

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.

Choose from our selection of recipes:

- Chicken Tortilla Soup
- Three Bean Soup (GF)
- Chili Soup
- Chicken & Rice
- Mexican Rice & Beans (V & GF)
- Tuna Noodle Casserole
- Chicken Noodle Soup
- Chicken Pot Pie Casserole
- Chili Mac

Instructions:

1. Collect the ingredients listed in the Meal in a Bag recipe. (Pages 2-9)
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. (Printable pages below)
4. Staple the corresponding recipe to the bag.
5. Return your completed Meal in a Bag(s) to Vine Maple Place (Maple Valley or Kent)
6. Addresses:

Maple Valley: 21730 Dorre Don Way, Maple Valley. (M-F, 8:30-5:00 pm) Phone: 425-432-2119

Kent: 24044 104th Ave. SE, Kent. (M-F, 9:30-5:00 pm) Phone: 253-893-6600

Additional information:

- 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 card donations to Safeway or Fred Meyer so these items can be purchased directly by our families.

Chicken Tortilla Soup Recipe

<p>Chicken Tortilla Soup Recipe</p> <p>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</p> <p>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.</p>	<p>Chicken Tortilla Soup Recipe</p> <p>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</p> <p>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.</p>
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Chicken and Rice Recipe

<p style="text-align: center;">Chicken and Rice Recipe</p> <p>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</p> <p>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.</p>	<p style="text-align: center;">Chicken and Rice Recipe</p> <p>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</p> <p>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.</p>
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Chicken Noodle Soup Recipe

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Three Bean Soup Recipe

<p>Three Bean Soup Recipe Gluten-free</p> <p>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)</p> <p>Directions: Combine all ingredients in large sauce pan. Simmer soup for 30 minutes.</p>	<p>Three Bean Soup Recipe Gluten-free</p> <p>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)</p> <p>Directions: Combine all ingredients in large sauce pan. Simmer soup for 30 minutes.</p>
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Mexican Beans and Rice Recipe

<p style="text-align: center;">Vegetarian & Gluten-free Mexican Rice and Beans Recipe</p> <p>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</p> <p>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.</p>	<p style="text-align: center;">Vegetarian & Gluten-free Mexican Rice and Beans Recipe</p> <p>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</p> <p>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.</p>
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Tuna Casserole Recipe

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Chili Soup Recipe

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Chili Mac Recipe

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<p align="center">Chicken Pot Pie Casserole</p> <p>1 can cream of chicken soup 1 can mixed veggies in water 1 lg. can chunk chicken 1 box of low sodium Chicken Stove Top Stuffing Mix (or similar brand)</p> <p><u>Directions:</u> Do not drain vegetables. Combine with chicken and cream of chicken soup. Spread into oven safe casserole dish. Season to taste. Mix stuffing with 1-2/3 cup warm water Spread on top of chicken mixture. Bake @ 375 degrees in oven 30-45 minutes or until stuffing is golden brown.</p>	<p align="center">Chicken Pot Pie Casserole</p> <p>1 can cream of chicken soup 1 can mixed veggies in water 1 lg. can chunk chicken 1 box of low sodium Chicken Stove Top Stuffing Mix (or similar brand)</p> <p><u>Directions:</u> Do not drain vegetables. Combine with chicken and cream of chicken soup. Spread into a oven safe casserole dish, Season to taste. Mix stuffing with 1-2/3 cup warm water Spread on top of chicken mixture. Bake @ 375 degrees in oven 30-45 minutes or until stuffing is golden brown.</p>
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