

## Meal in a Bag Instructions and Recipes

Families come to Vine Maple Place hungry. When you give a Meal in a Bag you are giving a mom all the necessary ingredients she needs to make a home cooked meal. These meals not only provide stability and a chance for a family to connect around the dinner table, they also assist in helping a family stretch their food budget.

Please follow the instructions below and, if you have any questions, contact Lisa O'Leary by phone 425-432-2119 ext. 104 or email [LisaO@vinemapleplace.org](mailto:LisaO@vinemapleplace.org).

### Instructions:

1. Collect the ingredients listed in the Meal in a Bag recipe (see page 2).
2. In a brown paper grocery bag, place the ingredients needed to complete one Meal in a Bag. There should be ingredients for just one Meal in a Bag, per each brown grocery bag.
3. Photocopy or print the Meal in a Bag recipe that you are creating.
4. Staple the corresponding recipe to the bag.
5. Return your completed Meal in a Bag(s) to Vine Maple Place between 8:30am – 5PM, Monday - Friday. Address is: 21730 Dorre Don Way, Maple Valley. Please call for directions, if needed.

### Additional information:

- If you plan to bring in some meals, please call in advance and let us know approximately when you will bring them in, and how many. This will help us for planning purposes.
- We do accept gift cards in \$10 and \$20 denominations to Safeway or Fred Meyer so these items can be purchased directly by our families.

Please print this page and staple the individual recipe to the outside of the brown paper bag. Thank you!

**Chicken Tortilla Soup recipe**

1 can of whole kernel corn, drained  
 2 cans of chicken broth  
 1 can of chunk chicken  
 1 can black beans  
 1 can of diced tomatoes with green chili peppers, drained

Directions: pour all ingredients into a large sauce pan. Simmer over medium heat until chicken is heated through. Great with tortilla chips or top with shredded cheese.

**Chicken Noodle soup recipe**

1 can of chunk chicken  
 2 cans of chicken broth  
 1 can of mixed vegetables  
 2/3 cup egg noodles, uncooked  
 Salt and Pepper to taste

Directions: combine all ingredients except noodles in large sauce pan over medium heat. Heat until bubbly. Add noodles. Simmer soup 8-12 minutes or until noodles are tender, stirring occasionally.

**Vegetarian & Gluten-free Mexican Rice and Beans recipe**

1 cup dry rice  
 1 ½ cups water  
 1 8oz. can tomato sauce  
 1 tablespoon taco seasoning (about ¼ of packet)  
*Can omit seasoning or use less according to taste*  
 1 can kidney beans, drained

Directions: combine rice, water, taco seasoning and tomato sauce in a sauce pan. Bring to boil, and then reduce heat to low. Cover and simmer for 15 minutes. Add beans and cook 5 more minutes until heated through, stirring often.

**Tuna Casserole recipe**

1 box of macaroni and cheese  
 1 can of cream of mushroom soup  
 2 (5 oz) cans of tuna, drained  
 1 can peas, drained

Directions: prepare macaroni and cheese according to box directions. Stir in the cream of mushroom soup, tuna, and peas. Mix well and heat until bubbly.

**Chicken and Rice recipe**

4 cups of cooked rice  
 1 can of chunk chicken, drained  
 1 can of cream of chicken soup  
 1 can of water  
 1 can of peas or green beans, drained  
 salt and pepper to taste

Directions: prepare rice according package directions. Heat cream of chicken soup and 1 can of water. Add chicken and peas (or green beans) until heated through. Serve over rice.

**Three Bean Soup **Gluten-free****

1 can black beans, drained  
 1 can pinto beans, drained  
 1 can great Northern beans, drained  
 1 (32 fl. oz.) box chicken broth  
 1 can corn, drained  
 1 can fire-roasted diced tomatoes  
 2 teaspoons taco seasoning

*Can omit seasoning or use less according to taste*  
Directions: combine all ingredients in large sauce pan. Simmer soup for 30 minutes.

**Chicken Pot Pie**

1 can cream of chicken soup  
 1 can mixed veggies  
 1 can chunk chicken  
 1 pie crust mix (Suggested: Jiffy pie crust mix)

Directions: Make pie crust following directions on box.

Do not drain vegetables. Combine with chicken and cream of chicken soup. Season to taste. Pour into pie shell and top with second pie crust and crimp edges. Make slits in top crust.

Bake @ 375° in oven 30-45 minutes or until crust is golden brown.

**Chili Soup recipe**

1 can chili  
 1 can of whole kernel corn, drained  
 1 can vegetable beef soup  
 1 can tomato soup  
 1 can diced tomatoes with green chili peppers

Directions: stir chili, corn, vegetable beef soup, tomato soup, diced tomatoes together in a saucepan over medium-high heat, 5-10 minutes.