

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 <u>LisaO@vinemapleplace.org</u>.

• Mexican Rice & Beans (V & GF)

Tuna Noodle Casserole

Choose from our selection of recipes:

Chicken Tortilla Soup

Three Bean Soup (GF))

Chicken & Rice

- Chicken Noodle Soup
- Chicken Pot Pie Casserole
- Chili Mac

Instructions:

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Chili Soup

- 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

| Chicken Tortilla Soup Recipe |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| hole kernel corn, drained |
| hicken broth |
| nunk chicken |
| k beans |
| ced tomatoes with green chili peppers, drained |
| |
| : Pour all ingredients into a large sauce pan. |
| ver medium heat until chicken is heated |
| Great with tortilla chips or top with shredded |
| |
| Chicken Tortilla Soup Recipe |
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Chicken and Rice Recipe

| Chicken and Rice Recipe | Chicken and Rice Recipe |
|---------------------------------------------------------------|---------------------------------------------------------------|
| 4 cups of cooked rice | 4 cups of cooked rice |
| 1 can of chunk chicken, drained | 1 can of chunk chicken, drained |
| 1 can of cream of chicken soup | 1 can of cream of chicken soup |
| 1 can of water | 1 can of water |
| 1 can of peas or green beans, drained | 1 can of peas or green beans, drained |
| salt and pepper to taste | salt and pepper to taste |
| Directions: Prepare rice according package directions. | Directions: Prepare rice according package directions. |
| Heat cream of chicken soup and 1 can of water. Add | Heat cream of chicken soup and 1 can of water. Add |
| chicken and peas (or green beans) until heated through. | chicken and peas (or green beans) until heated through. |
| Serve over rice. | Serve over rice. |
| Chicken and Rice Recipe | Chicken and Rice Recipe |
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| Serve over rice. | Serve over rice. |



Chicken Noodle Soup Recipe

| Chicken Noodle Soup Recipe |
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| k chicken |
| ken broth |
| d vegetables |
| noodles, uncooked |
| per to taste |
| |
| ombine all ingredients except noodles in |
| an over medium heat. Heat until bubbly. |
| Simmer soup 8-12 minutes or until noodles |
| tirring occasionally. |
| Chicken Noodle Soup Recipe |
| k chicken |
| ken broth |
| d vegetables |
| noodles, uncooked |
| per to taste |
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| d vegetables |
| noodles, uncooked |
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Three Bean Soup Recipe

| Three Bean Soup Recipe Gluten-free | Three Bean Soup Recipe Gluten-free |
|----------------------------------------------------------------|----------------------------------------------------------------|
| 1 can black beans, drained | 1 can black beans, drained |
| 1 can pinto beans, drained | 1 can pinto beans, drained |
| 1 can great Northern beans, drained | 1 can great Northern beans, drained |
| 1 (32 fl. oz.) box chicken broth | 1 (32 fl. oz.) box chicken broth |
| 1 can corn, drained | 1 can corn, drained |
| 1 can fire-roasted diced tomatoes | 1 can fire-roasted diced tomatoes |
| 2 teaspoons taco seasoning (Can omit seasoning or use | 2 teaspoons taco seasoning (Can omit seasoning or use |
| less according to taste) | less according to taste) |
| Directions: Combine all ingredients in large sauce pan. | Directions: Combine all ingredients in large sauce pan. |
| Simmer soup for 30 minutes. | Simmer soup for 30 minutes. |
| Three Bean Soup Recipe Gluten-free | Three Bean Soup Recipe Gluten-free |
| 1 can black beans, drained | 1 can black beans, drained |
| 1 can pinto beans, drained | 1 can pinto beans, drained |
| 1 can great Northern beans, drained | 1 can great Northern beans, drained |
| 1 (32 fl. oz.) box chicken broth | 1 (32 fl. oz.) box chicken broth |
| 1 can corn, drained | 1 can corn, drained |
| 1 can fire-roasted diced tomatoes | 1 can fire-roasted diced tomatoes |
| 2 teaspoons taco seasoning (Can omit seasoning or use | 2 teaspoons taco seasoning (Can omit seasoning or use |
| less according to taste) | less according to taste) |
| Directions: Combine all ingredients in large sauce pan. | Directions: Combine all ingredients in large sauce pan. |
| Simmer soup for 30 minutes. | Simmer soup for 30 minutes. |
| Three Bean Soup Recipe Gluten-free | Three Bean Soup Recipe Gluten-free |
| 1 can black beans, drained | 1 can black beans, drained |
| 1 can pinto beans, drained | 1 can pinto beans, drained |
| 1 can great Northern beans, drained | 1 can great Northern beans, drained |
| 1 (32 fl. oz.) box chicken broth | 1 (32 fl. oz.) box chicken broth |
| 1 can corn, drained | 1 can corn, drained |
| 1 can fire-roasted diced tomatoes | 1 can fire-roasted diced tomatoes |
| 2 teaspoons taco seasoning (Can omit seasoning or use | 2 teaspoons taco seasoning (Can omit seasoning or use |
| less according to taste) | less according to taste) |
| Directions: Combine all ingredients in large sauce pan. | Directions: Combine all ingredients in large sauce pan. |
| Simmer soup for 30 minutes. | Simmer soup for 30 minutes. |



Mexican Beans and Rice Recipe

| Vegetarian & Gluten-free | Vegetarian & Gluten-free |
|------------------------------------------------------|------------------------------------------------------|
| Mexican Rice and Beans Recipe | Mexican Rice and Beans Recipe |
| 1 cup dry rice | 1 cup dry rice |
| 1 ½ cups water | 1 ½ cups water |
| 1 8oz. can tomato sauce | 1 8oz. can tomato sauce |
| 1 tablespoon taco seasoning (about ¼ of packet) (Can | 1 tablespoon taco seasoning (about ¼ of packet) (Can |
| omit seasoning or use less according to taste) | omit seasoning or use less according to taste) |
| 1 can kidney beans, drained | 1 can kidney beans, drained |
| Directions: Combine rice, water, taco seasoning and | Directions: Combine rice, water, taco seasoning and |
| tomato sauce in a sauce pan. Bring to boil, and then | tomato sauce in a sauce pan. Bring to boil, and then |
| reduce heat to low. Cover and simmer for 15 minutes. | reduce heat to low. Cover and simmer for 15 minutes. |
| Add beans and cook 5 more minutes until heated | Add beans and cook 5 more minutes until heated |
| through, stirring often. | through, stirring often. |
| Vegetarian & Gluten-free | Vegetarian & Gluten-free |
| Mexican Rice and Beans Recipe | Mexican Rice and Beans Recipe |
| 1 cup dry rice | 1 cup dry rice |
| 1 ½ cups water | 1 ½ cups water |
| 1 8oz. can tomato sauce | 1 8oz. can tomato sauce |
| 1 tablespoon taco seasoning (about ¼ of packet) (Can | 1 tablespoon taco seasoning (about ¼ of packet) (Can |
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| 1 can kidney beans, drained | 1 can kidney beans, drained |
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| tomato sauce in a sauce pan. Bring to boil, and then | tomato sauce in a sauce pan. Bring to boil, and then |
| reduce heat to low. Cover and simmer for 15 minutes. | reduce heat to low. Cover and simmer for 15 minutes. |
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| tomato sauce in a sauce pan. Bring to boil, and then | tomato sauce in a sauce pan. Bring to boil, and then |
| reduce heat to low. Cover and simmer for 15 minutes. | reduce heat to low. Cover and simmer for 15 minutes. |
| Add beans and cook 5 more minutes until heated | Add beans and cook 5 more minutes until heated |
| through, stirring often. | through, stirring often. |



Tuna Casserole Recipe

| Tuna Casserole Recipe | Tuna Casserole Recipe |
|---------------------------------------------------------------------|-------------------------------------------------------------|
| 1 box of macaroni and cheese | 1 box of macaroni and cheese |
| 1 can of cream of mushroom soup | 1 can of cream of mushroom soup |
| 2 (5 oz) cans of tuna, drained | 2 (5 oz) cans of tuna, drained |
| 1 can peas, drained | 1 can peas, drained |
| | |
| Directions: Prepare macaroni and cheese according to | Directions: Prepare macaroni and cheese according to |
| box directions. Stir in the cream of mushroom soup, tuna, | box directions. Stir in the cream of mushroom soup, tuna, |
| and peas. Mix well and heat until bubbly. | and peas. Mix well and heat until bubbly. |
| Tuna Casserole Recipe | Tuna Casserole Recipe |
| 1 box of macaroni and cheese | 1 box of macaroni and cheese |
| 1 can of cream of mushroom soup | 1 can of cream of mushroom soup |
| 2 (5 oz) cans of tuna, drained | 2 (5 oz) cans of tuna, drained |
| 1 can peas, drained | 1 can peas, drained |
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| Directions: Prepare macaroni and cheese according to | Directions: Prepare macaroni and cheese according to |
| box directions. Stir in the cream of mushroom soup, tuna, | box directions. Stir in the cream of mushroom soup, tuna, |
| and peas. Mix well and heat until bubbly. | and peas. Mix well and heat until bubbly. |
| Tuna Casserole Recipe | Tuna Casserole Recipe |
| 1 box of macaroni and cheese | 1 box of macaroni and cheese |
| 1 can of cream of mushroom soup | 1 can of cream of mushroom soup |
| 2 (5 oz) cans of tuna, drained | 2 (5 oz) cans of tuna, drained |
| 1 can peas, drained | 1 can peas, drained |
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| <u>Directions</u> : Prepare macaroni and cheese according to | Directions: Prepare macaroni and cheese according to |
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| and peas. Mix well and heat until bubbly. | and peas. Mix well and heat until bubbly. |
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| and peas. Mix well and heat until bubbly. | and peas. Mix well and heat until bubbly. |
| and peas. Why well and near until bubbly. | and peas. With well and hear diful bubbly. |



Chili Soup Recipe

| Chili Soup Recipe | Chili Soup Recipe |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| 1 can chili | 1 can chili |
| 1 can of whole kernel corn, drained | 1 can of whole kernel corn, drained |
| 1 can vegetable beef soup | 1 can vegetable beef soup |
| 1 can tomato soup | 1 can tomato soup |
| 1 can diced tomatoes with green chili peppers | 1 can diced tomatoes with green chili peppers |
| | |
| Directions: Stir chili, corn, vegetable beef soup, tomato | Directions: Stir chili, corn, vegetable beef soup, tomato |
| soup, diced tomatoes together in a saucepan over | soup, diced tomatoes together in a saucepan over |
| medium-high heat, 5-10 minutes. | medium-high heat, 5-10 minutes. |
| Chili Soup Recipe | Chili Soup Recipe |
| 1 can chili | 1 can chili |
| 1 can of whole kernel corn, drained | 1 can of whole kernel corn, drained |
| 1 can vegetable beef soup | 1 can vegetable beef soup |
| 1 can tomato soup | 1 can tomato soup |
| 1 can diced tomatoes with green chili peppers | 1 can diced tomatoes with green chili peppers |
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| 1 can vegetable beef soup | 1 can vegetable beef soup |
| 1 can tomato soup | 1 can tomato soup |
| | |
| 1 can diced tomatoes with green chili nenners | |
| 1 can diced tomatoes with green chili peppers | 1 can diced tomatoes with green chili peppers |
| 1 can diced tomatoes with green chili peppers <u>Directions:</u> Stir chili, corn, vegetable beef soup, tomato | |
| | 1 can diced tomatoes with green chili peppers |



Chili Mac Recipe

| Chili Mac Recipe | Chili Mac Recipe |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 box mac and cheese | 1 box mac and cheese |
| 1 can chili | 1 can chili |
| 1 can string beans | 1 can string beans |
| (Optional: 1 can pears for dessert) | (Optional: 1 can pears for dessert) |
| | |
| Directions: Prepare mac and cheese according to box | Directions: Prepare mac and cheese according to box |
| directions, stir in chili and green beans, mix well and heat | directions, stir in chili and green beans, mix well and heat |
| until bubbly. | until bubbly. |
| Chili Mac Recipe | Chili Mac Recipe |
| 1 box mac and cheese | 1 box mac and cheese |
| 1 can chili | 1 can chili |
| 1 can string beans | 1 can string beans |
| (Optional: 1 can pears for dessert) | (Optional: 1 can pears for dessert) |
| | |
| <u>Directions</u> : Prepare mac and cheese according to box | <u>Directions</u> : Prepare mac and cheese according to box |
| directions, stir in chili and green beans, mix well and heat | directions, stir in chili and green beans, mix well and heat |
| until bubbly. | until bubbly. |
| | |
| Chili Mac Recipe | Chili Mac Recipe |
| 1 box mac and cheese | 1 box mac and cheese |
| 1 box mac and cheese 1 can chili | 1 box mac and cheese 1 can chili |
| 1 box mac and cheese 1 can chili 1 can string beans | 1 box mac and cheese 1 can chili 1 can string beans |
| 1 box mac and cheese 1 can chili | 1 box mac and cheese 1 can chili |
| 1 box mac and cheese 1 can chili 1 can string beans (Optional: 1 can pears for dessert) | 1 box mac and cheese 1 can chili 1 can string beans (Optional: 1 can pears for dessert) |
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| ENDING HOMELESSNESS | transform |
|----------------------------------------------------------|----------------------------------------------------------|
| Chicken Pot Pie Casserole | Chicken Pot Pie Casserole |
| 1 can cream of chicken soup | 1 can cream of chicken soup |
| 1 can mixed veggies in water | 1 can mixed veggies in water |
| 1 lg. can chunk chicken | 1 lg. can chunk chicken |
| 1 box of low sodium Chicken Stove Top Stuffing Mix (or | 1 box of low sodium Chicken Stove Top Stuffing Mix (or |
| similar brand) | similar brand) |
| Directions: | Directions: |
| Do not drain vegetables. Combine with chicken and | Do not drain vegetables. Combine with chicken and |
| cream of chicken soup. | cream of chicken soup. |
| Spread into oven safe casserole dish. Season to taste. | Spread into a oven safe casserole dish, Season to taste. |
| Mix stuffing with 1-2/3 cup warm water | Mix stuffing with 1-2/3 cup warm water |
| Spread on top of chicken mixture. | Spread on top of chicken mixture. |
| Bake @ 375 degrees in oven 30-45 minutes or until | Bake @ 375 degrees in oven 30-45 minutes or until |
| stuffing is golden brown. | stuffing is golden brown. |
| Chicken Pot Pie Casserole | Chicken Pot Pie Casserole |
| 1 can cream of chicken soup | 1 can cream of chicken soup |
| 1 can mixed veggies in water | 1 can mixed veggies in water |
| 1 lg. can chunk chicken | 1 lg. can chunk chicken |
| 1 box of low sodium Chicken Stove Top Stuffing Mix (or | 1 box of low sodium Chicken Stove Top Stuffing Mix (or |
| similar brand) | similar brand) |
| Directions: | Directions: |
| Do not drain vegetables. Combine with chicken and | Do not drain vegetables. Combine with chicken and |
| cream of chicken soup. | cream of chicken soup. |
| Spread into a oven safe casserole dish, Season to taste. | Spread into a oven safe casserole dish, Season to taste. |
| Mix stuffing with 1-2/3 cup warm water | Mix stuffing with 1-2/3 cup warm water |
| Spread on top of chicken mixture. | Spread on top of chicken mixture. |
| Bake @ 375 degrees in oven 30-45 minutes or until | Bake @ 375 degrees in oven 30-45 minutes or until |
| stuffing is golden brown. | stuffing is golden brown. |
| Chicken Pot Pie Casserole | Chicken Pot Pie Casserole |
| 1 can cream of chicken soup | 1 can cream of chicken soup |
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