

Loves and Fishes Directions

Directions:

1. Choose a recipe::

CHILI

1.5 pounds ground meat	2 cans (16 oz each) tomatoes
1 package Chili seasoning mix	2 cans (15 oz each) kidney beans
1 cup water	

Brown meat in large skillet. Pour off excess fat. Stir in Chili seasoning mix, water, tomatoes, and beans. Heat to boiling. Reduce heat; cover and simmer 10 minutes. Cool. Place in pan and freeze.

ZITI WITH TOMATO SAUCE

1 pound ground meat	1 can/jar tomato sauce
1 pound ziti, any brand	Cheese (optional)

Brown meat in large skillet. Cook ziti according to package directions. Pour sauce and meat over ziti. Add cheese, if desired. Cool. Place in pan and freeze.

2. Prepare the meal in a 9x13 disposable pan
3. Share the story of the "Loaves and Fishes", including the brief prayer as you complete the recipe
4. Mark which meal you prepared, indicating if ziti contains cheese or not. Freeze the meal
5. Deliver the pan(s) to the Teen Center at the specified times and include the signed sheet to get credit for the activity.
6. Know that you have made a difference in a family's life by your generosity.

Any questions, contact Dolores Reagle at ministrytoyouth@comcast.net or 908-876-5024 (office), 908-296-5660 (cell).