

### **Chicken and Vegetable Bake (Meal #1)**

2 - 12.5 oz cans Chicken Breast, undrained      1 can Green Beans, drained  
2 cans Cream of Chicken Soup                      1 can Corn, drained  
2 - 6 oz. pkg Chicken Stuffing Mix

#### Directions:

Cook the stuffing according to package directions. Mix the chicken, soup and vegetables together and place mixture into a casserole dish or baking pan. Cover chicken mixture with stuffing and bake at 350 degrees F for 15-20 minutes.

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### **Chicken Taco Soup (Meal #2)**

1 - 12.5 oz can Chicken Breast, undrained      1 can corn  
1 pkg Ranch Style Dressing                      1 can diced tomatoes  
1 pkg Taco Seasoning Mix                      1-2 cups water  
1 can black beans                                  1 onion (opt)  
1 can pinto beans

#### Directions:

Add all ingredients to a soup pot. Bring to a boil, reduce heat and simmer for 20 minutes.

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### **Chicken Soup (Meal #3)**

2-12.5 oz cans Chicken Breast, undrained      32 oz. chicken broth  
1 – 12 oz. pkg egg noodles                      1 can mixed vegetables, drained

#### Directions:

Cook noodles according to package directions. While noodles are cooking, mix broth, chicken and vegetables together in a soup pot and cook over medium heat. Drain cooked noodles and add to soup mixture, continue to cook until heated through.

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### **Chicken and Stuffing (Meal #4)**

1-12.5 oz can Chicken Breast, drained      1 pkg Chicken Gravy  
1 pkg Stove Top Stuffing

#### Directions:

Make stove top stuffing and chicken gravy per instructions. Mix together stuffing, gravy and chicken and spread into a casserole dish. Bake at 350 degrees F for 20-30 mins.

### **Tuna Casserole (Meal #5)**

1 pkg egg noodles (12 oz)                      2 cans Cream of Mushroom Soup  
2 – 5 oz cans Tuna, drained                      1 – 15 oz. can green peas, drained

#### **Directions:**

Cook noodles according to package directions. While noodles are cooking, combine tuna and soups in a pot and heat. Season with salt and pepper, if desired. Add drained noodles to soup mixture along with the peas. Serve from the pot or put into a casserole dish and heat in 350 degree F oven for 15-20 minutes.

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### **Tuna Casserole w/ Bread Crumb Topping (Meal #6)**

1 pkg egg noodles (12 oz)                      ¼ cup condensed milk  
1 - 12 oz can Tuna, drained                      ¼ cup water  
1 can mushroom soup                              1 tablespoon minced onion  
1 - 15 oz can green peas, drained              ½ cup breadcrumbs

#### **Directions:**

Prepare noodles according to package directions. While noodles are cooking, combine tuna, soup, peas, milk and water. Season to taste with minced onion. Add drained noodles and mix. Pour mixture into 9X13 casserole dish and sprinkle evenly with breadcrumbs. Bake at 350 degrees F for about 20 minutes until casserole is bubbling and the breadcrumbs are golden brown.

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### **Weeknight Macaroni Tuna Casserole (Meal #7)**

1 pkg Macaroni and Cheese                      2 T evaporated milk + 2 T water  
1 – 12 oz. can Tuna, drained and flaked              1 can Cream of Mushroom Soup

#### **Directions:**

Prepare Macaroni and Cheese per package instructions (using the evaporated milk plus water) Stir mushroom soup and tuna into the macaroni mixture. Pour mixture into greased 2-qt baking dish. Bake uncovered at 350 degrees F for 20-25 minutes or until bubbly and hot.

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### **Five Can Soup (Meal #8)**

1 - 15 oz. can prepared chili with beans              1 - 14 oz. can whole kernel corn  
1 - 10.75 oz. can vegetable beef soup              1 - 10 oz. can diced tomatoes with green chilies  
1 - 10.75 oz. can tomato soup

#### **Directions:**

Add all ingredients into a saucepan and cook over medium high heat for 5 – 10 minutes or until hot.

## **Baked Ham and Green Bean Casserole (Meal #9)**

3 - 14 oz. cans cut green beans, drained

1 - 16 oz. Cooked Ham

1 can cream of mushroom soup

1 ½ cup French Fried Onions

¾ cup milk (or use ½ cup evaporated milk and ¼ cup water)

### **Directions:**

Preheat oven to 350 degrees F. Combine beans, soup and milk in a medium casserole dish and bake for 20 minutes. Place Ham in a separate baking pan and add to oven, bake ham and casserole for another 10 mins. Stir casserole and top with French Fried Onions. Continue to bake 5 minutes more or until onions are golden brown and ham is heated through.