

meal kits shopping list

Shop for a dinner (or more). Bring the ingredients back to church and match them with their recipe card. Card and ingredients go in a ziplock to be distributed as a complete meal!

minestrone soup

INGREDIENTS:

- ☐ 1 PACK (8 OZ) ELBOW MACARONI
- ☐ 1 CAN OR JAR OF PASTA SAUCE
- ☐ 1 CAN RED KIDNEY BEANS
- ☐ 1 CAN SLICED CARROTS
- ☐ 1 CAN GREEN BEANS
- ☐ 1 CAN DICED TOMATOES
- ☐ 1 - 2 BOUILLON CUBES (VEG)

ham chowder

INGREDIENTS:

- ☐ 2 CANS (5 OZ EACH) 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 - 2 BOUILLON CUBES (VEG)

white chicken chili

INGREDIENTS:

- ☐ 2 CANS GREAT NORTHERN BEANS
- ☐ 1 CAN GREEN ENCHILADA SAUCE
- ☐ 1 CAN CORN
- ☐ 1 CAN CHOPPED GREEN CHILIS
- ☐ 1 LARGE CAN CHUNK WHITE CHICKEN
- ☐ 1 - 2 BOUILLON CUBES (VEG)

beef & bean chili

INGREDIENTS:

- ☐ 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

cheesy taco soup

INGREDIENTS:

- ☐ 1 CAN NO BEAN CHILI
- ☐ 1 CAN PINTO BEANS
- ☐ 1 CAN BLACK BEANS
- ☐ 1 CAN CORN
- ☐ 1 CAN DICED TOMATOES & GREEN CHILIS (ROTEL)
- ☐ 1 PACKET TACO SEASONING
- ☐ 1 PACKET VELVEETA CHEESE SAUCE

extras

- ☐ CANS OF EVAPORATED MILK
- ☐ SMALL JARS OF SPICES
- ☐ RAMEN NOODLES
- ☐ EASY MAC (NO MILK NEEDED)
- ☐ VEGETABLE OIL
- ☐ SUGAR
- ☐ BROTH