

# CHICKEN ALFREDO

COOK TIME: 20 MINUTES

SERVES: 4-6

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## **Ingredients:**

8 ounces dried penne  
2 5-ounce cans chicken, drained  
1 15-ounce can Alfredo sauce

## **Directions:**

Fill a large pot with water, then heat to boiling. Add penne and cook for 7-8 minutes until cooked.

Drain the pasta, then add back to the pot. Stir in the chicken and Alfredo sauce.

Divide onto plates and serve with your favorite sides.

# CHICKEN POT PIE

COOK TIME: 15 MINUTES

SERVES: 4-6

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## **Ingredients:**

2 5-ounce cans chicken, drained  
1 can cream of chicken soup  
1 can mixed vegetables, drained  
1 8-ounce packet biscuit mix  
½ cup water

## **Directions:**

Preheat oven to 400 degrees F.

In a large bowl, add the canned chicken, cream of chicken soup, and mixed vegetables, then stir together. Pour into a greased 8x8 casserole dish.

In a medium bowl, add the biscuit mix and water and stir to combine. If the mixture is too thick, add another ¼ cup water. Pour evenly over the pot pie mixture.

Bake for 25 minutes until the biscuit mix is golden brown and a toothpick through the top comes out clean.

Divide onto plates and serve with your favorite sides.

# CORN CHOWDER

**COOK TIME: 15 MINUTES**

**SERVES: 4**

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## ***Ingredients:***

1 can whole kernel corn, drained  
1 can creamed corn  
1 can evaporated milk  
2 cups water  
1 can diced potatoes  
Salt and pepper, to taste

## ***Directions:***

Add both cans of corn, water, and diced potatoes, to a large pot. Sprinkle with salt and pepper.

Bring to a boil, then lower the heat to a simmer and cook for 15 minutes. Stir in the evaporated milk.

Divide into bowls and serve.

# TACO SOUP

**COOK TIME: 15 MINUTES**

**SERVES: 4**

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## ***Ingredients:***

1 can black beans  
1 can kidney beans  
1 packet taco seasoning  
1 can corn  
1 can diced tomatoes  
1 32-ounce carton chicken broth

## ***Directions:***

Add all ingredients into a large pot and stir. Bring to a boil, then lower the heat to simmer for 15 minutes.

Divide the soup into bowls and serve with your favorite toppings or sides.

# TUNA CASSEROLE

**COOK TIME: 25 MINUTES**

**SERVES: 4**

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## ***Ingredients:***

1 7.25-ounce box Kraft macaroni and cheese

1 6-ounce can tuna

1 can cream of mushroom soup

1 15-ounce can peas, drained

## ***Directions:***

Preheat oven to 375 degrees F.

Cook macaroni and cheese according to directions. Use water instead of milk, and omit the butter if you have none.

Stir in the tuna, cream of mushroom soup, and peas.

Pour into a greased 8x8 casserole dish.

Bake for 15 minutes until the dish is fully heated through.

Divide into bowls and serve.