

8 C A N C H I L I

Ingredients:

- 1 can chicken or beef broth
- 1 can (4.5 oz) diced green chilis
- 1 can chicken breast flaked
- 2 cans undrained beans
- 1 can petite diced tomato
- 1 can corn
- 1 can (8oz) tomato sauce

Seasonings:

- 1 tsp Cumin
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 tsp Chili powder



Instructions:

1. Drain can of chicken and flak in a small bowl. (or brown 1 lb ground meat)
2. Add all cans to a large pot, kettle, or crockpot
3. add selected meat from step one to the pot
4. add seasoning to the pot
5. Heat all ingredients on stovetop on medium heat (or in a crockpot) until boiling
6. Serve plain or with cheese, sour cream, crackers.

Substitutions:

- use any 2 cans of beans (pinto, kidney, black bean, northern bean...
- substitute can of chicken with 1 lb. cooked ground beef, ground chicken, or ground turkey
- add cooked pasta (1 cup) to stretch farther
- serve over baked potatoes to stretch farther
- serve left overs over French fries for a filling snack or meal

CHICKEN AND CHEDDAR CASSEROLE

Ingredients:

- 2 cups cooked Macaroni
- 2 -4 chicken breasts
- 1 can cream of mushroom soup
- 1 cup milk
- 8 OZ shredded cheddar cheese

Seasonings:

- 1 tsp salt
- 1 tsp Pepper



Instructions:

1. cook and cube chicken breasts
2. cook Macaroni according to box and drain
3. spray a large casserole dish and add all ingredients
4. Cover with lid or aluminum foil
5. Bake at 350 for 35-45 minutes
6. Remove cover and bake additional 10-15 minutes

Substitutions:

- use any 2 cans of chicken drained and flaked if in a rush
- substitute chicken breasts with , ground chicken, or ground turkey
- any cooked pasta or cooked grain
- Add frozen, fresh or canned vegetables (broccoli, green beans, peas, carrots...)

CREAMY HAM AND NOODLE BAKE

Ingredients:

- 7 oz elbow macaroni
- 2 Tablespoons butter
- 3 TBLSP flour
- 2 cups milk
- 2 ½ cups shredded cheddar cheese
- 2 cups diced ham
- 1 Pkg frozen broccoli



Seasonings:

- 1 tsp Salt
- ¾ tsp dried mustard
- ½ tsp pepper
- 1 tsp garlic powder

Instructions:

1. Cook Macaroni according to box and drain)
2. In a saucepan melt butter
3. stir in flour, salt, mustard, garlic powder and pepper
4. Stie in the milk and combine evenly stirring until thick
- 5.add cheese and stir until melted
- 6.Spray a casserole dish and add macaroni, ham and broccoli
- 7.pour stovetop mixture over the casserole and mix well
- 8.Bake at 350 for 30 minutes

Substitutions:

- use any fresh, frozen or canned vegetables
- substitute Ham with can of chicken, raw chicken, 1 lb. cooked ground beef, ground chicken, ground turkey, or ground pork
- any cooked pasta or any cooked grain
- Add canned mushrooms and canned peas for veggie loving kids

PIZZA HOT DISH

Ingredients:

- 2 cups macaroni noodles
- 1 jar of pizza sauce
- 1 cup Mozzarella cheese
- pepperonis
- 1 LB. ground hamburger
- 1 can mushrooms
- 1 can black olives

Seasonings:

- salt and pepper to taste

Optional

- 1/2 tsp dried oregano
- 1/2 tsp dried basil



Instructions:

1. Cook Macaroni per box instructions and drain
2. Brown Hamburger and drain off any grease
3. Place all ingredients in a casserole dish
4. Place a little cheese and a few pepperonis on top of casserole
5. Bake at 350 for 30 minutes

Substitutions:

Meat: (ground hamburger)

-can exclude all together if desired

-1 LB. ground chicken, ground pork, or ground turkey

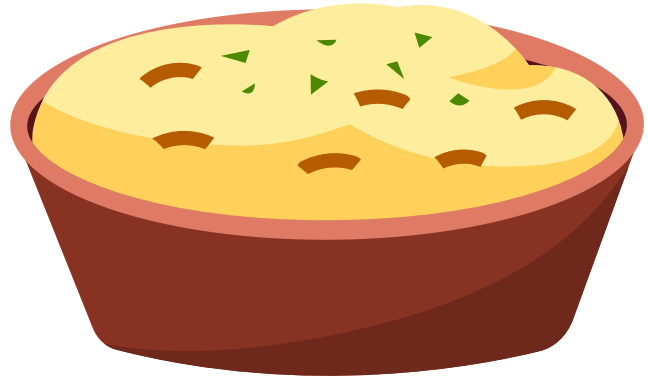
Noodles: any type or style will work

Other: Add or subtract any favorite pizza toppings

CHICKEN AND RICE

Ingredients:

- 3-4 chicken breasts (thawed or frozen)
- 1 can Cream of Chicken Soup
- 1 cup brown or white rice
- 1 cup milk
- 1-2 cups or cans of frozen, fresh chopped or canned vegetables
- 1 cup shredded cheese



Seasonings:

- 1 tsp garlic salt
- 1 tsp black pepper
- 1 tsp Onion powder

Instructions:

1. Spray a casserole dish with cooking spray
2. Add rice, soup, milk, veggies, and seasonings to the dish
3. stir until well mixed
4. put chicken breasts into the dish and push them under the mixture
5. place cover or Aluminum foil over top of dish
6. Bake at 350 for 60 minutes
7. remove cover and sprinkle with cheese

Substitutions:

-use 1-2 cans of chicken or tuna if chicken breast not available

For Veggies:

- frozen or fresh broccoli, carrots, peas, green beans, or combination
- canned mixed vegetables, canned carrots, canned corn
- double rice, soup, milk to stretch farther

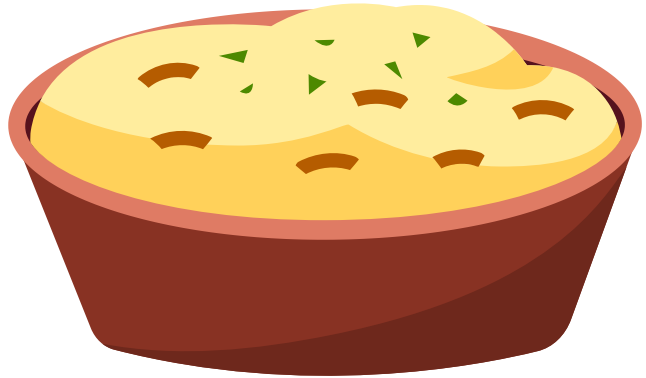
H A M B U R G E R A N D R I C E

Ingredients:

- 1 lb. ground beef
- 1 can Cream of Mushroom Soup
- 2 cups brown or white Minute rice
- 1 cup milk

Seasonings:

- 1 tsp garlic salt
- 1 tsp black pepper
- 1 tsp Onion powder



Instructions:

1. In a large saucepan on the stovetop brown the ground beef
2. Add soup can and milk to the saucepan
3. stir mixture until combined and heat until bubbling
4. Add seasoning to saucepan
5. Cook 2 cups minute rice according to box
6. Serve the hamburger mixture over the rice
7. Serve with a side of frozen vegetables or a side salad

Substitutions:

Meat: (in place of ground beef)

- use 1-2 cans of chicken or tuna
- use 1 lb. ground chicken or ground turkey

For Rice:

- can use any cooked grain (wild rice, barley, noodles, Farro...)

For Soup:

- any cream of soup would work
- add a tablespoon of sour cream for a tangier stroganoff taste

C R O C K P O T T A C O C H I C K E N

Ingredients:

- 1.5 lb. chicken breasts
- 1 can diced tomatoes with green chilis
- 1 can of black beans
- 1 cup frozen corn
- 14 oz can of chicken broth

Seasonings:

- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Cumin
- 1 tsp chili powder



Instructions:

1. Place all ingredients in a large crockpot
2. Add seasonings to crockpot
3. cook on high 4-6 hours or low 6-8 hours
4. once cooked shred chicken and turn off crockpot
5. allow to cool and thicken
6. Serve over the rice or in tortillas

Substitutions:

For Sauce: can replace tomatoes with chilis and broth with a 16 oz jar of Salsa

For Rice:

-Can use any cooked grains (wild rice, Farro, barley...)

For toppings:

- sour cream, tortilla chips, crackers, fresh cilantro, hot sauce