



MEALS
ON A MISSION
CONNECTION POINT CHURCH

Recipes

Herb Roasted Chicken & Veggies



Ingredients:

- 2 lbs bone-in chicken pieces: thighs, breasts, and/or drumsticks
- 2 lb baby red potatoes
- ½ lb carrots, peeled and sliced
- 1 onion, large chunks
- 1 tablespoon olive oil
- ½ teaspoon of each:
 - onion powder
 - basil
 - parsley
 - garlic
 - salt

Directions:

1. Place chicken and veggies in a greased pan.
2. Drizzle everything with oil, sprinkle with herbs and salt, and toss to coat.
3. Cover tightly with plastic wrap and foil lid.
4. When ready to bake, thaw the dish in the refrigerator overnight.
5. Remove the cover and bake in a 375-degree oven for 60 minutes.

Notes : Check to see if the chicken is cooked through. Return to the oven, if necessary, until the chicken is done and the vegetables are tender.

Pizza Stromboli



Ingredients:

- 4 cups provolone, shredded
- 4 cups mozzarella cheese, shredded
- 1 can pizza sauce
- 2 cans pizza crust
- 1/2 cup parmesan cheese
- 2 teaspoons kosher salt
- 2 tablespoons garlic powder
- 2 teaspoons each of oregano, dried basil, and dried parsley

Notes :

Add your own favorite toppings!

Directions:

1. Roll the dough into a rectangle.
2. Layer the toppings down the center and cut the sides into strips.
3. Fold the strips over the top in a crisscross pattern.
4. Brush the top with olive oil and sprinkle seasonings on it.
5. Wrap in saran wrap, then again in foil, to freeze.
6. To cook, defrost in the fridge overnight.
7. Bake on a pizza stone or baking sheet at 350 degrees for 20 to 30 minutes.

Green Chili Enchilada Casserole



Ingredients:

- 2 cups cooked and shredded chicken breasts or rotisserie chicken
- 2 cups shredded cheddar cheese or Monterey jack cheese (I like a blend of both)
- 4 oz can diced green chilis, drained
- 15 ounces green chili enchilada sauce
- 12 corn tortillas
- $\frac{1}{3}$ cup sour cream
- 1 can cream of chicken soup
- Salt and pepper

Directions:

1. In a bowl, mix together cream of chicken soup, sour cream, and $\frac{2}{3}$ of the green chili enchilada sauce. Add chicken and diced green chilis. Mix until combined.
2. At the bottom of the tin, spread a layer of green chili enchilada sauce and cover with tortillas (cut tortillas so the bottom is covered).
3. Spread the chicken mixture and then layer tortillas to cover. Repeat this step again.
4. Once you've reached the top layer, cover with remaining sauce and add cheese.
5. Ready to freeze! Bake thawed, 350 degrees for 45 min.

Scrambled Egg Breakfast Muffins



Ingredients:

- 10 eggs
- 2 tablespoons diced onion
- 1/2 cup bell pepper, diced
- 1 cup diced ham, breakfast sausage, or bacon
- 1/2 teaspoon pepper
- 1/2 teaspoon seasoned salt
- 1.5 cups shredded cheddar cheese
- 1/2 teaspoon garlic powder

Directions:

1. Preheat oven to 350 degrees.
2. Spray a 12-cup muffin pan generously with non-stick cooking spray.
3. In a large mixing bowl, beat eggs. Add in the remaining ingredients and mix them together.
4. Scoop 1/3 cup of the mixture into each muffin cup.
5. Bake for 20-25 minutes or until the center of the muffin is completely cooked.
6. Put them in a freezer-safe tin or bag.
7. Reheat individually in the microwave for 60 seconds.

Ham & Cheese Hot Pockets



Ingredients:

- Crescent roll dough sheet
- Chopped ham
- 1.5 cups cheddar cheese, mozzarella, or swiss
- Salt and pepper or everything bagel seasoning
- Melted Butter

Directions:

1. Roll out dough and cut into thick strips.
2. Add cheese and meat, then fold the dough over. Seal the edges and crimp with a fork.
3. Cover the top with melted butter and seasoning
4. Bake at 450 for 12-15 minutes.
5. Allow the pockets to cool completely, then individually wrap in plastic wrap.
6. To reheat:
 - Microwave for 1.5 minutes from frozen.
 - or air fryer at 360 degrees for 11-13 minutes.

Notes :

Get creative and try new ingredients, like Nutella & cinnamon sugar!

Homemade Chicken Pot Pie



Ingredients:

- 2 sheets of Pie Crust
- 1 ½ cups Rotisserie Chicken
- 1 can Cream of Chicken
- ¼ cup Chicken Broth
- 1 can of Mixed Veggies (get the one with potatoes!)
- ½ teaspoon Thyme
- ½ teaspoon Onion powder
- salt and pepper to taste

Notes :

If the mixture looks too thick, add another can of cream of chicken or more broth.

Directions:

1. Mix Chicken, Cream of Chicken, Mixed Veggies, and seasonings in bowl.
2. Spray a tin and lay one sheet of pie crust as a bottom layer.
3. Pour the mixture in the tin.
4. Layer the other pie crust on top and pinch sides. Remove any excess crust.
5. Bake thawed at 400 degrees for 45 min. If frozen, add an extra 30 minutes to the cooking time.

Breakfast Tator Tot Cassarole



Ingredients:

- 8 eggs
- ½ cup of Milk
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon onion powder
- 2 packages fully cooked breakfast sausages
- 2 cups cheddar cheese
- ½ cup jack cheese
- 1 package frozen mini tator tots

Directions:

1. Preheat your oven to 350°F and grease a 9x13-inch baking dish.
2. Cut the breakfast sausage into bite size pieces.
3. In a bowl, whisk together the eggs, milk, salt, and pepper.
4. Layer the cooked sausage in the baking dish, top with 1 ½ cups of cheese and a layer of tater tots.
5. Pour the egg mixture over the tots.
6. Bake for 45 min. Add the remaining cheese and bake for another 5 min.
7. Cook completely before freezing.

More Ideas...



Grab & Go

Ready to eat frozen or after a quick microwave:

- Uncrustables
- Individually wrapped breakfast burritos
- Frozen burritos (bean & cheese, breakfast, or chicken)

Protein and Mains

Simple reheatable proteins to build a meal around:

- Pulled BBQ Chicken/pork (vacuum-sealed or bagged)
- Grilled Chicken strips or nuggets

Sides & Sweets

Quick additions that make a meal more complete:

- Cookie Dough
- Popsicles, Ice Cream Sandwiches
- Mashed Potatoes
- Frozen rolls or garlic bread