

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 LisaO@vinemapleplace.org.

Choose from our selection of recipes:

- Chicken Noodle Soup
- Chicken Pot Pie Casserole
- Chili Mac
- Chicken Tortilla Soup
- Chicken & Rice
- Chili Soup
- Mexican Rice & Beans (V & GF)
- **New!** Chicken Alfredo Fettuccini
- Ramen Noodles w/Spam
- Spaghetti
- Tuna Noodle Casserole
- 3 Bean Soup

Instructions:

1. Collect the ingredients listed in the Meal in a Bag recipe. (Pages 2-10)
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.

NEW! Chicken Alfredo Fettuccini 1 lg can chicken (12.5 oz) 1 22 oz jar alfredo sauce 1 pkg (16 Oz) fettuccini Directions: Cook fettuccini as directed, drain. Drain chicken and add to fettuccine along with the alfredo sauce Stir together over med heat. Options: Add peas, mushrooms. Sprinkle with parmesan cheese.	NEW! Chicken Alfredo Fettuccini 1 lg can chicken (12.5 oz) 1 22 oz jar alfredo sauce 1 pkg (16 Oz) fettuccini Directions: Cook fettuccini as directed, drain. Drain chicken and add to fettuccine along with the alfredo sauce Stir together over med heat. Options: Add peas, mushrooms. Sprinkle with parmesan cheese.
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Chicken and Rice Recipe 4 cups of cooked rice 1 12.5 oz can of chunk chicken drained 1 14.5 oz can of cream of chicken soup 1 can of water 1 14.5 oz can of peas or green beans, drained salt and pepper to taste Directions: Prepare rice according to package directions. Heat cream of chicken soup and 1 can of water. Add chicken and peas (or green beans) until heated through. Serve over rice.	Chicken and Rice Recipe 4 cups of cooked rice 1 12.5 oz can of chunk chicken drained 1 14.5 oz can of cream of chicken soup 1 can of water 1 14.5 oz can of peas or green beans, drained salt and pepper to taste Directions: Prepare rice according to package directions. Heat cream of chicken soup and 1 can of water. Add chicken and peas (or green beans) until heated through. Serve over rice.
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Chicken Noodle Soup Recipe 1 12.5 oz can of chunk chicken 2 14.5 oz cans of chicken broth 1 can of mixed vegetables 2/3 cup egg noodles, uncooked Salt and Pepper to taste Directions: Combine all ingredients except noodles in large sauce pan over medium heat. Heat until bubbly. Add noodles. Simmer soup 8-12 minutes or until noodles are tender, stirring occasionally.	Chicken Noodle Soup Recipe 1 12.5 oz can of chunk chicken 2 14.5 oz cans of chicken broth 1 can of mixed vegetables 2/3 cup egg noodles, uncooked Salt and Pepper to taste Directions: Combine all ingredients except noodles in large sauce pan over medium heat. Heat until bubbly. Add noodles. Simmer soup 8-12 minutes or until noodles are tender, stirring occasionally.
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Ramen Noodles w/Spam 1 (12-ounce) can SPAM® Classic or low sodium-sliced 2 (4.23-ounce) packages Ramen noodles (any flavor) Suggested Toppings: Blanched snow peas, bok choy, soft cooked eggs and chopped green onions. Directions: Heat 1 Tbs. vegetable oil in large skillet over medium-high heat and sauté SPAM for 3-5 minutes. Prepare ramen noodles according to package, including seasoning packet. Serve individual bowls of ramen topped with SPAM slices and suggested toppings.	Ramen Noodles w/Spam 1 (12-ounce) can SPAM® Classic or low sodium-sliced 2 (4.23-ounce) packages Ramen noodles (any flavor) Suggested Toppings: Blanched snow peas, bok choy, soft cooked eggs and chopped green onions. Directions: Heat 1 Tbs. vegetable oil in large skillet over medium-high heat and sauté SPAM for 3-5 minutes. Prepare ramen noodles according to package, including seasoning packet. Serve individual bowls of ramen topped with SPAM slices and suggested toppings.
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Vegetarian & Gluten-free Mexican Rice and Beans Recipe 1 cup dry rice 1 ½ cups water 1 8oz. can tomato sauce 1 tablespoon taco seasoning (about ¼ of packet) (Can omit seasoning or use less according to taste) 1 15oz can kidney beans, drained Directions: Combine rice, water, taco seasoning and tomato sauce in a sauce pan. Bring to boil, and then reduce heat to low. Cover and simmer for 15 minutes. Add beans and cook 5 more minutes until heated through, stirring often.	Vegetarian & Gluten-free Mexican Rice and Beans Recipe 1 cup dry rice 1 ½ cups water 1 8oz. can tomato sauce 1 tablespoon taco seasoning (about ¼ of packet) (Can omit seasoning or use less according to taste) 1 15oz can kidney beans, drained Directions: Combine rice, water, taco seasoning and tomato sauce in a sauce pan. Bring to boil, and then reduce heat to low. Cover and simmer for 15 minutes. Add beans and cook 5 more minutes until heated through, stirring often.
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Tuna Casserole Recipe 1 box of macaroni and cheese 1 can of cream of mushroom soup 2 (5 oz) cans of tuna, drained 1 can peas, drained Directions: Prepare macaroni and cheese according to box directions. Stir in the cream of mushroom soup, tuna, and peas. Mix well and heat until bubbly.	Tuna Casserole Recipe 1 box of macaroni and cheese 1 can of cream of mushroom soup 2 (5 oz) cans of tuna, drained 1 can peas, drained Directions: Prepare macaroni and cheese according to box directions. Stir in the cream of mushroom soup, tuna, and peas. Mix well and heat until bubbly.
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Chili Soup Recipe 1 15oz can chili 1 can of whole kernel corn, drained 1 can vegetable beef soup 1 can tomato soup 1 14.5oz can diced tomatoes with green chili peppers Directions: Stir chili, corn, vegetable beef soup, tomato soup, diced tomatoes together in a saucepan over medium-high heat, 5-10 minutes.	Chili Soup Recipe 1 15oz can chili 1 can of whole kernel corn, drained 1 can vegetable beef soup 1 can tomato soup 1 14.5oz can diced tomatoes with green chili peppers Directions: Stir chili, corn, vegetable beef soup, tomato soup, diced tomatoes together in a saucepan over medium-high heat, 5-10 minutes.
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Chili Mac Recipe 1 box mac and cheese 1 15oz can chili 1 can string beans (Optional: 1 can pears for dessert) Directions: Prepare mac and cheese according to box directions, stir in chili and green beans, mix well and heat until bubbly.	Chili Mac Recipe 1 box mac and cheese 1 15oz can chili 1 can chili 1 can string beans (Optional: 1 can pears for dessert) Directions: Prepare mac and cheese according to box directions, stir in chili and green beans, mix well and heat until bubbly.
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Chicken Pot Pie Casserole 1 can cream of chicken soup 1 can mixed veggies in water 1 12.5oz can chunk chicken 1 6oz box of low sodium Chicken Stove Top Stuffing Mix (or similar brand) <u>Directions:</u> Do not drain vegetables. Combine with chicken and cream of chicken soup. Season to taste. Spread into oven safe casserole dish. Mix stuffing with 1-2/3 cup warm water Spread on top of chicken mixture. Bake @ 375 degrees in oven 30-45 minutes or until stuffing is golden brown.	Chicken Pot Pie Casserole 1 can cream of chicken soup 1 can mixed veggies in water 1 12.5oz can chunk chicken 1 6oz box of low sodium Chicken Stove Top Stuffing Mix (or similar brand) <u>Directions:</u> Do not drain vegetables. Combine with chicken and cream of chicken soup. Season to taste. Spread into oven safe casserole dish. Mix stuffing with 1-2/3 cup warm water Spread on top of chicken mixture. Bake @ 375 degrees in oven 30-45 minutes or until stuffing is golden brown.
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Spaghetti 1 16 oz. package Spaghetti noodles 1 jar (32 oz) Spaghetti sauce – any flavor 1 can (6.5 oz) sliced mushroom Grated parmesan cheese in a Ziploc enough for 3 people. Directions: Cook pasta as directed Drain off water Add sauce and mushrooms to spaghetti and heat through. Top with Parmesan cheese, serve with bread or garlic toast. Option: add ¾ lb browned ground beef or turkey	Spaghetti 1 16 oz. package Spaghetti noodles 1 jar (32 oz) Spaghetti sauce – any flavor 1 can (6.5 oz) sliced mushroom Grated parmesan cheese in a Ziploc enough for 3 people. Directions: Cook pasta as directed Drain off water Add sauce and mushrooms to spaghetti and heat through. Top with Parmesan cheese, serve with bread or garlic toast. Option: add ¾ lb browned ground beef or turkey
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Chicken Tortilla Soup Recipe 1 can of whole kernel corn, drained 2 cans of chicken broth 1 can of chunk chicken 1 can black beans 1 can of diced tomatoes with green chili peppers, drained Directions: Pour all ingredients into a large sauce pan. Simmer over medium heat until chicken is heated through. Great with tortilla chips or top with shredded cheese.	Chicken Tortilla Soup Recipe 1 can of whole kernel corn, drained 2 cans of chicken broth 1 can of chunk chicken 1 can black beans 1 can of diced tomatoes with green chili peppers, drained Directions: Pour all ingredients into a large sauce pan. Simmer over medium heat until chicken is heated through. Great with tortilla chips or top with shredded cheese.
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Three Bean Soup Recipe Gluten-free 1 can black beans, drained 1 can pinto beans, drained 1 can great Northern beans, drained 1 (32 fl. oz.) box chicken broth 1 can corn, drained 1 can fire-roasted diced tomatoes 2 teaspoons taco seasoning (Can omit seasoning or use less according to taste) <u>Directions:</u> Combine all ingredients in large sauce pan. Simmer soup for 30 minutes.	Three Bean Soup Recipe Gluten-free 1 can black beans, drained 1 can pinto beans, drained 1 can great Northern beans, drained 1 (32 fl. oz.) box chicken broth 1 can corn, drained 1 can fire-roasted diced tomatoes 2 teaspoons taco seasoning (Can omit seasoning or use less according to taste) <u>Directions:</u> Combine all ingredients in large sauce pan. Simmer soup for 30 minutes.
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