

PENNE WITH BEANS AND SPINACH

(Cooked chicken breast pieces may be added)



- 1 lb Penne
- 6 cloves garlic, minced
- 3 tbs olive oil
- 1 package frozen chopped spinach
- 1 can (16 oz.) tomatoes, chopped
- 1 can garbanzo beans, undrained
- 1 tbs lemon juice
- 1 cup chicken broth
- Salt and pepper

Cook pasta according to directions. While pasta is cooking, prepare the sauce. In a large frying pan, sauté spinach in olive oil with garlic, salt and pepper. Add tomatoes, chicken broth and undrained beans to spinach. Assemble the dish in the aluminum pan by mixing the pasta and spinach sauce, sprinkle with lemon juice. Cover and freeze.

Please place your cooked dinner in one of the aluminum pans provided. (note that we are not able to transport unfrozen food) spray the top cover with Pam. (or something similar) then cover the pan, and freeze. kindly label the pan with the name of the meal you made. Also consider writing a prayer to our friends in need. we will be collecting the meals on Saturday, April 21st between 10 am - 12 noon.

you who are blessed by my father. Inherit the Kingdom Prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was ill and you cared for me, in prison and you visited me.

- Matthew 25: 34-36

Daniel Owen
William Owen
Maricel
Stephanie
Cate
Mia

Thank you,
The Good Shepherd
children level II

Samantha
Sara
Alyssa
Gabriella
James
Aidin
Chloe

Dear Assumption Family,

We are asking you to prepare a frozen meal for our brothers and sisters served by Catholic Charities Father English Community Center. Your participation will help us share the love and light of Christ with our brothers and sisters that need our help. Please choose from one of the following four recipes: Ziti with tomato sauce, chili, beef stew, or penne with beans.

ZITI WITH TOMATO SAUCE

Ingredients:

- 1 lb. any brand Ziti
- 1 lb. chopped meat
- Grated cheese (optional)
- Approximately 16 oz. your own tomato sauce.

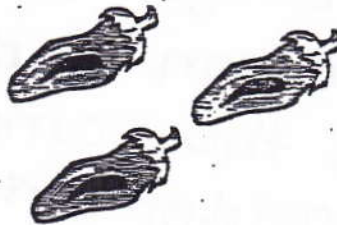


Cook Ziti according to directions on the package. Brown chopped meat (fine) and add to sauce. Pour sauce over the cooked Ziti. Top with cheese if desired.

CHILI

Ingredients:

- 1-1/2 lbs. Ground Beef
- 1 package CHILI-O Seasoning Mix
- 1 cup water
- 2 cans (16 oz.) tomatoes
- 2 cans (15 oz.) kidney beans



Brown meat in large skillet. Pour off excess fat. Stir in Chili-O seasoning mix, water, tomatoes and beans (you can use two different kinds of beans for color and texture if you like). Heat to boiling. Reduce heat, cover and simmer 10 minutes.

BEEF STEW

Ingredients:

- 2-2-1/2 lbs. Beef cubes (chuck or pot roast)
- 2 large onions, diced
- 7-8 medium size potatoes, peeled and cut
- 1-1/2 lb. Carrots, peeled and sliced
- 1 medium size can tomatoes and/or 1 can tomato sauce
- water and flour
- seasonings: salt, pepper, Worcestershire sauce, bouillon cubes.



Brown meat and onion in large saucepan. Remove fat and add vegetables, covering with water, almost to reach the top of the ingredients. Add seasonings, tomatoes and/or water. Add small amount of flour to thicken slightly.

Dear Assumption Family,

We are asking you to prepare a frozen meal for our brothers and sisters served by Catholic Charities Father English community center. Your participation will help us share the love and light of Christ to our brothers and sisters that need our help. Please choose from one of the following four recipes: ziti with tomato sauce, chili, beef stew, or penne with beans. Please place your cooked dinner in one of the aluminum pans provided (note that we are not able to transport unfrozen food) spray the top cover with Pam (or something similar), then cover the pan, and freeze. Kindly label the pan with the name of the meal you made. Also consider writing a prayer to our friends in need. We will be collecting the meals on Saturday, April 21st between 10 am - 12 noon.

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-Matthew 25: 34-36

Daniel Owen
Marieci Williams
Stephanie

Mia Cate Bekker
Samantha
James
Sara Sabrina
Alyssa Gabriella
Aidin Chloe

Thank you,
The Good Shepherd
children level III

4/8/18

Dear Assumption Family,

We are asking you to prepare a frozen meal for our brothers and sisters served by Catholic Charities Father English Center. Your participation will help us share the light and love of Christ with our brothers and sisters that need our help. Please choose from one of the following four recipes: ziti, chili beef stew or penne. Please place your cooked dinner in the aluminum pan provided; spray the top cover with Pam (or similar) so food does not stick, cover tightly and freeze.

UNFROZEN FOOD CAN NOT BE TRANSPORTED. Please label the dish that you made on top. Please also include a prayer. Return the pan to the church parking lot near the garages on Saturday April 21st between 10AM-12 noon.



Thank You,

Good Shepherd Level III

Children

Owen Samantha Will

Gabriella

Alyssa

James
William

Mia

Daniel

Cate

Jesus said,
"I tell you,
when ever you
did this for one
of the least of my
brothers or sisters,
you did it for me."
Matthew 25:40

Aidin

Stephanie