

Meal Plan Ministry

How It Works

- Harvest will partner with a community agency or school that has identified vulnerable families facing food insecurity.
- Families identified will receive a Meal Plan bag which consists of a recipe and all the ingredients needed to make a family meal.

How You Can Help

Option 1

- Buy ingredients listed on the recipe.
- Place all ingredients along with the recipe in a 1.5-gallon or 2-gallon zip lock bag.
- Bring your completed meal plan kit back to Harvest for distribution.

Option 2 (Details for this option are still being finalized.)

- Become a member of the team
 - Help assemble bags to be distributed on a specific day/time at Harvest.
 - Deliver bags to families or to the agency Harvest is working with.

Interested? Contact Diane McCoy at dmccoy@welcomtoharvest.org or 941.504.4875 (cell).



CHEESY CHICKEN & RICE SOUP

WHAT'S INCLUDED:

- 1 large can of chicken
- 1 can black beans
- 1 can corn
- 1 can diced tomatoes & green chiles
- 1 package spanish rice
- 1 package velveeta cheese sauce
- 1-2 chicken bouillon cubes

INSTRUCTIONS:

- In a large pot, combine corn, diced tomatoes with green chiles, black beans (drained if preferred), and chicken.
- Add 4-6 cups water (for desired thickness) and 1-2 chicken bouillon cubes.
- Bring to a boil, stir in the packet of Spanish rice, and simmer 8 minutes.
- Add Velveeta cheese sauce and stir until melted.

TIPS/OPTIONS:

- Make it spicy: Add a few dashes of hot sauce, or sliced jalapeños.
- Serve with sides: Pair with warm flour tortillas, cornbread, or tortilla chips.
- Garnish ideas: Try avocado slices, shredded cheese, cilantro, or a drizzle of lime juice on top.



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CHEESY TACO SOUP

WHAT'S INCLUDED:

- 1 can no bean chili
- 1 can pinto beans
- 1 can black beans
- 1 can corn
- 1 can diced tomatoes & green chilis
- 1 packet taco seasoning
- 1 packet velveeta cheese sauce

INSTRUCTIONS:

- Combine all ingredients except for cheese sauce in a large soup pot. Bring to a gentle boil and simmer for 20 to 25 minutes. Add in the cheese sauce just prior to serving.

TIPS/OPTIONS:

- No bean chili works perfectly as a shortcut for taco meat! All of the flavor, none of the browning!
- Stretch it! Serve over cooked rice, pasta, or corn chips to make it go even further.



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HOMESTYLE HAM CHOWDER

WHAT'S INCLUDED:

- 2-5 oz cans diced ham
- 1 can diced potatoes
- 1 can whole kernel corn
- 1 can cream style corn
- 1 can cream of chicken soup
- 1 can evaporated milk
- 1 to 2 bouillon cubes

INSTRUCTIONS:

- In a large pot, combine all canned ingredients: cream-style corn, whole kernel corn, diced potatoes, diced ham, cream of chicken soup, and evaporated milk.
- Add 1-2 cups of water and 1-2 chicken bouillon cubes, adjusting to taste.
- Stir well to combine, then heat over medium heat until hot and creamy, about 15-20 minutes, stirring occasionally.
- Taste and season with salt and pepper if needed. Serve warm.

TIPS/OPTIONS:

- Drain the diced potatoes, whole kernel corn, and ham (for a thicker chowder).
- For a heartier meal, serve with biscuits or crusty bread.



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WHITE CHICKEN CHILI

WHAT'S INCLUDED:

- 2 cans great northern beans
- 1 can corn
- 1 can green enchilada sauce
- 1 can salsa verde (or chopped green chilis)
- 1 can cream of chicken
- 1 large can of chunk white chicken
- 1 to 2 bouillon cubes

INSTRUCTIONS:

- Combine all ingredients in a large stock pot, add 1 to 2 cups of water (for desired consistency)
- Bring to a boil then cover and simmer 20 to 25 minutes stirring occasionally.

TIPS/OPTIONS:

- Add cumin, garlic powder, onion powder, and/or chili powder for extra flavor.
- Want it thicker? Mash some of the beans while it simmers
- Topping Ideas: try shredded cheese, sour cream, tortilla chips, cilantro, or a squeeze of lime.



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MINESTRONE SOUP

WHAT'S INCLUDED:

- 1- 8 oz package elbow macaroni
- 1 can/jar pasta sauce
- 1 can red kidney beans
- 1 can sliced carrots
- 1 can green beans
- 1 can diced tomatoes
- 1-2 bouillon cubes

INSTRUCTIONS:

- In a large pot, combine pasta sauce, diced tomatoes, green beans, kidney beans, carrots, and bouillon cubes.
- Add 2 to 4 cups of water, depending on desired thickness. Season to taste with salt and pepper.
- Bring to a boil, add pasta
- Simmer 12-15 minutes, stirring occasionally, until pasta is tender.

TIPS/OPTIONS:

- Make it heartier by adding cooked beef, sausage, or chicken
- Pair with garlic bread, crusty rolls, or even a grilled cheese sandwich
- Top with parmesan before serving



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BEEF & BEAN CHILI

WHAT'S INCLUDED:

- 1 can no bean chili
- 1 can red kidney beans
- 1 can pinto beans
- 1 can tomato sauce
- 1 can diced tomatoes
- 1 packet chili seasoning

INSTRUCTIONS:

- In a large pot or Dutch oven, dump in the no-bean chili, beans, tomato sauce, diced tomatoes, and chili seasoning packet.
- Bring to a gentle boil over medium-high heat. Once bubbling, reduce the heat to low and let it simmer uncovered for 20–30 minutes, stirring occasionally. This helps the flavors meld together and thickens the chili slightly.

TIPS/OPTIONS:

- For a thicker chili, let it simmer longer, can even be prepared in a slow cooker.
- Stretch it with rice, cornchips, or cornbread!
- Leftovers taste even better the next day. Refrigerate up to 4 days or freeze leftovers for 3 months.
- Add your favorite toppings like onions, cheese or sour cream!



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