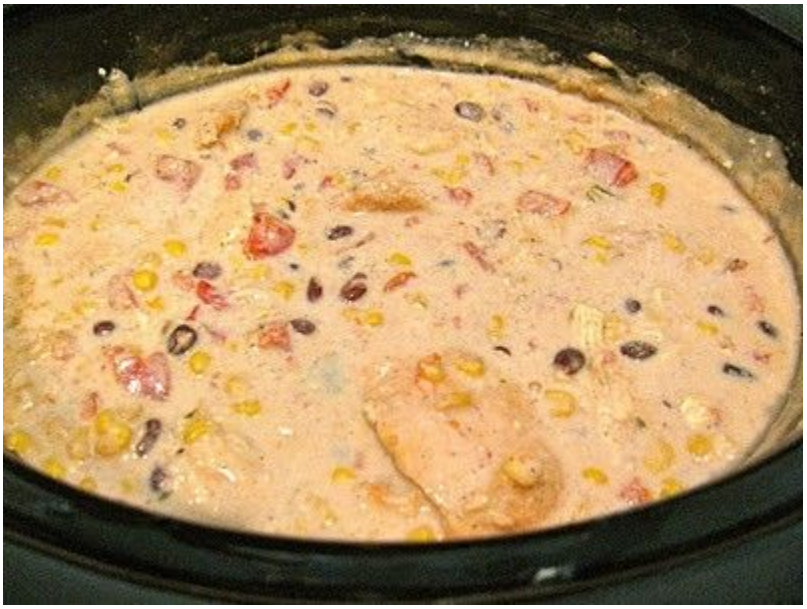
Crock Pot Cream Cheese Chicken Chili

Ingredients

- 4 chicken breasts, still frozen
- 2 can Rotel tomatoes
- 2 can corn kernels, do not drain
- 2 can black beans, drained and rinsed
- 2 pkg. Ranch dressing mix
- 2 T cumin
- 2 t chili powder
- 2 t onion powder
- 2 8-oz pkg. cream cheese

Instructions

Put the chicken in the crock-pot. Top with the tomatoes, corn, the drained and rinsed beans, ranch dressing, cumin, onion and chili powders, stir to combine then top with the cream cheese. Cook on low for 6-8 hours, stirring once or twice to blend in the cheese.
Shred the chicken into large pieces



Slow Cooker Chicken Alfredo Tortellini

Ingredients

- 2-3 lbs frozen boneless, skinless chicken breasts
- 7 cups Alfredo sauce, divided
- 2 tsp minced garlic
- 1 tsp black pepper
- 8 cups refrigerated three cheese tortellini
- Garnish: black pepper and parsley

Instructions

1. Place the frozen, boneless, skinless chicken breast in the crockpot. Add 2½ cups Alfredo sauce and cook on high for about two hours before separating the chicken breasts.

2. Cook on high for about six hours. Tear or cut the chicken into pieces. You can continue cooking the chicken for another hour if you aren't ready for dinner yet. Or since the chicken is cooked, you can move onto the next step at this point.

3. After the chicken is fully cooked and shredded, add 1 cup Alfredo sauce, minced garlic, black pepper and refrigerated three-cheese tortellini. Cook on high for 15 minutes until tender and heated through. **Optional: add some frozen broccoli florets to complete the meal during the last 15 minutes.

4. Garnish with black pepper and parsley. (Serves 12)

Sausage & Peppers

Ingredients

- 3 lbs Italian sausage (sweet or hot)
- 6-8 large potatoes, peeled and wedged or thickly sliced
- 3-4 peppers, any colors you like, wedged or thickly sliced
- 1-2 onions, wedged or thickly sliced
- ¼ cup olive or vegetable oil
- Salt & pepper to taste

Instructions

Oil bottom of baking pan and mix potatoes, peppers and onions in. Salt and pepper to taste. Top with Italian sausages. Bake at 375 degrees for 45 minutes to an hour (or until sausages are cooked through and potatoes are tender). Serve warm as-is or with buns to make sandwiches. **This could also be made on the stove by sautéing the sausages, then the potatoes then the peppers and onions then mixing them all together.**

Sloppy Joe Macaroni Hot Dish

Ingredients

- 6 tablespoons dark brown sugar
- 6 tablespoons red wine vinegar
- 6 tablespoons Worcestershire sauce
- Two 15-ounce can tomato sauce
- 3 pounds ground beef (80-to-85-percent lean)
- Kosher salt and freshly ground pepper
- 4 to 5 cloves garlic, finely chopped
- 2 red bell pepper, seeded and finely chopped
- 2 onion, finely chopped
- 2 cup beef broth
- 24 ounces elbow macaroni with ridges
- 4 cups shredded yellow Cheddar
- 1/2 cup chopped crisp deli-style dill pickles

Instructions

Preheat the oven to 400 degrees F.

Combine the brown sugar, vinegar, Worcestershire sauce and tomato sauce in a small bowl. Heat the EVOO (oil) in a large skillet or Dutch oven over medium-high heat. Add the beef and cook until well browned. Season with salt and lots of pepper. Add the garlic, bell peppers and onions and cook, stirring, for 5 minutes. Pour the tomato mixture over the beef, add the beef broth and stir until well combined. Simmer until thickened, 5 to 10 minutes.

Meanwhile, cook the macaroni in a large pot of salted boiling water until not quite tender, about 5 minutes. Drain and add to the sauce. Pour the mixture into a casserole dish and top with the cheese.

Bake until the casserole is bubbling and the top is browned. Top with the pickles and serve from the dish.

Cook's Note: The unbaked casserole can be covered and refrigerated for a make-ahead meal. Bring to room temperature and bake as directed before serving.

Recipe courtesy of Rachael Ray

Read more at: http://www.foodnetwork.com/recipes/rachael-ray/sloppy-joe-and-macaroni-casserole-recipe.html?oc=linkback

Pizza Spaghetti Casserole

Ingredients

- 12oz uncooked spaghetti, broken into thirds
- 1 tablespoon olive oil
- ¾ lb pork sausage (turkey sausage works too!)
- 1 pkg (8oz) slice fresh mushrooms (about 3 cups)
- 1 jar (24oz) roasted garlic tomato pasta sauce
- 4oz sliced turkey or reg pepperoni (1/2 cup)
- 2 cups shredded Italian cheese blend
- ¼ cup grated parmesan cheese

Directions

1. Heat oven to 350 degrees. Spray 14inch deep dish pizza pan with cooking spray. Cook and drain spaghetti as directed on package.
2. Meanwhile, in 10 inch skillet, heat oil over medium heat. Cook sausage in oil 5-7 minutes, stirring occasionally, until thoroughly cooked. With slotted spoon, remove sausage from skillet; set aside. Cook mushrooms in drippings over medium heat 5 minutes, stirring occasionally, until browned and tender.
3. Place cooked spaghetti in pizza pan, top with sausage, past sauce, pepperoni, mushrooms and cheeses.
4. Bake uncovered 15-20 minutes or until bubbly and cheese is melted.

Slow Cooker Taco Casserole

Ingredients

- 1 ½ lbs lean ground beef
- 1 can (14.5 ounces) diced tomatoes with green chilies, undrained
- 1 can (10.75 ounces) condensed cream of onion soup
- 1 envelope (1 oz.) taco seasoning mix
- ½ cup water
- 6 corn tortillas cut into ½ inch strips (can also use corn tortilla chips)
- 1 cup shredded cheddar cheese (4 ounces)
- 3 medium green onions, sliced (3 tablespoons)
- ½ cup sour cream

Directions

1. Cook beef in 10-inch skillet over medium heat 8-10 minutes, stirring occasionally, until brown; drain
2. Mix beef, tomatoes, soup, seasoning mix and water in 3 ½-5 quart slow cooker. Gently stir in tortilla strips.
3. Cover and cook on low heat setting 7-8 hours.
4. Sprinkle cheese over casserole; cover and let stand about 5 minutes or until cheese is melted. Sprinkle with onions; serve with sour cream.

Sweet Garlic Chicken {Freezer Meal}

Ingredients

- 2 lb boneless, skinless chicken breasts
- 2 Tbsp BBQ seasoning
- 1 Tbsp Garlic and Herb seasoning
- 1 Tbsp Asian seasoning
- 2/3 cup pomegranate balsamic vinegar
- 1/2 cup packed brown sugar
- 1T cornstarch
- 1/2 cup water
- 1 gallon size freezer bag

Directions

Place all ingredients in freezer bag. Freeze.

When ready to cook: Place contents of freezer bag in slow cooker. Cook on LOW for 6-8 hours.

Serve over rice, noodles, quinoa or mashed potatoes.

Bacon Cheeseburger Pasta

Ingredients

- 1 lb lean ground beef, uncooked
- 6 strips of bacon, cooked and chopped
- 1Tbsp dried minced onion flakes
- 1 Tbsp dry mustard
- 1 (10.75-oz) can cream of chicken soup
- 1 (10-oz) can Rotel tomatoes
- 3 cups beef broth
- 8oz cheddar cheese, shredded
- 16 oz elbow macaroni, uncooked
- 1 gallon sized freezer bag

Directions

Place ground beef, bacon, onions, mustard, soup, Rotel, beef broth and cheese in a gallon size zip lock freezer bag. Freeze.

When ready to cook: Place contents of gallon sized freezer bag into slow cooker. Cook on LOW for 6 hours. Break up meat with spatula.

Add uncooked pasta. Cook for 15-20 minutes longer, until pasta is cooked.

Parmesan Garlic Pizza Pasta {Freezer Meal}

Ingredients

- 1 lb lean ground beef
- 1 cup sliced pepperoni (about 4oz)
- 1Tbsp dried minced onion flakes
- 1T Garlic Bread Seasoning (Johnny's)
- 4 cups marinara/pasta sauce
- 3 cups water
- 8oz shredded mozzarella, divided
- 16oz uncooked rotini or other short cut pasta
- 1 gallon size zip-lock freezer bag
- 1 sandwich size freezer bag

Directions

Place ground beef, pepperoni, onions, garlic bread seasoning, pasts sauce, water and half of the mozzarella cheese in a gallon size zip lock freezer bag. Place remaining mozzarella cheese in sandwich size freezer bag. Freeze.

When ready to cook: Remove sandwich bag of mozzarella from freezer and place in refrigerator to thaw.

Place contents of gallon sized freezer bag into slow cooker. Cook on LOW for 6 hours. Break up meat with spatula.

Add uncooked pasta. Cook for 15-20 minutes longer, until pasta is cooked. Top with remaining mozzarella cheese. Cover and let cheese melt, 5 minutes.

The Link Freezer Meal / Left Over Crock Pot Meal Labels

THE link

Meal: _____

Ingredients: _____

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Cooking Instructions:

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Date: _____

THE link

Meal: _____

Ingredients: _____

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Meal: _____

Ingredients: _____

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Cooking Instructions:

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Date: _____

Please create your own labels with Meal Name, Ingredients, Cooking Instructions, and date prepared or print and tape these to your packages. Thank you!

The Link Freezer Meal / Left Over Crock Pot Meal Labels

THE link

Meal: _____

Ingredients: _____

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Cooking Instructions:

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Date: _____

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The Link Crock Pot Meal Labels

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IN-KIND DONATION FORM

This form is to be filled out by the person donating items (non cash) and returned to the Development Department. Donors do not receive a copy of this form; a thank you letter, which can be used for tax purposes, will be mailed by Development.

PLEASE PRINT

Name: _____ Company/Group: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: (Home) _____ (Work) _____

Email Address: _____

Donated Item Description:
Please describe the item(s) donated. Include a copy of receipt for donated item(s) or a list of items and their estimated value:

_____

_____

_____

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_____

Value of donated item(s): _____

Volunteer hours utilized: _____

Program: _____

Please fax, mail or scan this document to Jen Becker.

The Link
1210 Glenwood Avenue, Minneapolis, MN 55405
jbecker@thelinkmn.org phone: 612-767-4479 fax: 612-871-0755

Date Received: _____ By Staff: _____