

# Chicken Freezer Meals Mini Session – Casseroles

from [Make-Ahead Meal Mom](#)

I've chosen five great, easy chicken casseroles that you can make up in no time and store in your freezer for easy weeknight meals!

I've also pulled recipes that will take advantage of items that are currently on sale with all the SuperBowl grocery sales going on right now, so we can save as much as possible!

The plan includes five recipes, making two of each, for a total of ten meals.

Recipes:

1. [Bruschetta Chicken Bake](#)
2. Chicken Vermicelli
3. Chicken Salsa Lasagna
4. [King Ranch Chicken](#) – from TheSeasonedMom
5. Chicken Caesar Casserole

These recipes are written for 6-8 servings each. If you are making for a smaller crowd, you may want to only make one of each recipe, and split it into two containers for two smaller meals. The shopping list will include all ingredients to make two of each meal. If you're only doing one, cut the shopping list ingredients by half.

You can use your regular casserole dishes to freeze these meals in, but they tend to take up a lot of space in the freezer. I usually use disposable aluminum pans for ease of use and ease of cleanup! I get the half steam table pans in big packs at Sam's club, but you can get similar ones in a two-pack at Walmart or even the Dollar Store. You will need a lid for your pans (not the clear plastic kind), or a roll of aluminum foil to cover the pans.



# Bruschetta Chicken Bake

*All the great taste of the classic Bruschetta Chicken, but in an easy-to-make and easy-to-freeze casserole! Serve with garlic bread and a green salad for an easy weeknight dinner!*



Yield: One 9x13 casserole, with 6-8 servings.

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## INGREDIENTS

- 1 1/2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup shredded mozzarella cheese
- 1 (6 oz) package boxed stuffing mix, chicken variety
- 1 (14.5 oz) can diced tomatoes, undrained
- 1/2 cup water
- 2 cloves garlic, minced (or about 2 teaspoons)
- 1 teaspoon dried basil

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## PREP

1. Spray inside of baking dish with non-stick cooking spray. Place chicken in bottom of dish and spread evenly. Season with salt and pepper.
2. Sprinkle mozzarella cheese over chicken pieces.
3. In medium-size bowl, combine stuffing mix, tomatoes, water, garlic and basil. Stir to combine. Spread stuffing mixture evenly over chicken and cheese.
4. Cover, label, date and freeze.

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## COOK

1. Remove from freezer and thaw overnight in refrigerator.
2. Heat oven to 400 degrees Fahrenheit.
3. Bake uncovered for 30 minutes or until chicken is fully cooked.

# Chicken Vermicelli

*This is a great twist on a basic chicken spaghetti. It is a comforting meal and goes great with a green salad!*

Yields: One 9x13 casserole, 6-8 servings

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## INGREDIENTS

- 1 (16oz) package vermicelli, broken into 3-4 in pieces
- 2 tablespoons olive oil
- 1 green bell pepper, seeded and chopped
- 1 onion, diced
- 1 tablespoon minced garlic (about 6 cloves)
- 2 tablespoons all-purpose flour
- 1 (10oz) can diced tomatoes with green chilies
- 2 cups milk
- 1 tablespoon Worcestershire sauce
- 1/2 cup chopped jarred roasted red peppers
- 1 cup frozen green peas
- 4 cups boneless, skinless chicken breasts, cooked and diced/cubed
- 1 1/2 cups shredded cheddar cheese

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## PREP

1. Cook broken vermicelli according to package directions. Drain.
2. Heat large dutch oven or pot over medium-high heat. Add olive oil and sauté green pepper and onion for 5-7 minutes until tender. Add in minced garlic and sauté 1 additional minute.
3. Stir in flour, then add tomatoes, milk and Worcestershire sauce. Stir until mixture comes to a boil and thickens.
4. Reduce heat and add in red peppers, peas, drained vermicelli, chicken and cheese. Stir to combine until cheese is melted.
5. Remove from heat. Pour into aluminum pan or 3-quart baking dish. Cover, label, date and freeze.

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## COOK

1. The night before cooking, remove meal from freezer and place in your refrigerator to thaw overnight.
2. Preheat oven to 350 degrees Fahrenheit. Bake uncovered 30-40 minutes until bubbly.

# Chicken Salsa Lasagna

*Change up your regular lasagna with this fun variation!*

Yields: One 9x13 casserole, 6-8 servings

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## INGREDIENTS

- 3 cups boneless, skinless chicken breasts, cooked and chopped/diced
- 1 (10oz) can diced tomatoes with green chilies
- 1 (16oz) jar thick or chunky-style salsa
- 1 (8oz) can tomato sauce
- 1 tablespoon dried oregano
- 1 (16oz) container cottage cheese
- 2 large eggs
- 1 package lasagna noodles
- 2 cups shredded Mozzarella cheese
- 1 (15oz) can black beans, drained and rinsed
- salt and pepper to taste
- non-stick cooking spray

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## PREP

1. Coat aluminum pan or baking dish with non-stick cooking spray.
2. Combine chicken, tomatoes with chilies, salsa, tomato sauce and oregano in large bowl. Set aside.
3. In food processor, blend cottage cheese and eggs until smooth.
4. Spread heaping cup of chicken-tomato mixture in bottom of pan/dish. Top with four lasagna noodles. Spread half the cottage cheese mixture on top of noodles, then add a layer of half the Mozzarella, half the black beans, and four more noodles. Repeat with remaining cottage cheese mixture, Mozzarella and black beans, then top with four more noodles.
5. Spread remaining chicken-tomato mixture on top of casserole.
6. Cover tightly with lid or foil, label, date and freeze.

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## COOK

1. The night before cooking, remove meal from freezer and place in your refrigerator to thaw overnight.
2. Preheat oven to 350 degrees Fahrenheit. Bake covered for 30 minutes or until bubbly and noodles are cooked through.

# King Ranch Chicken

*A simplified take on a classic! Recipe adapted from [TheSeasonedMom](#).*

Yields: One 9x13 casserole, with 6-8 servings

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## INGREDIENTS

- 3 cups boneless, skinless chicken breasts, cooked and cubed/diced
  - 1 (10.5oz) can condensed cream of mushroom soup
  - 1 (10oz) can tomatoes with green chilies
  - 1 green bell pepper, diced fine
  - 1 small onion, diced
  - 2 cups shredded cheddar cheese
  - 8 corn tortillas
  - non-stick cooking spray
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## PREP

1. Spray aluminum pan or baking dish with non-stick cooking spray. Set aside.
  2. In large bowl, stir together chicken, soup, tomatoes with chilies, bell pepper and onion.
  3. Place four tortillas on bottom of prepared baking dish. You can cut them to make them fit better or just let them overlap.
  4. Spread half of the chicken mixture over the tortillas. Sprinkle with 1 cup of the cheese.
  5. Repeat layers with remaining tortillas, chicken mixture and cheese.
  6. Cover tightly, label, date and freeze.
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## COOK

1. The night before cooking, remove meal from freezer and place in your refrigerator to thaw overnight.
2. Preheat oven to 350 degrees Fahrenheit. Bake uncovered for 25-30 minutes or until bubbly.

*Note: You can also bake this straight from frozen. Increase baking time to 60 minutes, and check often to prevent cheese from burning on top.*

# Chicken Caesar Casserole

*The tastes of a Chicken Caesar salad, but in casserole form!*

Yields: One 9x13 casserole, with 6-8 servings.

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## INGREDIENTS

- 1 (12-16oz) package penne or rigatoni pasta, cooked and drained
- 4 cups boneless, skinless chicken breasts, cooked and cubed/diced
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped green onions
- 1/3 cup Creamy Caesar dressing
- 1/2 cup chicken broth
- 1 1/2 cups shredded Mozzarella cheese
- salt and pepper to taste
- non-stick cooking spray
- 1/4 cup salad croutons, crushed (optional - needed at time of baking)

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## MATERIALS

- 1 9x13 (or half steam table) aluminum pan, with lid\*
- aluminum foil (if your pan didn't come with a lid)

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## PREP

1. Spray aluminum pan or baking dish with non-stick cooking spray.
2. Cook pasta according to package directions; drain and set aside.
3. In large bowl, combine all remaining ingredients (except croutons). Add in drained pasta and mix well.
4. Pour into pan or baking dish. Cover, label, date and freeze.

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## COOK

1. The night before cooking, remove meal from freezer and place in your refrigerator to thaw overnight.
2. Preheat oven to 350 degrees Fahrenheit. Top casserole with crushed salad croutons (if using). Bake uncovered for 30-35 minutes or until bubbly.

*Notes: I like to use grilled chicken in this when I can, and Tuscan Herb flavored olive oil (I get mine from Redstone Oil). You can use regular olive oil, or leave it out completely if desired.*

# SHOPPING LIST

## MEATS

- 17 pounds boneless, skinless chicken breasts

## DAIRY

- 9 cups shredded mozzarella cheese
- 7 cups shredded cheddar cheese
- 2 (16 oz) containers cottage cheese
- 4 cups milk
- 4 eggs

## MISC

- 2 (6 oz) boxes stuffing mix, chicken variety
- 2 (14.5 - 15 oz) cans diced tomatoes
- 1 (16 oz) bottle Creamy Caesar dressing
- 16 corn tortillas
- 2 (16 oz) packages penne rigate or rigatoni pasta
- 2 (16 oz) packages vermicelli pasta
- 2 boxes lasagna noodles
- 1 (14-15 oz) can chicken broth
- 1 jar roasted red peppers
- 1 small package frozen peas
- 2 (16 oz) jars thick or chunky-style salsa
- 2 (8 oz) cans tomato sauce
- 2 (15 oz) cans black beans
- 2 (10 oz) cans cream of mushroom soup
- 6 (10 oz) cans diced tomatoes with green chilies (Ro-Tel)
- 1 pkg. salad croutons (optional)

## PRODUCE

- 14 cloves garlic, minced (I totally cheat and use the pre-minced jarred stuff from Costco)
- 1 bunch green onions
- 4 green bell peppers
- 4 small onions
- 2 red bell peppers

## PANTRY STAPLES

- salt
- pepper
- dried oregano
- dried basil
- all-purpose flour
- Worcestershire sauce
- olive oil
- non-stick cooking spray

## MATERIALS

- 10 9x13 or half steam table aluminum pans, with lids\*
- \*aluminum foil if your pans don't come with lids
- Black Sharpie or permanent marker



## PUTTING IT ALL TOGETHER

1. Start by trimming all your chicken breasts (if not already trimmed), to remove extra fat. Take 3 pounds of the chicken and cut into bite-size pieces. Reserve this and keep in refrigerator for the Bruschetta Chicken.
2. Cook the remaining chicken and then cube/dice. You can do this several ways, depending on your time and preferences:
  - a. In your slow cooker earlier that day (place chicken breasts in slow cooker, add a cup of water or chicken broth, and cook on low for about 4 hours);
  - b. In a pot (bring a large pot of water to a boil, add chicken, reduce heat and allow to cook over medium heat (slow boil) for 25-30 minutes until cooked through);
  - c. In an Instant Pot or pressure cooker (add chicken breasts to cooking pot, add 1 ½ cups water or chicken broth, cook on high pressure for 10 minutes, with 10 min natural release, then quick release).
  - d. My personal favorite, on the grill. ;)
3. While that chicken is cooking, assemble your two Bruschetta Chicken meals according to directions.
4. Also while chicken is cooking, dice onions and bell peppers. Put large pot of water on stove and heat in preparation for cooking the pastas.
5. When chicken is done cooking, allow the cooked chicken to cool slightly, then cube/dice. Place in refrigerator until needed.
6. You can assemble the remaining meals in any order you'd like.