

Chicken Taco Soup

Ready in 15 minutes
Serves 6 to 8 people
Approximate Cost = \$5.05

Ingredients

- 1 (15 oz.) can pinto beans, drained {\$.50}
- 1(15 oz.) can black beans, drained {\$.50}
- 1 (15 oz.) can whole corn, drained {\$.50}
- 1 (10.5 oz.) can diced tomatoes and green chiles {\$.67}
- 1 (12.5 oz) can chicken breast, drained and flaked {\$1.98}
- 1 (14.5 oz.) can chicken broth {\$.50}
- 1 (1 oz.) packet taco seasoning {\$.40}

Preparation Instructions:

1. Place all ingredients in a large pot over medium-high heat.
2. Stir in taco seasoning.
3. Bring mixture to a boil, then reduce heat to low and let simmer until desired thickness is reached.
4. Serve hot. Can be garnished with sour cream, tortilla chips, and shredded cheese.

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4. Serve hot. Can be garnished with sour cream, tortilla chips, and shredded cheese.

Rice and Veggie Bake

Ready in 45 minutes
Serves 4 to 6 people
Approximate Cost = \$6.11

Ingredients

- 1 (10 oz.) pkg. yellow saffron rice {\$1.08}
- 1 (12.5 oz) can chicken, drained and flaked {\$1.98}
- 1 (10 oz.) can cheddar soup {\$1.33}
- 1 (4 oz.) can evaporated milk {\$.94}
- 1 (14 oz.) can mixed veggies, drained {\$.78}

Preparation Instructions:

1. Cook rice according to package directions.
2. Stir all ingredients into warm, cooked rice. Spoon into greased 8x8 casserole dish.
3. Bake at 350 for 20 minutes. Can top with shredded cheese and bake for 5 more minutes. Serve warm.

Rice and Veggie Bake

Ready in 45 minutes
Serves 4 to 6 people
Approximate Cost = \$6.11

Ingredients

- 1 (10 oz.) pkg. yellow saffron rice {\$1.08}
- 1 (12.5 oz) can chicken, drained and flaked {\$1.98}
- 1 (10 oz.) can cheddar soup {\$1.33}
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- 1 (14 oz.) can mixed veggies, drained {\$.78}

Preparation Instructions:

1. Cook rice according to package directions.
2. Stir all ingredients into warm, cooked rice. Spoon into greased 8x8 casserole dish.
3. Bake at 350 for 20 minutes. Can top with shredded cheese and bake for 5 more minutes. Serve warm.

Chicken and Wild Rice Casserole

Ready in 45 minutes
Serves 4 to 6 people
Approximate Cost = \$4.29

Ingredients

- 1 (4.3 oz.) box long grain wild rice mix {\$.93}
 Substitute bag of rice
- 1 (12.5 oz.) can of chicken, drained and flaked {\$1.98}
- 1 (15 oz.) can vegetables, drained {\$.88}
- 1 (10 oz.) can cream of chicken soup {\$.50}

Preparation Instructions:

1. Cook rice according to package directions.
2. Substitution – boil rice with 2 cups water until soft.
3. Stir all other ingredients into warm rice until well combined.
Spoon into pie plate or casserole dish. Add ½ cup water.
4. Bake at 350 degrees for 20-30 minutes, or until heated through and bubbly. Serve warm.

Chicken and Wild Rice Casserole

Ready in 45 minutes
Serves 4 to 6 people
Approximate Cost = \$4.29

Ingredients

- 1 (4.3 oz.) box long grain wild rice mix {\$.93}
 Substitute bag of rice
- 1 (12.5 oz.) can of chicken, drained and flaked {\$1.98}
- 1 (15 oz.) can green beans, drained {\$.88}
- 1 (10 oz.) can cream of mushroom soup {\$.50}

Preparation Instructions:

1. Cook rice according to package directions.
2. Substitution – boil rice with 2 cups water until soft.
3. Stir all other ingredients into warm rice until well combined.
Spoon into pie plate or casserole dish.
4. Bake at 350 degrees for 20-30 minutes, or until heated through and bubbly. Serve warm.

Chickpea Tomato Minestrone

Ready in 25 minutes
Serves 4 to 6 people
Approximate Cost = \$6.43

Ingredients

- 2 (14.5 oz.) can diced tomatoes w/green pepper, celery, & onion
{ \$1.28 }
- 1 (32 oz.) container vegetable stock { \$1.23 }
- 1 (12-16 oz.) box of pasta, not spaghetti or long noodles
{ \$1.00 }
- 1 (15 oz.) can chickpeas/garbanzo beans, drained and rinsed
{ \$.50 }
- 1 (14 oz.) can spinach, drained { \$.64 }
- 1 { 15 oz } can carrots, drained { \$.50 }

Preparation Instructions:

1. Mix all ingredients in a large pot.
2. Bring to a boil and then reduce to a simmer. Let simmer for 20 minutes.
3. Add salt and pepper to taste.

Chickpea Tomato Minestrone

Ready in 25 minutes
Serves 4 to 6 people
Approximate Cost = \$6.43

Ingredients

- 2 (14.5 oz.) can diced tomatoes w/green pepper, celery, & onion
{ \$1.28 }
- 1 (32 oz.) container vegetable stock { \$1.23 }
- 1 (12-16 oz.) box of pasta, not spaghetti or long noodles
{ \$1.00 }
- 1 (15 oz.) can chickpeas/garbanzo beans, drained and rinsed
{ \$.50 }
- 1 (14 oz.) can spinach, drained { \$.64 }
- 1 { 15 oz } can carrots, drained { \$.50 }

Preparation Instructions:

1. Mix all ingredients in a large pot.
2. Bring to a boil and then reduce to a simmer. Let simmer for 20 minutes.
3. Add salt and pepper to taste.

Camp Stew

Ready in 30 minutes

Serves 6 to 8 people

Approximate Cost = \$11.46

Ingredients

- 3 (14.5 oz.) can diced tomatoes {\$1.92}
- 1 (14 oz.) can whole kernel corn {\$.50}
- 1 (14 oz.) can lima or cannellini beans {\$.50}
- 2 (10 oz.) cans beef or pork in bbq sauce {\$6.56}
- 1 (10 oz.) can chicken {\$1.98}

Preparation Instructions:

1. Mix all ingredients (undrained) in a large pot.
2. Place over medium heat, stirring often, and bring just to a boil.
3. Reduce heat and simmer, stirring from time to time, for about 30 minutes.

Camp Stew

Ready in 30 minutes

Serves 6 to 8 people

Approximate Cost = \$11.46

Ingredients

- 3 (14.5 oz.) can diced tomatoes {\$1.92}
- 1 (14 oz.) can whole kernel corn {\$.50}
- 1 (14 oz.) can lima or cannellini beans {\$.50}
- 2 (10 oz.) cans beef or pork in bbq sauce {\$6.56}
- 1 (10 oz.) can chicken {\$1.98}

Preparation Instructions:

1. Mix all ingredients (undrained) in a large pot.
2. Place over medium heat, stirring often, and bring just to a boil.
3. Reduce heat and simmer, stirring from time to time, for about 30 minutes.

White Bean & Ham Stew

Ready in 20 minutes
Serves 6
Approximate Cost = \$7.25

Ingredients

- 1 (16 oz.) canned ham, diced {\$3.97}
- 1 (14.5 oz.) can diced tomatoes with garlic {\$.64}
- 2 (14 oz.) cans chicken broth {\$1.00}
- 2 (15.5 oz.) cannellini beans, drained and rinsed {\$1.00}
- 1 (13.5 oz.) can spinach {\$.64}

Preparation Instructions:

1. Place diced ham in large pot over medium-high heat and cook for 1-2 minutes until lightly browned.
2. Add tomatoes (undrained), broth, beans, and spinach. Bring just to a boil.
3. Reduce heat and simmer, stirring from time to time, for about 15 minutes.

White Bean & Ham Stew

Ready in 20 minutes
Serves 6
Approximate Cost = \$7.25

Ingredients

- 1 (16 oz.) canned ham, diced {\$3.97}
- 1 (14.5 oz.) can diced tomatoes with garlic {\$.64}
- 2 (14 oz.) cans chicken broth {\$1.00}
- 2 (15.5 oz.) cannellini beans, drained and rinsed {\$1.00}
- 1 (13.5 oz.) can spinach {\$.64}

Preparation Instructions:

1. Place diced ham in large pot over medium-high heat and cook for 1-2 minutes until lightly browned.
2. Add tomatoes (undrained), broth, beans, and spinach. Bring just to a boil.
3. Reduce heat and simmer, stirring from time to time, for about 15 minutes.

Chicken & Stuffing

Ready in 35 minutes
Serves 6
Approximate Cost = \$4.56

Ingredients

- 1 (6 oz.) boxed chicken stuffing {\$.80}
- 1 (15 oz.) can mixed vegetables, drained {\$.78}
- 1 (14 oz.) canned chicken broth {\$.50}
- 1 (12.5 oz.) canned chicken, drained and flaked {\$1.98}
- 1 (10.5 oz.) cream of chicken soup {\$.50}

Preparation Instructions:

1. In a mixing bowl, combine cream of chicken soup, canned chicken broth, mixed vegetables, and canned chicken.
2. Mix in boxed chicken stuffing.
3. Place mixture in a greased 9x13 baking dish.
4. Bake at 350 degrees for 20 – 30 minutes, until heated thoroughly. Serve warm. Add salt and pepper to taste.

Chicken & Stuffing

Ready in 35 minutes
Serves 6
Approximate Cost = \$4.56

Ingredients

- 1 (6 oz.) boxed chicken stuffing {\$.80}
- 1 (15 oz.) can mixed Vegetables, drained {\$.78}
- 1 (14 oz.) canned chicken broth {\$.50}
- 1 (12.5 oz.) canned chicken, drained and flaked {\$1.98}
- 1 (10.5 oz.) cream of chicken soup {\$.50}

Preparation Instructions:

1. In a mixing bowl, combine cream of chicken soup, canned chicken broth, mixed vegetables, and canned chicken.
2. Mix in boxed chicken stuffing.
3. Place mixture in a greased 9x13 baking dish.
4. Bake at 350 degrees for 20 – 30 minutes, until heated thoroughly. Serve warm. Add salt and pepper to taste.

Tuna Noodle

Ready in 20 minutes
Serves 6 – 8
Approximate Cost = \$5.11

Ingredients

- 1(12 oz.) canned tuna, drained {\$1.67}
- 1 (12 oz.) evaporated milk {\$.94}
- 1 (10.5 oz.) can cream of mushroom {\$1.00}
- 1 (16 oz.) boxed pasta {\$1.00}
- 1 (15 oz.) can sweet peas or canned veggie {\$.50}

Preparation Instructions:

1. Cook pasta according to package directions, drain and set aside.
2. In a mixing bowl, combine cream of mushrooms soup and evaporated milk.
3. Once mixed, add remaining ingredients, including the pasta. Place in a greased 9x13 baking dish.
4. Bake at 350 degrees for 30 – 45 minutes until heated thoroughly. Serve warm. Add salt and pepper to taste.

Tuna Noodle

Ready in 20 minutes
Serves 6 – 8
Approximate Cost = \$5.11

Ingredients

- 1 (12 oz.) canned tuna, drained {\$1.67}
- 1 (12 oz.) evaporated milk {\$.94}
- 1 (10.5 oz.) can cream of mushroom {\$1.00}
- 1 (16 oz.) boxed pasta {\$1.00}
- 1 (15 oz.) can sweet peas or canned veggie {\$.50}

Preparation Instructions:

1. Cook pasta according to package directions, drain and set aside.
2. In a mixing bowl, combine cream of mushroom soup and evaporated milk.
3. Once mixed, add remaining ingredients, including the pasta. Place in a greased 9x19 baking dish.
4. Bake at 350 degrees for 30 – 45 minutes until heated thoroughly. Serve warm. Add salt and pepper to taste.

Easy Chicken Dinner

Ready in 20 minutes

Serves 6 – 8

Approximate Cost = \$6.09

Ingredients

- 1 (12.5 oz.) Canned Chicken, drained and flaked {\$1.98}
- 1 (16 oz.) Boxed Pasta {\$1.00}
- 1 (10.5 oz.) Cream of Mushroom Soup {\$.50}
- 1 (15 oz.) Canned Sweet Peas, drained {\$.50}
- 1 (4 oz.) Canned Mushrooms, drained {\$.67}
- 1 (12 oz) Evaporated Milk {\$.94}

Preparation Instructions:

1. Cook pasta according to package directions, drain and set aside.
 2. In a mixing bowl, combine cream of mushroom soup and evaporated milk.
 3. Once mixed, add remaining ingredients, including the pasta. Place in a greased 9x13 baking dish.
 4. Bake at 350 degrees for 30 – 45 minutes until heated thoroughly. Serve warm.
- Add salt and pepper to taste.

Easy Chicken Dinner

Ready in 20 minutes

Serves 6 – 8

Approximate Cost = \$6.09

Ingredients

- 1 (12.5 oz.) Canned Chicken, drained and flaked {\$1.98}
- 1 (16 oz.) Boxed Pasta {\$1.00}
- 2 (10.5 oz.) Cream of Mushroom Soup {\$.50}
- 1 (15 oz.) Canned Sweet Peas, drained {\$.50}
- 1 (4 oz.) Canned Mushrooms, drained {\$.67}
- 1 (12 oz) Evaporated Milk {\$.94}

Preparation Instructions:

1. Cook pasta according to package directions, drain and set aside.
 2. In a mixing bowl, combine cream of mushroom soup and evaporated milk.
 3. Once mixed, add remaining ingredients, including the pasta. Place in a greased 9x13 baking dish.
 4. Bake at 350 degrees for 30 – 45 minutes until heated thoroughly. Serve warm.
- Add salt and pepper to taste.

Chicken Dinner

Ready in 20 minutes

Serves 4-6

Approximate Cost = \$3.68

Ingredients

- 1 (12.5 oz.) canned chicken, drained and flaked {\$1.98}
- 1 (10.5 oz.) cream of chicken soup {\$0.50}
- 1 (4 oz.) Instant Mashed Potatoes {\$0.70}
- 1 (15 oz.) vegetables (\$.50 - \$.78)

Preparation Instructions:

1. Cook potatoes according to package directions and set aside.
2. In a mixing bowl, combine canned chicken and cream of chicken.
3. In a 9x9 greased baking dish, add chicken mixture. Then top with mashed potatoes.
4. Bake at 350 degrees for 30 minutes or until heated thoroughly.
5. Prepare canned vegetable according to package directions.
6. Serve warm. Can add salt and pepper to taste.

Suggestions: Can mix drained vegetables in with chicken mixture, place in backing dish, cover with mashed potatoes, and bake.

Chicken Dinner

Ready in 20 minutes

Serves 4-6

Approximate Cost = \$3.68

Ingredients

- 1 (12.5 oz.) canned chicken, drained and flaked {\$1.98}
- 1 (10.5 oz.) cream of chicken soup {\$0.50}
- 1 (4 oz.) Instant Mashed Potatoes {\$0.70}
- 1 (15 oz.) vegetables (\$.50 - \$.78)

Preparation Instructions:

1. Cook potatoes according to package directions and set aside.
2. In a mixing bowl, combine canned chicken and cream of chicken.
3. In a 9x9 greased baking dish, add chicken mixture. Then top with mashed potatoes.
4. Bake at 350 degrees for 30 minutes or until heated thoroughly.
5. Prepare canned vegetable according to package directions.
6. Serve warm. Can add salt and pepper to taste.

Suggestions: Can mix drained vegetables in with chicken mixture, place in backing dish, cover with mashed potatoes, and bake.

Chicken Dinner 2

Ready in Approx. 20 minutes
Serves 4-6
Approximate Cost = \$4.20

Ingredients

- 1 (12.5 oz.) canned chicken, drained and flaked {\$1.98}
- 1 (0.87 oz.) Chicken Gravy (\$1.02)
- 1 (4 oz.) Instant Mashed Potatoes {\$.70}
- 1 (15 oz.) vegetables (\$.50 - \$.78)

Preparation Instructions:

1. Cook potatoes according to package directions and set aside.
2. Prepare gravy according to directions on packet.
3. In a 9x9 greased baking dish, add chicken, drained vegetables, and gravy. Then top with mashed potatoes.
4. Bake at 350 degrees for 30 minutes or until heated thoroughly.
5. Serve warm. Can add salt and pepper to taste.

Chicken Dinner 2

Ready in Approx. 20 minutes
Serves 4-6
Approximate Cost = \$4.20

Ingredients

- 1 (12.5 oz.) canned chicken, drained and flaked {\$1.98}
- 1 (0.87 oz.) Chicken Gravy (\$1.02)
- 1 (4 oz.) Instant Mashed Potatoes {\$.70}
- 1 (15 oz.) vegetables (\$.50 - \$.78))

Preparation Instructions:

1. Cook potatoes according to package directions and set aside.
2. Prepare gravy according to directions on packet.
3. In a 9x9 greased baking dish, add chicken, drained vegetables, and gravy. Then top with mashed potatoes.
4. Bake at 350 degrees for 30 minutes or until heated thoroughly.
5. Serve warm. Can add salt and pepper to taste.

Fiesta Chicken

Ready in 40 minutes
Serves 4 - 6
Approximate Cost = \$7.80

Ingredients

- 1 (12.5 oz.) Canned Chicken, drained and flaked {\$1.96}
- 1 (16 oz.) Jar of Salsa {\$1.96}
- 1 (15.5 oz.) Canned Beans, drained and rinsed {\$.50}
- 1 (5.4 oz) Rice {\$.88}
- 1 (14.5 oz.) Canned Whole Kernel Corn, drained {\$.50}

Preparation Instructions:

1. Cook rice according to package. Set aside.
 2. In a mixing bowl, combine chicken, black beans, and corn.
 3. Once mixed, add rice and mix again. Add salsa to taste.
 4. Place in 9x9 baking dish.
 5. Bake at 350 degrees for 30 minutes until heated thoroughly.
- Serve warm. Add salt and pepper to taste.
6. Can top with cheese if desired.

Fiesta Chicken

Ready in 40 minutes
Serves 4 - 6
Approximate Cost = \$7.80

Ingredients

- 1 (12.5 oz.) Canned Chicken, drained and flaked {\$1.96}
- 1 (16 oz.) Jar of Salsa {\$1.96}
- 1 (15.5 oz.) Canned Beans, drained and rinsed {\$.50}
- 1 (5.4 oz) Rice {\$.88}
- 1 (14.5 oz.) Canned Whole Kernel Corn, drained {\$.50}

Preparation Instructions:

1. Cook rice according to package. Set aside.
 2. In a mixing bowl, combine chicken, black beans, and corn.
 3. Once mixed, add rice and mix again. Add salsa to taste.
 4. Place in 9x9 baking dish.
 5. Bake at 350 degrees for 30 minutes until heated thoroughly.
- Serve warm. Add salt and pepper to taste.
6. Can top with cheese if desired.

Vegetable Soup

Ready in 30 minutes

Serves 6 - 8

Approximate Cost \$3.33

Ingredients

- 1(32 oz) Vegetable Broth (\$1.23)
- 2 cups of water
- 1 can (14.5 oz) mixed vegetables (\$.78)
- 1 5oz. dry beans (\$1.32 to \$2.32)

Preparation Instructions:

1. Dry Beans – Rinse, add 2 cups of water, bring to a boil. Reduce heat and continue simmer for 30 minutes. Drain excess water.
2. Add vegetable broth and beans to a pot and return to a boil. Reduce heat.
3. Add vegetables to pot.
4. Season with salt and pepper if desired
5. Serve warm.

Vegetable Soup

Ready in 30 minutes

Serves 6 - 8

Approximate Cost \$3.33

Ingredients

- 1(32 oz) Vegetable Broth (\$1.23)
- 2 cups of water
- 1 can (14.5 oz) mixed vegetables (\$.78)
- 1 5oz. dry beans (\$1.32 to \$2.32)

Preparation Instructions:

1. Dry Beans – Rinse, add 2 cups of water, bring to a boil. Reduce heat and continue simmer for 30 minutes. Drain excess water.
2. Add vegetable broth and beans to a pot and return to a boil. Reduce heat.
3. Add vegetables to pot.
4. Season with salt and pepper if desired
5. Serve warm.

Chicken and Rice

Ready in ~30 minutes

Serves 4-6

Approximate Cost \$4.26

Ingredients

- 1(14.5 oz) can chicken broth (\$.50)
- 1(12.5 oz) canned chicken (\$1.98)
- 1 bag of rice (\$1.28)
- 1 (15 oz.) can of vegetables (\$.50)

Preparation Instructions:

1. Drain and flake canned chicken.
2. Boil rice with 2 cups water, until tender.
3. Drain remaining water.
4. Combine rice, vegetables, chicken broth, and chicken into pot.
5. Return to low boil. May add ½ cup water for soup.
6. Season with salt and pepper if desired

Chicken and Rice

Ready in ~30 minutes

Serves 4-6

Approximate Cost \$4.26

Ingredients

- 1(14.5 oz) can chicken broth (\$.50)
- 1(12.5 oz) canned chicken (\$1.98)
- 1 bag of rice (\$1.28)
- 1 (15 oz.) can of vegetables (\$.50)

Preparation Instructions:

1. Drain and flake canned chicken.
2. Boil rice with 2 cups water, until tender.
3. Drain remaining water.
4. Combine rice, vegetables, chicken broth, and chicken into pot.
5. Return to low boil. May add ½ cup water for soup.
6. Season with salt and pepper if desired

Pasta e Fagioli

Ready in ~30 minutes

Serves 8

Approximate Cost \$3.50

Ingredients

- 1 (16oz.) Uncooked Pasta (\$.82)
- 1 (15.5 oz.) Canned Beans, drained and rinsed {\$.50}
Substitute dry beans
Rinse and Pre-cook 30 min.
- 1 (32oz) Chicken Broth (\$1.68)
- 1 (15.5 oz.) Canned Green Beans or other vegetable {\$.50}

Preparation Instructions:

1. Add chicken broth, pasta, and beans to a pot and bring to boil.
2. If using dry beans, precook beans for 30 minutes or until tender.
3. Turn heat down to simmer until pasta is cooked through.
4. Add a cup of water if the pasta is not tender enough after 5 minutes. Season with salt and pepper if desired
5. Heat up green beans and serve together

Pasta e Fagioli

Ready in ~30 minutes

Serves 8

Approximate Cost \$3.50

Ingredients

- 1 (16oz.) Uncooked Pasta (\$.82)
- 1 (15.5 oz.) Canned Beans, drained and rinsed {\$.50}
Substitute dry beans
Rinse and Pre-cook 30 min.
- 1 (32oz) Chicken Broth (\$1.68)
- 1 (15.5 oz.) Canned Green Beans or other vegetable {\$.50}

Preparation Instructions:

1. Add chicken broth, pasta, and beans to a pot and bring to boil.
2. If using dry beans, precook beans for 30 minutes or until tender.
3. Turn heat down to simmer until pasta is cooked through.
4. Add a cup of water if the pasta is not tender enough after 5 minutes. Season with salt and pepper if desired
5. Heat up green beans and serve together

Cheesy Spam & Mac

Ready in 40 minutes
Serves 4 - 6
Approximate Cost \$4.90

Ingredients

- 1 (12 oz.) Canned Spam, diced, any desired flavor (\$2.92)
- 1 (14 oz.) Macaroni & Cheese (\$1.48)
- 1 (15 oz.) Canned Vegetables, drained (\$.50)

Preparation Instructions:

1. Cook macaroni and cheese according to package. Set aside.
2. In a mixing bowl, combine spam and mixed vegetables.
3. Fold in macaroni and cheese.
4. Place in 9x9 baking dish.
5. Bake at 350 degrees for 30 minutes until heated thoroughly.
6. Serve warm.
7. Add salt and pepper to taste.

Cheesy Spam & Mac

Ready in 40 minutes
Serves 4 - 6
Approximate Cost \$4.90

Ingredients

- 1 (12 oz.) Canned Spam, diced, any desired flavor (\$2.92)
- 1 (14 oz.) Macaroni & Cheese (\$1.48)
- 1 (15 oz.) Canned Vegetables, drained (\$.50)

Preparation Instructions:

1. Cook macaroni and cheese according to package. Set aside.
2. In a mixing bowl, combine spam and mixed vegetables.
3. Fold in macaroni and cheese.
4. Place in 9x9 baking dish.
5. Bake at 350 degrees for 30 minutes until heated thoroughly.
6. Serve warm.
7. Add salt and pepper to taste.

Pancake Dinner

Ready in 30 minutes
Serves 4 - 6
Approximate Cost \$5.89

Ingredients

- 1 (12 oz.) Canned Spam, bacon flavored (\$2.92)
- 1 (32 oz.) Buttermilk Pancake Mix (\$1.64)
- 1 (24 oz.) Maple Syrup (\$1.33)

Preparation Instructions:

1. Cook pancakes according to package directions.
2. In a skillet, fry thin slices of Spam until warm and slightly crispy.
3. Serve warm and add maple syrup to taste.

Pancake Dinner

Ready in 30 minutes
Serves 4 - 6
Approximate Cost \$5.89

Ingredients

- 1 (12 oz.) Canned Spam, bacon flavored (\$2.92)
- 1 (32 oz.) Buttermilk Pancake Mix (\$1.64)
- 1 (24 oz.) Maple Syrup (\$1.33)

Preparation Instructions:

1. Cook pancakes according to package directions.
2. In a skillet, fry thin slices of Spam until warm and slightly crispy.
3. Serve warm and add maple syrup to taste.

Chicken Spaghetti

Ready in 45 minutes
Serves 6-8
Approximate Cost \$3.94

Ingredients

1(12.5 oz) canned chicken (\$1.98)
1 (24 oz.) Can of Pasta Sauce (\$.96)
1 (16 oz.) Boxed Pasta (\$1.00)

Preparation Instructions:

1. Add water to cooking pot. Bring to a boil.
2. Add pasta. Continue heating until soft.
3. Drain water from pasta.
4. Add pasta sauce and drained, flaked chicken to pasta.
5. Return to heat.
6. Serve warm. Can add parmesan cheese, salt, and pepper to taste.

Chicken Spaghetti

Ready in 45 minutes
Serves 6-8
Approximate Cost \$3.94

Ingredients

1(12.5 oz) canned chicken (\$1.98)
1 (24 oz.) Can of Pasta Sauce (\$.96)
1 (16 oz.) Boxed Pasta (\$1.00)

Preparation Instructions:

1. Add water to cooking pot. Bring to a boil.
2. Add pasta. Continue heating until soft.
3. Drain water from pasta.
4. Add pasta sauce and drained, flaked chicken to pasta.
5. Return to heat.
6. Serve warm. Can add parmesan cheese, salt, and pepper to taste.

Chicken Jambalaya

Ready in 45 minutes
Serves 4-6
Approximate Cost \$6.19

Ingredients

- 1 (12.5 oz.) Canned Chicken, drained and flaked (\$3.96)
- 1 (12 oz.) Zatarain's Jambalaya Rice (\$1.73)
- 1 (15.5 oz.) Canned Red Beans, drained (\$.50)

Preparation Instructions:

1. Cook rice according to package directions
2. Add remained ingredients and mix well.
3. Place in greased 9x9 baking dish.
4. Bake at 350 degrees for 30 minutes or until heated thoroughly.
5. Serve warm. Can add salt and pepper to taste.

Chicken Jambalaya

Ready in 45 minutes
Serves 4-6
Approximate Cost \$6.19

Ingredients

- 1 (12.5 oz.) Canned Chicken, drained and flaked (\$3.96)
- 1 (12 oz.) Zatarain's Jambalaya Rice (\$1.73)
- 1 (15.5 oz.) Canned Red Beans, drained (\$.50)

Preparation Instructions:

1. Cook rice according to package directions
2. Add remained ingredients and mix well.
3. Place in greased 9x9 baking dish.
4. Bake at 350 degrees for 30 minutes or until heated thoroughly.
5. Serve warm. Can add salt and pepper to taste.

Shepherd's Pie

Ready in 45 minutes
Serves 4-6
Approximate Cost \$4.22

Ingredients

- 1 (12 oz.) Canned Roast Beef (\$2.47)
- 1 (15 oz.) Canned Mixed Vegetable, drained (\$.78)
- 1 (4 oz.) Instant Mashed Potatoes (\$.70)

Preparation Instructions:

1. Cook potatoes according to package directions and set aside.
2. In a mixing bowl, combine roast beef and mixed vegetable.
3. In a 9x9 greased baking dish, add beef mixture. Then top with mashed potatoes.
4. Bake at 350 degrees for 30 minutes or until heated thoroughly.
5. Serve warm. Can add salt and pepper to taste.

Shepherd's Pie

Ready in 45 minutes
Serves 4-6
Approximate Cost \$4.22

Ingredients

- 1 (12 oz.) Canned Roast Beef (\$2.47)
- 1 (15 oz.) Canned Mixed Vegetable, drained (\$.78)
- 1 (4 oz.) Instant Mashed Potatoes (\$.70)

Preparation Instructions:

1. Cook potatoes according to package directions and set aside.
2. In a mixing bowl, combine roast beef and mixed vegetable.
3. In a 9x9 greased baking dish, add beef mixture. Then top with mashed potatoes.
4. Bake at 350 degrees for 30 minutes or until heated thoroughly.
5. Serve warm. Can add salt and pepper to taste.

Tuna Mac

Ready in 40 minutes
Serves 4
Approximate Cost \$2.36

Ingredients

- 2 (5 oz.) tuna, flaked and drained (\$1.36)
- 1 (14 oz.) Macaroni & Cheese (\$.50)
- 1 (15 oz.) Canned Vegetables, drained (\$.50)

Preparation Instructions:

1. Cook macaroni and cheese according to package.
2. Combine tuna with Macaroni & Cheese.
3. Add drained vegetables
3. Serve warm. Add salt and pepper to taste.

Tuna Mac

Ready in 40 minutes
Serves 4
Approximate Cost \$2.36

Ingredients

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- 1 (14 oz.) Macaroni & Cheese (\$.50)
- 1 (15 oz.) Canned Vegetables, drained (\$.50)

Preparation Instructions:

1. Cook macaroni and cheese according to package.
2. Combine tuna with Macaroni & Cheese.
3. Add drained vegetables
3. Serve warm. Add salt and pepper to taste.

Creamy Chicken & Rice

Ready in 45 minutes
Serves 4 to 6 people
Approximate Cost = \$4.29

Ingredients

1 bag rice {\$.93}
1 (12.5 oz.) can of chicken, drained and flaked {\$1.98}
1 (15 oz.) can vegetables, drained {\$.88}
1 (10 oz.) can cream of chicken soup {\$.50}
1 (12 oz.) can evaporated milk (\$.60)

Preparation Instructions:

1. Boil rice with 2 cups water until soft.
2. Combine rice, canned chicken, and cream of chicken soup into 9x9 baking dish.
3. Drain vegetables and add to baking dish.
4. Add evaporated milk until desired thickness.
5. Bake at 350 degrees for 20-30 minutes, or until heated through and bubbly. Serve warm.

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Serves 4 to 6 people
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2. Combine rice, canned chicken, and cream of chicken soup into 9x9 baking dish.
3. Drain vegetables and add to baking dish.
4. Add evaporated milk until desired thickness.
5. Bake at 350 degrees for 20-30 minutes, or until heated through and bubbly. Serve warm.

Turkey & Stuffing

Ready in 35 minutes
Serves 6
Approximate Cost = \$4.56

Ingredients

- 1 (6 oz.) boxed stuffing {\$.80}
- 1 (15 oz.) can mixed vegetables, drained {\$.78}
- 1 (14 oz.) canned turkey or chicken broth (\$.50)
- 1 (12.5 oz.) canned turkey, drained and flaked {\$1.98}
- 1 (10.5 oz.) cream of celery soup {\$.50}

Preparation Instructions:

1. In a mixing bowl, combine cream of celery soup, broth, mixed vegetables, and canned turkey.
2. Mix in boxed stuffing.
3. Place mixture in a greased 9x13 baking dish.
4. Bake at 350 degrees for 20 – 30 minutes, until heated thoroughly. Serve warm. Add salt and pepper to taste.

Turkey & Stuffing

Ready in 35 minutes
Serves 6
Approximate Cost = \$4.56

Ingredients

- 1 (6 oz.) boxed stuffing {\$.80}
- 1 (15 oz.) can mixed vegetables, drained {\$.78}
- 1 (14 oz.) canned turkey or chicken broth {\$.50}
- 1 (12.5 oz.) canned turkey, drained and flaked {\$1.98}
- 1 (10.5 oz.) cream of celery soup {\$.50}

Preparation Instructions:

1. In a mixing bowl, combine cream of celery soup, broth, mixed vegetables, and canned turkey.
2. Mix in boxed stuffing.
3. Place mixture in a greased 9x13 baking dish.
4. Bake at 350 degrees for 20 – 30 minutes, until heated thoroughly. Serve warm. Add salt and pepper to taste.

Chicken Noodle Casserole

Ready in 20 minutes
Serves 6 – 8
Approximate Cost = \$5.42

Ingredients

- 1 (12.5oz.) Canned Chicken, drained, flaked (\$1.98)
- 1 (12 oz.) evaporated milk (\$.94)
- 1 (10.5 oz.) cream of chicken soup (\$1.00)
- 1 (16 oz.) boxed pasta (\$1.00)
- 1 (15 oz.) canned carrots (\$.50)

Preparation Instructions:

1. Cook pasta according to package directions, drain and set aside.
2. In a mixing bowl, combine cream of chicken soup and evaporated milk.
3. Once mixed, add remaining ingredients, including the pasta. Place in a greased 9x13 baking dish.
4. Bake at 350 degrees for 30 – 45 minutes until heated thoroughly. Serve warm. Add salt and pepper to taste.

Chicken Noodle Casserole

Ready in 20 minutes
Serves 6 – 8
Approximate Cost = \$5.42

Ingredients

- 1 (12.5oz.) Canned Chicken, drained, flaked (\$1.98)
- 1 (12 oz.) evaporated milk (\$.94)
- 1 (10.5 oz.) cream of chicken soup (\$1.00)
- 1 (16 oz.) boxed pasta (\$1.00)
- 1 (15 oz.) canned carrots (\$.50)

Preparation Instructions:

1. Cook pasta according to package directions, drain and set aside.
2. In a mixing bowl, combine cream of chicken soup and evaporated milk.
3. Once mixed, add remaining ingredients, including the pasta. Place in a greased 9x13 baking dish.
4. Bake at 350 degrees for 30 – 45 minutes until heated thoroughly. Serve warm. Add salt and pepper to taste.

Chicken Chili

Ready in 20 minutes

Serves 4-6

Approximate Cost = \$6.30

Ingredients

- 2 (12.5oz.) Canned Chicken, drained, flaked (\$3.96)
- 2 (15 oz.) Mixed Chili Beans (\$1.00)
- 2 (10 oz.) Mild Diced Tomatoes with Green Chilies (\$1.34)

Preparation Instructions:

1. Combine chicken, mixed chili beans, and diced tomatoes to a pot.
2. Bring to a slow boil.
3. Can add salt and/or pepper to taste.
4. Can add shredded cheese.
5. Serve warm, and enjoy.

Chicken Chili

Ready in 20 minutes

Serves 4-6

Approximate Cost = \$6.30

Ingredients

- 2 (12.5oz.) Canned Chicken, drained, flaked (\$3.96)
- 2 (15 oz.) Mixed Chili Beans (\$1.00)
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Preparation Instructions:

1. Combine chicken, mixed chili beans, and diced tomatoes to a pot.
2. Bring to a slow boil.
3. Can add salt and/or pepper to taste.
4. Can add shredded cheese.
5. Serve warm, and enjoy.

Creamy Beef & Noodles

Ready in 30 minutes

Serves 4-6

Approximate Cost = \$5.72

Ingredients

- 1 (12.5oz.) Canned Roast Beef (\$2.74)
- 1 (10 oz.) Cream of Mushroom Soup (\$.50)
- 1 (15 oz.) Canned Vegetable (\$.50)
- 1 (16 oz.) Egg Noodles (\$1.98)

Preparation Instructions:

1. Combine canned beef and cream of mushroom soup to pot. Add $\frac{3}{4}$ cup water.
2. Bring to a slow boil.
3. Add egg noodles to pot of water. Boil until tender.
4. Drain water from noodles.
5. Add beef mixture to noodles.
6. Salt/Pepper to taste.
7. Heat up canned vegetables.
8. Serve warm

Creamy Beef & Noodles

Ready in 30 minutes

Serves 4-6

Approximate Cost = \$5.72

Ingredients

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- 1 (10 oz.) Cream of Mushroom Soup (\$.50)
- 1 (15 oz.) Canned Vegetable (\$.50)
- 1 (16 oz.) Egg Noodles (\$1.98)

Preparation Instructions:

1. Combine canned beef and cream of mushroom soup to pot. Add $\frac{3}{4}$ cup water.
2. Bring to a slow boil.
3. Add egg noodles to pot of water. Boil until tender.
4. Drain water from noodles.
5. Add beef mixture to noodles.
6. Salt/Pepper to taste.
7. Heat up canned vegetables.
8. Serve warm

Cajun Boil

Ready in 30 minutes

Serves 4-6

Approximate Cost = \$5.21 -\$5.39

Ingredients

1 (12.5oz.) Canned Roast Beef (\$2.74)

Or

1 (12 oz.) Canned Meat (not tuna) (\$2.92)

1 packet Cajun seasoning (\$.83)

1 (14.5 oz.) can diced tomatoes with garlic {\$.64}

1 (16 oz.) boxed pasta (\$1.00)

Or

1 bag rice {\$.93}

Preparation Instructions:

1. If using SPAM – dice and add to skillet.
2. Combine all ingredients to skillet.
3. Add 1-2 cups of water depending on taste.
4. Add Cajun seasoning.
5. Bring to a boil.
6. Reduce heat and simmer until pasta/rice is tender.
7. Season to taste.
8. Serve warm.

Cajun Boil

Ready in 30 minutes

Serves 4-6

Approximate Cost = \$5.21 -\$5.39

Ingredients

1 (12.5oz.) Canned Roast Beef (\$2.74)

Or

2 (12 oz.) Canned Meat (not tuna) (\$2.92)

1 packet Cajun seasoning (\$.83)

1 (14.5 oz.) can diced tomatoes with garlic {\$.64}

1 (16 oz.) boxed pasta (\$1.00)

Or

1 bag rice {\$.93}

Preparation Instructions:

1. If using SPAM – dice and add to skillet.
2. Combine all ingredients to skillet.
3. Add 1-2 cups of water depending on taste.
4. Add Cajun seasoning.
5. Bring to a boil.
6. Reduce heat and simmer until pasta/rice is tender.
7. Season to taste.
8. Serve warm.