

## 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).

### 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
- Spaghetti

### Instructions:

1. Collect the ingredients listed in the Meal in a Bag recipe. (Pages 2-10)
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 104<sup>th</sup> 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 align="center"><b>Chicken Tortilla Soup Recipe</b></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><b>Directions:</b> 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 align="center"><b>Chicken Tortilla Soup Recipe</b></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><b>Directions:</b> 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><b>Chicken and Rice Recipe</b></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><b>Directions:</b> 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><b>Chicken and Rice Recipe</b></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><b>Directions:</b> 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

<p align="center"><b>Chicken Noodle Soup Recipe</b></p> <p>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</p> <p><b>Directions:</b> 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.</p>	<p align="center"><b>Chicken Noodle Soup Recipe</b></p> <p>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</p> <p><b>Directions:</b> 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.</p>
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### Three Bean Soup Recipe

<p><b>Three Bean Soup Recipe <span style="color: red;">Gluten-free</span></b></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><b>Directions:</b> Combine all ingredients in large sauce pan. Simmer soup for 30 minutes.</p>	<p><b>Three Bean Soup Recipe <span style="color: red;">Gluten-free</span></b></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><b>Directions:</b> 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;"><b>Vegetarian &amp; Gluten-free</b>  <b>Mexican Rice and Beans Recipe</b></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><b>Directions:</b> 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;"><b>Vegetarian &amp; Gluten-free</b>  <b>Mexican Rice and Beans Recipe</b></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><b>Directions:</b> 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**

<p><b>Tuna Casserole Recipe</b></p> <p>1 box of macaroni and cheese            1 can of cream of mushroom soup            2 (5 oz) cans of tuna, drained            1 can peas, drained</p> <p><b>Directions:</b> Prepare macaroni and cheese according to box directions. Stir in the cream of mushroom soup, tuna, and peas. Mix well and heat until bubbly.</p>	<p><b>Tuna Casserole Recipe</b></p> <p>1 box of macaroni and cheese            1 can of cream of mushroom soup            2 (5 oz) cans of tuna, drained            1 can peas, drained</p> <p><b>Directions:</b> Prepare macaroni and cheese according to box directions. Stir in the cream of mushroom soup, tuna, and peas. Mix well and heat until bubbly.</p>
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**Chili Soup Recipe**

<p style="text-align: center;"><b>Chili Soup Recipe</b></p> <p>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</p> <p><b>Directions:</b> Stir chili, corn, vegetable beef soup, tomato soup, diced tomatoes together in a saucepan over medium-high heat, 5-10 minutes.</p>	<p style="text-align: center;"><b>Chili Soup Recipe</b></p> <p>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</p> <p><b>Directions:</b> Stir chili, corn, vegetable beef soup, tomato soup, diced tomatoes together in a saucepan over medium-high heat, 5-10 minutes.</p>
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<p align="center"><b>Chicken Pot Pie Casserole</b></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)  <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"><b>Chicken Pot Pie Casserole</b></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)  <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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<p style="text-align: center;"><b>Spaghetti</b></p> <p><b>1 Box 16 oz Spaghetti noodles</b>  <b>1 Jar (48 oz) Spaghetti sauce – any flavor</b>  <b>1 can (6.5 oz) sliced mushrooms</b>  <b>Parmesan Cheese (like Kraft) in a Ziploc enough for 3 people.</b></p> <p><b>Directions:</b>  <b>Cook pasta as directed</b>  <b>Drain off water</b>  <b>Put sauce and mushrooms in a sauce pan and heat through. Top with Parmesan cheese, serve with bread or garlic toast.</b>  <b>Option: add ¾ lb browned ground beef or turkey</b></p>	<p style="text-align: center;"><b>Spaghetti</b></p> <p><b>1 Box 16 oz Spaghetti noodles</b>  <b>1 Jar (48 oz) Spaghetti sauce – any flavor</b>  <b>1 can (6.5 oz) sliced mushrooms</b>  <b>Parmesan Cheese (like Kraft) in a Ziploc enough for 3 people.</b></p> <p><b>Directions:</b>  <b>Cook pasta as directed</b>  <b>Drain off water</b>  <b>Put sauce and mushrooms in a sauce pan and heat through. Top with Parmesan cheese, serve with bread or garlic toast.</b>  <b>Option: add ¾ lb browned ground beef or turkey</b></p>
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