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

Interested? Contact Diane McCoy at <a href="mailto:dmccoy@welcomtoharvest.org">dmccoy@welcomtoharvest.org</a> 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.



### **CHEESY CHICKEN & RICE SOUP**

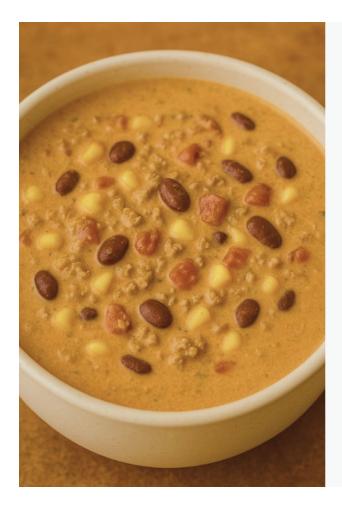
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### **CHEESY TACO SOUP**

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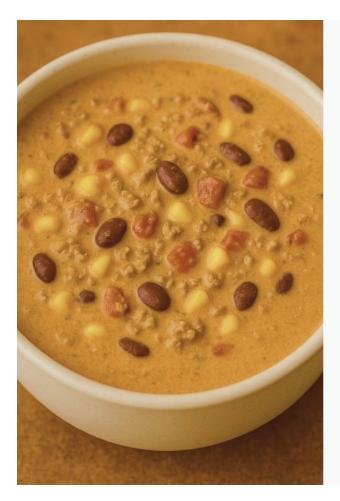
- 1 can no bean chili
- 1 can pinto beans
- 1 can black beans
- 1 can corn
- 1 can diced tomatoes & green chilis
- 1 packet taco seasoning
- 1 packet velveeta cheese sauce

#### **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.



# CHEESY TACO SOUP

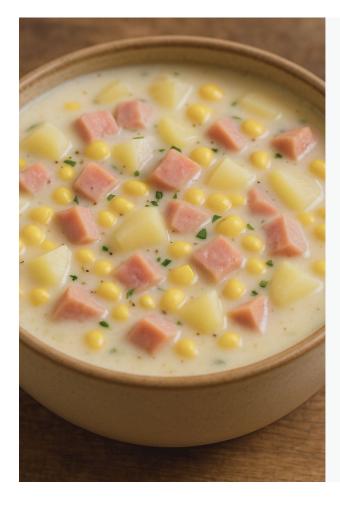
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### HOMESTYLE HAM CHOWDER

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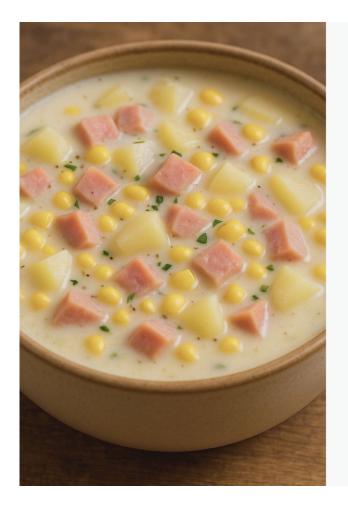
- 2-5 oz cans diced ham
- 1 can diced potatoes
- 1 can whole kernel corn
- 1 can cream style corn
- 1 can cream of chicken soup
- 1 can evaporated milk
- 1 to 2 bouillon cubes

### **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

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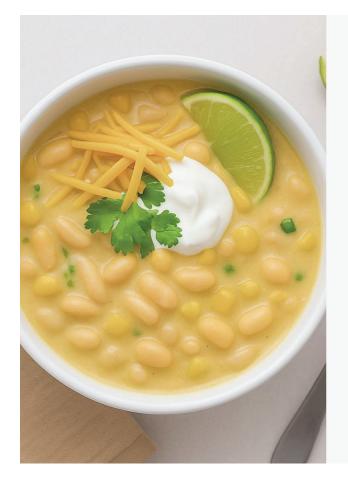
- 2 cans great northern beans
- 1 can corn
- 1 can green enchilada sauce
- 1 can salsa verde (or chopped green chilis)
- 1 can cream of chicken
- 1 large can of chunk white chicken
- 1 to 2 bouillon cubes

#### **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 occassionally.

### **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 died 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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