fosteradopt connect

Meals That Matter – Turning Hunger into Hope

1. Homestyle Ham Chowder
    a. 2 5oz cans of diced ham
    b. 1 can diced potato's
    c. 1 can whole kernel corn
    d. 1 can cream style corn
    e. 1 can cream of chicken soup
    f. 1 can evaporated milk
    g. 1-2 chicken bouillon cubes

2. Cheesy Taco Soup

    a. 1 can no bean chili
    b. 1 can pinto beans
    c. 1 can black beans
    d. 1 can corn
    e. 1 can diced tomatoes and green chilis
    f. 1 packet taco seasoning
    g. 1 packet Velveeta cheese sauce

3. White Chicken Chili

    a. 2 cans great northern beans
    b. 1 can corn
    c. 1 can green enchilada sauce
    d. 1 can salsa Verde or diced green chilis
    e. 1 can cream of chicken soup
    f. 1 can chunk chicken (12.5 oz)
    g. 1-2 chicken Boullion cubes

4. Cream Chicken Parmesan

    a. 1 can chunk chicken breast
    b. 1 packet creamy parmesan sauce
    c. 1 can sweet peas
    d. 1 bottle parmesan cheese
    e. 1 bag egg noodles

5. Turkey Dinner in a Bag

    a. 2 cans of turkey
    b. 1 box stuffing mix
    c. 1 can green beans
    d. 1-2 packets turkey gravy
    e. dried cranberries (crasins)

6. Thick and Creamy Corn Chowder

    a. 1 can corn
    b. 1 can cream corn
    c. 1 can diced potatoes
    d. 1 can cream of chicken soup
    e. 1 can evaporated milk
    f. 1-2 bouillon cubes
    g. 1 bag biscuit mix

7. Creamy Chicken and Dumplings

    a. 1 box garlic and herb biscuit mix
    b. 2 cans of chicken
    c. 1 can cream of chicken soup
    d. 1 can evaporated milk
    e. 1 can mixed vegetables
    f. 2 can diced potatoes
    g. 1-2 bouillon cubes

*Substitutions might be necessary based on availability