

## FREQUENTLY ASKED QUESTIONS

**Do I need to prepare one of the example recipes in this booklet?** No, you may use a recipe of your own. We ask that you do share the recipe with us.

**How do I package the meals?** You can use a gallon size or larger ziplock freezer bag. We ask you double bag each meal. Please write the recipe name and date on the bag. You may include one other food item on the side. This may be noodles, rice, tortilla wraps, frozen veggies, etc that is added at the end of the meal or served on the side.

**How many meals should I make?** Our recipe examples are for 10 meals total. You may double or triple this if you would like.

**How many servings should be in one bag?** An estimated 6-8 servings per bag is preferred. We provide some of our larger families with two freezer meal bags. You do not need to accommodate for this.

**After I make meals, where do I take them?** You can arrange a time to drop them off at our office 1298 7th Ave by calling 319-377-5344 or email [rachael@marioncares.org](mailto:rachael@marioncares.org).

**How do I get the gift card to help pay for the groceries?** You can fill out a request form. The link for this form is found on our sign up link.

**Are there any dietary guidelines I should follow?** No. We share the recipe with our families so they are aware of the ingredients.

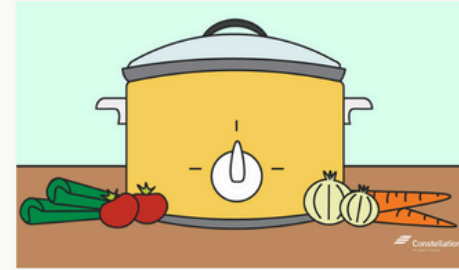
**Are there any hygiene guidelines I should follow?** Yes. Please review the following FDA guidelines and freezer meal tips from Mayo Clinic.

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

<https://newsnetwork.mayoclinic.org/discussion/freezer-cooking-is-convenient-but-make-sure-its-safe-too/>

Updated 4/21/25

## CROCKPOT FREEZER MEALS



As part of our weekly outreach kid's programming, we are providing freezer meals to help address hunger and promote the formational habit of eating a family meal. Each family who is enrolled in the program is provided with a free crockpot. We deliver frozen meals in Ziplock bags for families to dump into their crockpots each week.

## HERE'S HOW YOU CAN HELP!

We need **two types of volunteers** - food preparers and meal deliverers.

The **food preparers** purchase ingredients and prep the meals in freezer ziplock bags. We have funding available for our volunteers in the form of gift cards to purchase groceries and supplies up to \$250 for every 10 freezer meals.

The **meal deliverers** pick up the freezer meals from our office and deliver to the families.

*To get signed up to volunteer or for more information call us at 319-377-5344, email [rachael@marioncares.org](mailto:rachael@marioncares.org), or scan this QR Code*



SCAN ME

MARION  
Cares

Our Children. Our Families. Our Community.

# Beef Stew

10 freezer meals

# Asian Meatballs

10 freezer meals

## SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags

Label and date 10 Ziplock bags

10 packs of 2 lbs stew meat

In a large bowl, mix the broth, tomato paste, sugar, seasoning, and salt at room temp

20 packs of 16 oz frozen stew vegetables (any combination of veggies)

In 10 ziplock bags, dump 2 lbs of stew meat in each

15 cups of beef broth

1.25 cups tomato paste

Add 2 of the 16 oz vegetable packs in each bag

1/2 cup sugar

Pour 1.5 cups of the broth mixture in each bag

1/2 cup herb and garlic seasoning

1.75 Tbsp salt

Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage

## SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags

Label and date 10 Ziplock bags

10 bags of 20oz precooked frozen meatballs

In a large bowl, mix the hoisin, sauce, soy sauce, honey, rice vinegar, garlic powder, and brown sugar at room temp

6 cups hoisin sauce

2 cups of soy sauce

In 10 Ziplock bags, dump 20 oz of frozen meatballs in each

1.25 cups of honey

Pour 3/4 to 1 C of the sauce mixture in each bag

1/3 cup rice vinegar

1/4 cup garlic powder

Sprinkle 1-2 tbsp of sesame seeds in bag

1/2 cup brown sugar

1 cup sesame seeds

Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage

Optional side may include instant rice, frozen broccoli, etc.

Rice and vegetable are served on the side separately

# Creamy Italian Chicken

10 freezer meals

## SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
30 chicken breasts	In 10 Ziplock bags, dump 3 chicken breasts
10 packs cream cheese (8 oz block)	In each bag, add 1 block of cream cheese, 1 can of cream of chicken soup, 1 packet of salad dressing mix, 2 cloves of minced garlic, and 1 bag of frozen green beans
10 can cream of chicken soup	
10 packet zesty Italian salad dressing mix	
20 cloves garlic, minced	Once each bag is sealed, put each bag inside another Ziplock bag to prevent leakage
10 bags of 12-16 oz frozen green beans	
10 boxes of bowtie pasta (16 oz)	Pasta is on the side to be cooked separately.

# Chicken and Rice

10 freezer meals

## SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
30 chicken breasts	In 10 Ziplock bags, dump 3 chicken breasts
17 cups of long grain white rice	In each bag, add 2½ cups chicken broth, 1 can of cream soup, 2 cloves garlic, 2 Tbsp Worcestershire sauce, 1 tsp black pepper, 1 tsp Italian seasoning, 1/2 tsp salt
25 cups chicken broth	
10 cans of cream of mushroom (10 oz)	Once each bag is sealed, put each bag inside another Ziplock bag to prevent leakage
20 cloves minced garlic	
20 Tbsp Worcestershire sauce	
10 tsp black pepper	
10 tsp Italian seasoning	Frozen vegetables and cheese to be packed separately
5 tsp salt	
10 bags of frozen vegetables	Rice is on the side to be cooked separately.
20 cups cheddar cheese (shredded)	

# Kielbasa and Potatoes

10 freezer meals

## SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
10 bags of 32 oz frozen diced potatoes/hashbrowns	In 10 ziplock bags, dump 32 oz frozen potatoes and 24 oz cut kielbasa
10 packages of 24 oz kielbasa (sliced then halved)	In each bag, add 1 cup of cheddar cheese and 1 cup of Monterey Jack cheese
10 cups shredded cheddar cheese	
10 cups shredded Monterey Jack cheese	In a large bowl, mix the canned soup, milk, and spices at room temp
10 cans cream of chicken (10.5 oz)	Pour 2.25 cups of the soup mixture in each bag
10 cups of milk	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
10 Tbsp dried chives	
10 tsp salt	Frozen vegetables to be packed separately
5 tsp pepper	
1.25 tsp cayenne pepper	
10 packs of frozen vegetables	

# Swedish Meatballs

10 freezer meals

## SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
10 bags of 32 oz frozen Italian style or homestyle meatballs	In 10 Ziplock bags, dump 32 oz frozen meatballs
10 cans of beef broth (14.75 oz)	In each bag, add 1 can of beef broth, 1 can of cream soup, 1 packet gravy mix, 2 tsp garlic powder
10 cans of cream of mushroom(10.5 oz)	
10 packets of brown gravy mix (0.87 oz)	Once each bag is sealed, put each bag inside another Ziplock bag to prevent leakage
20 tsp garlic powder	
10 cans of evaporated milk (5 oz)	Meatballs will be served on noodles or potatoes
10 packs of frozen vegetables	
10 packages of egg noodles or instant potatoes	Frozen vegetables to be packed separately

# Thai Peanut Chicken

10 freezer meals

# Tater Tot Casserole

10 freezer meals

## SHOPPING LIST & PREP INSTRUCTIONS

## SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
10 (14 oz) cans of full-fat coconut milk	In 10 ziplock bags, combine 1 can coconut milk, ¼ cup peanut butter, 2 tbsp curry paste, 3 tbsp soy sauce, 3 tbsp lime juice, 2 tbsp honey, 4 minced garlic cloves, ½ tbsp grated ginger, ½ tsp pepper flakes
2 ½ cups natural peanut butter	
20 tablespoons red curry paste	
30 tablespoons soy sauce	Dice chicken in 1-inch sized cubes and put 2 pounds per bag
30 tablespoons lime juice	
20 tablespoons honey	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
40 garlic cloves, minced	
5 tsp grated ginger	
5 tsp red pepper flakes	Frozen vegetables and noodles to be packed separately
20 pounds boneless chicken breasts, diced in 1-inch cubes	
10 packages of noodles	
10 packages of frozen vegetables	

20 ziplock freezer bags	Label and date 10 Ziplock bags
10 packages of tater tots	In 10 Ziplock bags, put one can of cream mushroom soup and 1 bag of peas per bag
15 pounds ground beef	
10 cans cream of mushroom soup	Brown hamburger then add 1.5 pounds per bag
10 bags frozen peas (optional)	Keep package of tater tots separate and cook tater tots on top of meat mixture on low for 4 hours
	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage.

# Tortellini Soup

10 freezer meals

## SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
10 pounds sausage	brown sausage, onion, tomatoes, garlic and spinach on a pan
20 cups onion	
10 cans of tomatoes	in 10 ziplock bags, add 1lb sausage, 2 cups onion, 1 can tomatoes, 2 cups spinach, 1 tbsp garlic, and 1.5 quart chicken stock
20 cups fresh spinach	(this will be cooked for 4-6 hours)
10 Tbsps garlic	
15 quart chicken stock	separate cream cheese and tortellini (this will be cooked for the last hour)
5 bags frozen cheese tortellini	
10, 8 oz cream cheese	once each bag is sealed, put each bag inside another to prevent leakage.

# Cheese spaghetti

10 freezer meals

## SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
10 pounds ground beef	In 10 Ziplock bags, put 1 pound of browned meet with ¼ cup chopped onion
2 ½ cup chopped onion	
20 jars spaghetti sauce	Add 2 jars sauce, 4 tbsp butter, ½ tsp salt, 8 tbsp flour, 1 can evaporated milk, 2 cups shredded cheese, and ⅓ cup water to each ziplock hag .
120 oz spaghetti	
40 tbsp butter	Noodle are on the side to be served separately.
5 tsp salt	Cook on low for 4-6 hours.
80 tbsp flour	Add cooked noodles to mixture.
10 cans evaporated milk	
6 ⅔ cup water	
20 cups shredded velveeta cheese	Frozen vegetables to be packed separately

# BBQ Chicken

10 freezer meals

## SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
20 pounds boneless chicken breast	In 10 ziplock bags, combine 2 pounds chicken, ½ cup barbecue sauce, ¼ cup maple syrup, ¼ cup apple cider vinegar, and 2 tbsp chili powder
5 cups (40oz) barbecue sauce	
2 ½ cup maple syrup	
2 ½ cup apple cider vinegar	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
10 tbsp chili powder	
10 packs of frozen vegetables	

# Beef Goulash

10 freezer meals

## SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
15 pounds diced beef	In 10 Ziplock bags, put 1.5 lbs diced beef, 1 chopped onion, 4 cloves garlic diced, 1 can of tomato, 2 tbsp tomato puree, 2 cubes beef stock, 1 tbsp paprika, 1 tsp salt and pepper, and 2 chopped red peppers
10 onions	
40 cloves garlic	
10 cans diced tomatoes	Once each bag is sealed, put each bag inside another ziplock to prevent leakage.
20 tbsp tomato puree	
20 beef stock cubes	
10 tbsp paprika	Serve over cooked noodles or rice
10 tsp salt and pepper	
20 red peppers	
1 box of noodles or rice	