

Sweet Beef or Pork (from Michelle Snow)

1 Bottle roast beef or pork
1 container salsa
1 C. brown sugar

Rice packet

1 cup jasmine rice
1 tsp salt (if desired)

1 pint or can of pinto or black beans

From the pantry:

2 cups water
Fresh lettuce
Grated cheese
Fresh salsa
Guacamole
Tortillas

Drain beef and place meat, salsa, and brown sugar in Crock pot and heat thoroughly. Prepare rice by bringing 2 cups water to boil, add rice and simmer with lid on for 25 minutes until done. Heat beans.

Heat and serve in tortilla. Add other condiments if available.

Mexican Chicken Soup (From Michelle Snow)

1 can green chilies
2 cans tomato sauce
1 can Mexican stewed tomatoes
1 can black beans
1 can corn
1 can chicken

Spice Packet:

½ teas. cumin
½ teas. coriander
½ teas. garlic powder
1 Tablespoon sugar

Place all in pot and heat. If you have cilantro, cheese, tortilla chips and avocado they add a nice finishing touch.

White Chicken Chili (from Belinda Craft)

1 can Chicken with juice
2 Chicken Bouillon cubes
2 cans Corn, drained
2 cans White beans, liquid & all
2 Cups Water
2 cans Chopped Green Chiles

Put all ingredients in to a pot. Cook over medium heat until hot.

Optional: can serve with Cilantro, Corn chips, Avocado, Cheese.

Enchilada Soup (from Belinda Craft)

1 can enchilada sauce
1 can chicken broth
1 can evaporated milk
1 can diced tomatoes
1 can black beans - drained
1 can chicken chunks
2 cups water
1 pkg. enchilada seasoning

Dump in a pan & heat & serve
Serve with: chips, cheese, sour cream, lime & cilantro

Santa Fe Chicken Pilaf (from Belinda Craft)

1 package rice pilaf mix
1 can Chicken Broth
1cup canned, Mexi-Season diced tomatoes
1 can Chicken
1 can Whole Kernel Corn - drained
1 can Black Beans - drained & rinsed

Prepare rice pilaf according to package directions, using chicken broth instead of water. Add contents of rice pilaf spice pack. Stir remaining 4 ingredients into rice mixture. Top with cheese if desired. This makes a great burrito filling if you have Tortillas on hand.

Meatless Chili (from Belinda Craft)

1 can corn (drained & rinsed)
2 cans diced stewed tomatoes
2 cans tomato sauce
1 can black & kidney beans (drained & rinsed)

Spice Packet

2 T chili powder
4 tsp. garlic powder
1 ½ cup water
¼ tsp. pepper
3 ½ tsp. salt
½ cup dried onion
1 TB dehydrated green pepper

Can add 1 ½ fresh zucchini (seasonal)

Tastes better if flavors simmer together a while. Add water for right consistency.

Turkey Tetrazzini (from Belinda Craft)

2 (10 oz.) cans Turkey or Chicken
14 oz. Spaghetti, broken into thirds
1 (6 oz.) can sliced Mushrooms
1 (16 oz.) can Chicken Broth
1 (16 oz.) can Evaporated Milk

Dry Ingredient Packet:

½ cup flour
1 tsp. Salt
½ tsp. Pepper

From the Pantry:

½ cup butter or oil
½ cup grated Parmesan Cheese

Make a white sauce by mixing flour, butter, chicken broth, milk over medium heat

Stir in mushrooms, turkey. Cook & Drain pasta. Stir sauce & pasta together & place in a baking dish. Bake 350 for 30 minutes

Mashed Potatoes with Chicken Gravy (from Tammy Hulse)

1 pkg instant potatoes (serves 8)
1 can cream of chicken soup
1 can chicken breast
1 can green beans or corn
1 can chicken broth
3 TB powdered milk in zip-loc baggie

Dry Ingredient Packet

¼ cup flour
½ tsp salt
3 TB powdered milk

From the pantry

1/2 cup butter

Add enough water to chicken broth to make 2 cups. Stir in dry ingredient packet. Stir well to remove lumps. Combine with ¼ cup butter over medium heat and stir until thickened. Add cream of chicken soup and drained chicken breasts. Use remaining butter with 1 cup milk (reconstitute powdered milk) to make instant potatoes. Heat beans or corn for a complete meal.

Creamy Chicken Noodle Soup (from Tammy Hulse)

1 quart chicken soup stock
1 can cream of chicken soup
1 can chicken breasts
4 cups dried egg noodles
2 TB powdered milk in zip-loc baggie

Vegetable packet

1/3 cup dehydrated carrots
¼ cup dehydrated onion

Cook noodles according to package directions

Heat chicken soup stock. Add carrots and onion and cook until tender. Add cream of chicken soup and powdered milk (mixed with ½ cup water). Add cooked chicken and noodles. Add salt and pepper to taste.

White Chicken Chili (from Tammy Hulse)

2 cans chicken breasts
1 quart chicken broth
2 cans (15 ½ oz) great northern beans
2 cans (4 oz) chopped green chilies
1 (5 oz) can evaporated milk

Seasoning Packet

1/3 cup dehydrated onion
1 ½ tsp garlic powder
1 tsp salt
1 tsp ground cumin
1 tsp oregano
½ tsp pepper
¼ tsp cayenne pepper

From the pantry: 1 cup sour cream
½ cup whipping cream

Combine chicken broth, chicken, beans, green chilies, and seasoning packet in pan. Bring to boil. Reduce heat and simmer for 30 minutes. Remove from heat and stir in evaporated milk. If available, use sour cream and whipping cream instead or canned milk. Serve immediately.

Turkey Dinner

8 oz package of Stuffing Mix
10 oz can Cream of Celery Soup
2-10 oz cans Chicken or Turkey
1 5 oz can Evaporated Milk
4 oz jar Pimentos (optional)
12 oz Green Beans or Peas
1 2/3 cup Water
1 15 oz can sweet potatoes
1/3 cup brown sugar
1 cup miniature marshmallows

Seasoning Packet:

1 Tbsp. dehydrated Onions
1/4 tsp. Sage
1/8 tsp Black Pepper

Mix together stuffing mix, and water. Press 2/3 of the mixture into a 9x9 pan.

Mix together soup, turkey/chicken, drained vegetables, 1/2 cup of the evaporated milk, and seasoning packet and heat through & pour over dressing.

Spread remaining dressing over top and garnish with pimentos if desired. Bake 350 for 30 minutes.

Place yams in casserole dish. Combine 1/3 cup syrup from can with 1/3 cup brown sugar and 4 TB butter. Heat until thickened. Pour sauce over yams. Bake for 350 F for 25-30 minutes. Top with marshmallows last 10 minutes of baking

Tuna Casserole (from Robyn Hutchinson)

1 large can white albacore tuna
1 large can evaporated milk
1 can cream of mushroom soup
1 can cream of chicken soup
1 small can mushrooms
1 small can diced olives
1 small can peas (optional)
1 bag crinkly noodles

Spice Packet:

1 t. minced onion
1 t. parsley

Topping Packet:

Parmesan cheese
Croutons - enough to sprinkle on top

From the pantry (if available)

Cooked frozen peas
Grated cheddar cheese
1 T. lemon juice
Fresh onion, sauteed in butter or oil

Cook noodles according to package direction. Mix canned products and spice packet together. Add frozen peas, lemon juice and onion if available. Combine with noodles. Top with grated cheese, parmesan and croutons. Bake at 350 for 20-30 minutes.

Chicken Tortilla Soup

1-28oz can crushed tomatoes
2-8oz cans tomato sauce
1 - 4 oz can diced green chilies
1- 13 oz can chicken or 1 pint chicken

Spice Packet

1/2 tsp garlic salt
4 cups water
2 Tbsp sugar
3 tsp chili powder
1/2 tsp oregano

From the pantry:

4 cups water

Combine in a large pot. Bring to a boil. Lower heat and simmer for 20 minutes. Garnish with deep fried tortilla chips.

Vegetable Minestrone (from Tammy Hulse)

1 (28 oz) can tomatoes
1 (15 oz) can tomato sauce
4 cups beef broth
1 (15 oz) can garbonzo beans
1 (16 oz) can green beans
1 (15 oz) can kidney beans
1 ¼ cups mostaccioli
1 small container Parmesan cheese

Spice Packet

1 TB dried parsley
½ tsp dried basil
1 tsp dried oregano
¼ tsp pepper
½ tsp garlic powder

From pantry (if desired)

2 large carrots
2 cups water

Preparation: Puree tomatoes in blender. In large crock-pot, combine tomatoes, tomato sauce, beef broth, water and carrots. Cook until vegetables are tender. Add beans and continue cooking until heated. Add mostaccioli 10 minutes before serving. Cook until pasta is tender. Garnish with parmesan cheese.

Serves 8-10

Sun Dried Tomato Pasta

Spice Packet

½ tsp garlic powder
1 ½ TB dried basil

1 can Italian diced tomatoes
1 can chicken broth
1 can or pint chicken breasts
1 (12 Oz) can evaporated milk
4 oz parmesan cheese (1 small container)
8 oz Penne Pasta

Combine garlic, basil, tomatoes, chicken broth and chicken in pan. Bring to boil and simmer for 10 minutes - uncovered. Add evaporated milk and parmesan cheese. Cook until cheese has melted. Cook pasta separately. Serve sauce over pasta.

Hawaiian Haystacks

1 can cream of chicken soup
1 can chicken
1 can chicken broth
1 ½ cup rice in baggie
1 small can pineapple tidbits
1 baggie chow mein noodles
1 baggie slivered almonds

Dry Ingredient Packet

1/4 cup flour
½ tsp salt
3 TB powdered milk

From the pantry

¼ cup butter
Grated cheese
Chopped celery and green onion
Chopped tomato

Add enough water to chicken broth to make 2 cups. Stir in dry ingredient packet. Stir well to remove lumps. Combine with ¼ cup butter (if available) over medium heat and stir until thickened. Add cream of chicken soup and drained chicken pieces.

Cook rice. Serve by putting sauce over rice and top with other ingredients as desired.

Chicken Alfredo

1 pint bottled chicken (drained)
1 pkg fettucini noodles or penne pasta
5 oz can evaporated milk
Small (3 oz) container Parmesan cheese

Spice Packet

1 -2 TB parsley
½ - 1 tsp garlic powder
1 tsp salt
1/8 tsp pepper

Alfredo Sauce Packet

1/3 cup powdered milk
1 TB cornstarch
1/8 tsp white or black pepper
pinch of nutmeg

From the pantry

2 cups water
¼ cup butter

Cook spaghetti according to package directions. Make the alfredo sauce by mixing sauce packet, evaporated milk and 2 cups water. Heat slowly over medium heat until sauce thickens. Add Parmesan cheese and cook until cheese melts.

Cut chicken and mix with spice packet. Add noodles and sauce. Stir together gently and bake for 20 minutes.

Shepherd's Pie

1 pint canned roast beef
1 can green beans, drained
1 can corn, drained
1 can tomato soup
1 pkg instant mashed potatoes (serves 8)
1 (5 oz) can evaporated milk

Pantry: 1 cup grated cheese

Combine first 4 ingredients, put in dutch oven or casserole dish. Make the mashed potatoes and spread over the other ingredients. Bake at 325 for 25 minutes. Top with grated cheese the last 5 minutes of baking.

Mock Zuppa Toscana

1 pint canned sausage (sliced into ½” slices)
1 quart - Chicken Broth
1 cup dehydrated potatoes
4 TB bacon pieces
1 (12 oz) can evaporated milk

Spice Packet

¾ tsp crushed red peppers
¼ cup dehydrated onion
1 tsp dehydrated minced garlic

Pantry

5 cups water
¼ bunch of kale

Cover dehydrated potatoes with 4 cups water.
Let stand for 15 minutes, drain water.

Pour chicken broth into pan. Add onions, garlic and bacon. Cook until boiling. Add potatoes and cook until soft (about half an hour). Add evaporated milk and cook until thoroughly heated. Stir in the sausage. Add kale just before serving.

Coconut Rice

2 cups rice
1 quart chicken soup stock
1 can coconut milk
1 can corn
2 cans black beans

Vegetable Packet

¼ cup dried carrots
2 TB dried onion

Pantry: 1-3 tsp maple syrup to taste

Cook rice in chicken soup stock. Rehydrate vegetables for 15 minutes. Saute vegetables in coconut milk than add other ingredients including cooked rice.

Beef Stew

1 pint canned roast beef
1 (8 oz) can tomato sauce
1 quart beef soup stock

Vegetable packet

1 cup dehydrated potatoes
¼ cup dehydrated carrots
2 TB dehydrated onion

Pantry: grated cheese

Place vegetables in 4 cup container. Cover with water and allow to stand for 15 minutes. Drain water.

Pour beef soup stock in pan. Add rehydrated vegetables and simmer until vegetables are soft. Add roast beef with juice and tomato sauce. Cook until thoroughly heated.

Add salt and pepper to taste. Serve with grated cheese.

Lemon Chicken

1 pint chicken
1 1/3 c rice
1 can pineapple tidbits (save juice for sauce)
1 can chicken broth
1/2 cup sliced almonds

Sauce Mix:

1/2 tsp minced garlic
1 tsp salt
dash of white pepper
2 TB cornstarch

Pantry:

1/2 cup honey
1/3 cup lemon juice
4 TB vinegar
2 TB oil
2 TB catsup

From Pantry

2 2/3 c water
1 pkg. frozen oriental vegetables

Cook rice in 2 2/3 cup water. Warm up bottled chicken. Put the pineapple juice, chicken broth, honey, lemon juice, vinegar, oil, catsup and sauce mix in jar. Shake well and heat until thickened. On the bed of cooked rice place the heated chicken, almonds, pineapple. Add vegetables is available. Pour sauce over the top.

Macaroni and Cheese

1 1/4 cup macaroni noodles

Sauce Mix:

1/4 cup powdered milk
2 TB flour
1/4 tsp salt

From pantry:

2 TB butter
1 tsp chicken soup base
1/2 - 1 cup shredded cheddar cheese
1 cup water

Bring water to boil in pan. Add macaroni noodles and cook for 8 minutes.

While macaroni is cooking, combine sauce mix with 1 cup water and 1 tsp chicken soup base. Mix well to remove lumps. Melt butter in small saucepan. Add sauce mixture and cook over medium heat until thickened. Add cheese to taste and continue cooking until cheese melts. Pour over macaroni. Enjoy!

Sweet and Sour Chicken:

1/2 cup dried bell pepper
3 Tbsp dried onion
1 (8oz) can unsweetened pineapple tidbits
1 cup chicken broth or 1 bouillon cube in 1 cup hot water.
1-2 Tbsp soy sauce
3 Tbsp vinegar
3-4 Tbsp brown sugar or honey (to taste)
Pinch of salt
2 Tbsp cornstarch
1/4 cup cold water
2 cans chicken (or 2 chicken breasts, cubed and cooked)
3 cups cooked brown (or white) rice

Cook green pepper, onion & pineapple tidbits in broth, pineapple juice, soy sauce, vinegar & brown sugar (or honey). Stir in cornstarch into cold water. Add to mixture. Cook and stir gently until thickened. Add chicken & heat through. Serve over hot rice.

Coconut Curry Chicken

Adapted from Rachael Ray Magazine

1 1/2 cups white rice
2 tsps curry powder
13.5-oz can coconut milk
canned chicken
2 tsp five-spice powder
1 Tbsp oil

Add rice and 3 cups of water to a saucepan. Drizzle a little oil in and turn up to high heat. Watch for the water level to boil down to the rice. When it does, turn off the heat and cover. Let sit for 15 minutes. Fluff with a fork.

Drizzle oil in a skillet. Add curry powder and cook for one minute. Add coconut milk and cook until reduced by half, about 7 minutes. Drain chicken and add to a bowl with the spices. Coat chicken. Add chicken to frying pan with warm oil and saute for a few minutes. Add chicken to the sauce and stir to combine. Serve over rice.

Curried Lentils and Rice

adapted from *Fitness Magazine*

2 cups rice
1 Tbsp vegetable oil
1 Tbsp curry powder
1/2 tsp powdered onion
4 cups water
1 cup brown lentils
1 tsp honey
1 Tbsp balsamic vinegar
1 tsp salt

Cook rice according to package directions. Heat oil and curry powder together in a large saucepan over medium-high heat. Add the onion powder and cook for 2 minutes, stirring occasionally. Add the water and lentils and bring to a boil; reduce heat. Cover and simmer 22 minutes, until lentils are soft. Remove from heat; stir in the honey, vinegar, and salt. Ladle over bowls of rice. Top with cilantro and sour cream if rotating.