

THE NEIGHBORS' PLACE RECIPE BOOK

Hello! My name is Sadie, and I'm a 2nd year medical student at the Medical College of Wisconsin. I've had the wonderful opportunity to partner up with The Neighbors' Place for a school community project, and I need your help!

Back in September, we passed out surveys to gather information on what ideas and resources you were most interested in from The Neighbors' Place. We had an excellent response rate with the majority replying they wanted more **meal ideas** and/or more **time-saving recipes**. We understand some food items The Neighbors' Place hands out can seem miscellaneous, and it can be difficult to figure out how to put certain canned goods, meat products or produce to use. Based off this feedback, my goal is simple: **compile a starter handout containing nutritious, flexible recipes that use common food items The Neighbors' Place supplies you with.**

In the next few pages, I have attached 38 recipes that I hope you will find easy and tasty!

Your feedback on this project is incredibly valuable and needed.

After using or looking over this handout, please scan the QR code with your smartphone's camera and let me know if you enjoyed this handout, hated it, might save it for the future, etc.

Your thoughts and critique are highly NEEDED and appreciated for this project!

Thank you!

Sadie



GROUND BEEF

GNOCCHI SKILLET

Ingredients

- 2 tablespoons of oil
- 1 onion, chopped or 1 tsp onion powder
- 1 tsp garlic powder
- 1 lb of ground beef (OR Italian sausage)
- 1 (16 oz) package of uncooked potato gnocchi
- 1 (14.5) oz can of diced tomatoes (do NOT drain)
- ¼ cup chicken broth
- 4 cups spinach leaves (optional)
- ½ cup mozzarella cheese
- ½ cup parmesan cheese

Directions

1. Heat oil in skillet/pan over medium high. Add chopped onion, if you are using it.
2. Brown ground beef/sausage, breaking it up into pieces. Do not drain.
3. Add gnocchi and stir for 1 minute, breaking up clumps.
4. Stir in diced tomatoes and chicken broth. Cover and cook over medium heat for 5 minutes.
5. Turn off heat when gnocchi is fluffy/desired consistency.
6. Add spinach leaves and stir until wilted.
7. Sprinkle with cheeses and cover for 5 minutes or until cheese melts.

SLOWCOOKER GROUND BEEF STEW

Ingredients

- 1 lb ground beef
- 1 onion, diced or 1 tsp onion powder
- 1 tsp garlic powder
- Potatoes, chopped
- 1 tsp salt
- 3 cups beef broth
- 2 (10 oz) cans tomato soup
- 1 (6 oz) can tomato paste
- 2 tablespoons of dry onion soup mix
- 2 cups mixed veggies (frozen or fresh)

Directions

1. Brown ground beef in a pan with onion powder, garlic powder, and salt. Drain grease.
2. Put ground beef, potatoes, beef broth, tomato soup, tomato paste, dry onion soup mix, and veggies in slowcooker.
3. Cook on low for 6-7 hours.

SLOW COOKER BEAN and MEAT CHILI

Ingredients

- 1 lb ground beef, ground turkey or chicken
- 1 tsp onion powder or 1 finely chopped onion
- 3 tablespoons chili powder
- Salt and pepper
- 1 (15 oz) can black beans, rinsed
- 1 (15 oz) can pinto beans, rinsed
- 1 (15 oz) can kidney beans, rinsed
- 1 (14 oz) can crushed or diced tomatoes
- 1 cup beef broth
- ½ cup barbecue sauce (OPTIONAL)
- 1 tablespoon brown sugar
- Veggies (carrots, zucchini, mushrooms, spinach, kale etc, anything)
- Toppings: sour cream, shredded cheese, green onions, fresh tomatoes, avocado

Directions

1. Brown ground beef or turkey (or cook chicken) in a skillet mixed with the onion powder, chili powder, salt and pepper.
2. Place beef/turkey/chicken in slow cooker with all the beans, tomatoes, broth, barbecue sauce and brown sugar.
3. Add desired veggies.
4. Cook on low for 6-7 hours or high for 4-5 hours.
5. Scoop out and top with your favorite toppings!

SLOW COOKER HAMBURGER HELPER with VEGGIES

Ingredients

- 1 lb ground beef
- 1 tsp onion powder
- 1 tsp salt
- 2 cups of chopped veggies (I like using a bag of frozen onion/bell pepper mix)
- 1 cup chopped fresh spinach (optional)
- 1 ½ cup milk
- 1 cup beef broth
- 1 ½ cup tomato or pasta sauce
- 3 cups of uncooked pasta (macaroni is a good one)
- 1 ½ cups shredded cheese

Directions

1. Brown ground beef in a skillet with onion powder and salt.
2. Mix ground beef, veggies, spinach, milk, beef broth and tomato/pasta sauce in a slow cooker. Cook on low for 7-8 hours or high for 3-4 hours.
3. 10-15 minutes before serving, stir in pasta. Cover and cook for 10-15 minutes or until pasta is to desired consistency.

4. Add cheese and serve.

BAKED MEATBALLS

Meatball Ingredients

- 2 lbs ground beef
- ½ cup parmesan cheese
- 1/3 cup milk
- 2 eggs
- ¾ cup breadcrumbs
- 1 tsp salt
- ½ tsp pepper
- ½ tsp garlic powder

Directions

1. Preheat oven to 400F.
2. Mix ground beef, parmesan, milk, eggs, breadcrumbs, salt, pepper, and garlic powder in a bowl.
3. Roll beef mixture into meatballs, about 1 ½ inches thick.
4. Place in greased baking dish and cook for 15-20 minutes, or until meatballs are brown and cooked through.

STUFFING MEATLOAF

Ingredients

- 1 lb ground beef
- 1 box of stuffing
- 1 cup hot water
- 1 egg
- ¼ cup milk
- ½ an onion, chopped (if desired)
- *Meatloaf seasoning mix (if seasoning is unavailable, you can mix 1 tsp garlic powder, 1 tsp onion powder, and ½ tsp of salt and pepper each for added flavor)

Directions

1. Preheat oven to 350 degrees F.
2. Mix together stuffing and hot water in a large bowl
3. Add ground beef, egg, milk, onion, and seasoning mix the bowl. Mix well.
4. Press mixture into a loaf pan.
5. Bake for 40 minutes or until meatloaf is cooked through (no longer pink or internal temperature is 160 degrees F).

*If meatloaf is starting to overcook on the top but isn't finished, cover with aluminum foil.

PHILLY CHEESE STEAK PASTA (this recipe is a little more involved, but delicious)

Ingredients

- 1 ¼ lbs ground beef
- 8 oz pasta
- 2 tablespoons of butter
- 8 oz mushrooms, sliced (OPTIONAL)
- 2 cups frozen onion/pepper mix or 1 chopped medium onion and 1 chopped green pepper
- 1 (10.5 oz) can French onion soup
- 2 tablespoons Worcestershire sauce
- 1 tablespoon cornstarch
- Cheese
- Salt and pepper to taste

Directions

1. Cook pasta and set aside.
2. Brown ground beef in a skillet. Remove from skillet, leaving grease in the pan.
3. Melt the butter over medium high, then add mushrooms. Cook for 5 minutes.
4. Add onions and peppers and cook as desired.
5. Reduce heat to low and add French onion soup and Worcestershire sauce.
6. In a small bowl, whisk together cornstarch and 2 tablespoons of cold water.
7. Add mixture into skillet and cook for 2 minutes/until thick.
8. Add back the brown beef and cooked pasta to the skillet.
9. Top with cheese and salt and pepper as desired.

CROCKPOT HAMBURGER HASH

Ingredients

- 1 lb ground beef
- 1 can corn or 1 ½ cups frozen corn
- 1 cup cheese
- 1 teaspoon garlic powder
- 1 can cream of mushroom soup
- Potatoes, cut up (whatever desired amount)

Directions

1. Cut up potatoes and place in crockpot. Add all the other ingredients.
2. Cook on low for 6 hours.

STOVETOP BEEF AND RICE CASSEROLE

Ingredients

- 2 lbs ground beef
- 1 onion, chopped (optional)
- 1 teaspoon garlic powder
- 3 cups of beef broth
- 2 cups rice
- 1 lb of frozen broccoli
- 1 can diced tomatoes (optional)
- 1 cup shredded cheese

Directions

1. Brown ground beef with chopped onion and garlic powder.
2. Add beef broth, rice, broccoli and diced tomatoes and stir.
3. Bring to a boil then cover and reduce heat to low.
4. Cook over low for 20 minutes or until rice is tender.
5. Top with cheese and serve.

SLOW COOKER GOULASH

Ingredients

- 1 lb ground beef
- 1 tsp garlic powder
- 1 bag of frozen peppers and onions
- 3 cups tomato sauce
- 1 (15 oz) can diced tomatoes
- 1 cup water
- 1 cup pasta noodles of choice
- 1 cup cheese (optional)

Directions

1. Brown ground beef and place in slow cooker.
2. Stir in all remaining ingredients except pasta.
3. Cook on low for 1 hour.
4. Add pasta in the last 30-45 minutes OR cook pasta separately and add at the end.

RED MEAT & PORK

CROCKPOT PORK CHOPS

Ingredients

- 8 pork chops
- 1 (10.5 oz) can of cream of chicken soup
- 1 can (10.5 oz) can of cream of mushroom soup
- Optional: 1 packet of Hidden Valley Ranch Dressing Mix

Directions

1. Place porkchops in crockpot.
2. Sprinkle ranch dressing powder mix.'
3. Mix in soups. Cook on low heat for 6-8 hours or high for 3-4.
4. Serve of potatoes or rice.

SMOTHERED (ROUND)STEAK

Ingredients

- Boneless beef round steak or **any lean**/non-tender cut of beef
- Onion soup mix seasoning
- ½ bag of baby carrots or vegetable of choice
- 1 cup of water
- Chopped onion (if desired)

Directions

For the oven:

1. Preheat oven to 325 degrees F.
 2. Sprinkle half of the dry onion soup mix seasoning in the bottom of a baking dish.
 3. Place beef on top and cover with chopped onion and the remaining soup mix.
 4. Add vegetables, pour in water, then cover with foil.
 5. Bake for 60-90 minutes (depending on how thick the cut is) or until steak and vegetables are to your liking. Pair with noodles, rice, potatoes, or a salad.
- For a crockpot: repeat above in the crockpot (minus the foil) and cook on HIGH for 3-4 hrs or LOW for 7-8 hrs. Make sandwiches by slicing the meat and putting on a bun with onions and cheese, etc.

CHICKEN

SLOW COOKER PARMESAN CHICKEN

Ingredients

- 3 lbs chicken breasts
- 1 cup chicken broth
- 1 package of carrots`
- 1 cup butter (2 sticks)
- 1 cup mayo
- 1 cup parmesan cheese
- 1 tsp lemon juice
- 1 tsp garlic powder

Directions

1. Add chicken, broth, and carrots to slow cooker (*Optional: add chopped potatoes)
2. Cook on low for 6 hours or high for 3 hours.
3. Drain excess broth and fat from the cooked chicken.
 - a. Tip: remove the chicken breasts and dump out the broth, carrots and potatoes, then return chicken to crockpot.
4. Mix butter, mayo, parmesan, lemon juice and garlic powder in a separate bowl.
5. Pour mixture over chicken. Cook for an additional 30 minutes.
6. Serve over egg noodles or rice (or simply eat with your potatoes!)

SLOW COOKER CHICKEN, VEGGIES AND RICE

Ingredients

- 1 lb chicken breasts, diced
- 2 cups frozen vegetables
- 1 cup white rice
- ½ tsp each of salt and pepper
- 1 tsp garlic
- 2 cups chicken broth
- ½ cup sour cream
- 1 cup cheddar cheese

Directions

1. Stir all ingredients in the slow cooker except for sour cream and cheese.

2. Cook on high for 4 hours or low for 8 hours. Stir once or twice halfway through.
3. Stir in sour cream and cheese at the end before serving.

SLOW COOKER ORANGE CHICKEN

Ingredients

- 1 ¼ lbs chicken, cut into 1-inch chunks
- ¼ cups cornstarch
- Salt and pepper to taste
- ¼ cup soy sauce
- ¾ cup BBQ sauce
- ¾ cup orange marmalade

Directions

1. Toss chicken chunks in a bowl with the cornstarch, salt and pepper.
2. Cook chicken in a pan over medium heat; 3-4 minutes each side until browned.
3. In separate bowl, mix together soy sauce, BBQ sauce and orange marmalade.
4. Place chicken and sauce in slow cooker, mixing to coat.
5. Cook on low for 2-3 hours.
6. Serve over rice!

SLOW COOKER CREAM CHEESE CHICKEN

Ingredients

- 3 lbs chicken
- 1 can cream of chicken soup
- 1/2 cup chicken broth
- 1 (8 oz) package of cream cheese
- 1 tsp garlic powder

Directions

1. Mix soup, broth and garlic powder.
2. Place chicken in crockpot and soup mix on top.
3. Cook on low for 6 hours. Remove chicken.
4. Add the cream cheese and whisk until smooth.
5. Return chicken and cook for 15 minutes

SLOW COOKER QUESO CHICKEN

Ingredients

- Chicken
- 1 jar queso cheese
- 1 jar salsa
- 1 tsp garlic powder

Directions

1. Cook chicken in slow cooker on low for 6 hours.
2. Drain the juices.
3. Add the queso, salsa and garlic powder. Cook for another 30 minutes.

SLOW COOKER RANCH CHICKEN

Ingredients

- Chicken
- Baby carrots
- Potatoes, chopped into chunks
- Dry ranch mix
- ½ cup milk
- Cream of chicken soup

Directions

1. Mix soup and dry ranch mix.
2. Place chicken, carrots, potatoes in slow cooker. Pour soup on top.
3. Cook on low for 6 hours.

SLOW COOKER CHICKEN AND STUFFING

Ingredients

- Chicken
- 1 cup ranch dressing
- 1 can cream of chicken
- frozen veggies
- 1 package of stuffing mix
- ½ cup water

Directions

1. Mix ranch, water and soup together.
2. Place chicken in slow cooker. Top with veggies, stuffing and soup mix.
3. Cook on low for 6 hours.

POTATO CHIP CHICKEN

Ingredients

- 4 boneless skinless thawed chicken breasts (about 1 ¼ lb)
- 2 tablespoons vegetable oil
- 1 egg
- 2 teaspoons Worcestershire sauce
- 4 cups of potato chips

Directions

1. Finely crush potato chips in a food-storage plastic bag.
2. Beat the egg and Worcestershire sauce in a bowl.
3. Dip chicken breasts in egg mixture, then coat with the crushed chips.
4. Heat oil vegetable oil in a pan/skillet over medium-low.
5. Cook chicken for 10-15 minutes until golden brown and the juice runs clear when cut at its thickest part (turn chicken only once).

CHICKEN or BEEF NACHOS

Ingredients

- 4 boneless skinless thawed chicken breasts (about 1 ¼ lb) cut into ¼ inch pieces OR 1 ¼ ground beef OR 2 cans (12 oz) of canned chicken
- 1tablespoon vegetable oil
- 1 package of taco seasoning mix
- 1 can (8 oz) of tomato sauce
- 1 can (15 oz) black beans, drained and rinsed
- 1 can whole kernel corn, drained
- 1 chopped red pepper (if desired)
- 2 cups shredded cheese
- Tortilla chips

Directions

1. Heat oil in pan/skillet over medium-high heat. Cook cut chicken, stirring occasionally, until no longer pink in center.
2. Stir in the taco seasoning mix, tomato sauce, beans, corn, pepper and 1 cup of cheese.
3. Reduce heat to medium and cook ~5 minutes (or until cheese is melted). Stir occasionally.
4. Dish chicken mixture over tortilla chips and sprinkle with remaining cheese.

CREAMY CHICKEN AND VEGETABLES WITH NOODLES (as modified from Betty Crocker)

Ingredients

- 2 cans (12.5 oz) of canned chicken
- 2 cups of mixed vegetables (thawed or from 2 (15 oz) cans)
- 5 cups (10 oz) uncooked noodles of choice
- 1 ¼ cups of milk
- 1 package (8 oz) of cream cheese
- ½ tsp salt and ¼ tsp pepper
- 1 chopped onion (if desired)

Directions

1. Cook and drain noodles.
2. Heat pan/skillet over medium and add the mixed vegetables and onion, cooking for 4 minutes and stirring until veggies are tender.
3. Mix in milk and cream cheese until well blended.
4. Stir in the canned chicken, salt and pepper.
5. Stir noodles into sauce mixture.

CANNED CHICKEN

CANNED CHICKEN ROLL UPS (Northeast Iowa Food Bank)

Ingredients

- 1 cup sour cream
- ½ cup chopped onion
- 1/3 cup salsa
- ¼ tsp salt and ¼ tsp garlic powder
- 1 tablespoon chopped cilantro
- 3 flour tortillas
- 1 (12 oz) canned chicken breast, drained

Directions

1. Combine salsa, onion, sour cream, cilantro, salt and garlic powder in a bowl
2. Spread sour cream mixture over each tortilla, then top with chicken. Add cheese if desired.
3. Roll tightly and wrap in plastic or place in container. Refrigerate for 2-3 hrs, then slice up.

CANNED CHICKEN QUESADILLAS

Toss canned chicken with taco seasoning. Fill half a tortilla with shredded cheese and the canned chicken, then fold. Place in a warm skillet with melted butter. Add salsa, lettuce or any other desired toppings.

OTHER IDEAS FOR CANNED CHICKEN OR TUNA

Ingredients

- 1 can (12.5 oz) of canned chicken or tuna, drained
- 1/3 cup mayonnaise
- ½ cup finely diced celery
- ¼ cup finely chopped onion

Directions

1. Mix chicken or tuna with mayonnaise, taking care to shred it
2. Stir in celery and onion
3. Serve on toast, in a sandwich, on a bagel, with crackers, or over a bed of lettuce

CHICKEN NOODLE CASSEROLE—Revised from Campbell's (Northeast Iowa Foodbank)

Ingredients

- 1 can (10 oz) condensed cream of mushroom/vegetable/chicken soup
- ½ cup of milk
- ¼ tsp black pepper
- 1 cup frozen or canned vegetables
- 2 cups of diced chicken or canned chicken (drained)
- 1-1/2 cups of egg noodles, cooked and drained
- ½ cup shredded cheddar cheese

Directions

1. Stir all ingredients into a casserole dish.
2. Bake at 400F for 25 minutes. Sprinkle cheese on top, then serve.

BREAKFAST PARFAITS (from Rachael Ray)

Ingredients

- 2 cups yogurt of any choice
- 1 small can drained mandarin oranges (or substitute with any canned fruit)
- ¾ cup crisped rice cereal or plain oats
- 1 cup fresh fruit (diced pineapple, blueberry, raspberries, strawberries etc)

Directions

- Using 4 glass cups, alternate layers of 2 tablespoons of yogurt, cereal/oats, then canned fruit.
- Top with fresh fruit and serve.

VEGGIES

ROASTED VEGGIES (based on whatever you have available!)

Ingredients

- 1 tablespoon of olive oil, vegetable oil, or melted butter
- ½ tsp pepper and 1 tsp garlic powder to taste
- Grated Parmesan cheese
- Fresh OR frozen of the following veggies of choice

Directions

For broccoli and cauliflower: trim 1 head of fresh broccoli and 1 head of cauliflower. Toss with oil and seasonings, then spread on a baking sheet lined with aluminum foil. Sprinkle with parmesan cheese, then roast in oven at 450F for about 15 minutes, stirring once halfway through.

For asparagus: trim asparagus by snapping in half (they will naturally break at the most tender part!) Repeat steps listed above.

For squash: slice squash in half, then remove skin. Thinly slice squash. Repeat steps listed above baking 15-20 min uncovered until golden brown.

For baby carrots: toss 2 lbs of baby carrots with oil and seasonings. Spread on baking sheet and bake for 30-40 min, stirring once or twice during cooking.

IDEAS FOR KIDS

SMUCKER'S PEANUT BUTTER SNACK

Ingredients

- sliced apples
- ¼ cup peanut butter
- 1/3 cup yogurt (plain, vanilla or Greek)
- 1 tablespoon of apple juice
- ¼ tsp cinnamon
- Dry roasted sunflower kernels (optional)

Directions

1. Mix together peanut butter, yogurt, apple juice and cinnamon in a bowl. Dip apple slices in mixture or spread it on the apple slices and sprinkle with sunflower kernels.

HAMBURGER PIZZA

Ingredients

- 1 lb ground beef
- ¼ cup mayo
- ¾ cup thousand island dressing
- ½ cup yellow onion, diced (or 1 tsp of onion powder)
- ½ tsp salt, ½ tsp pepper

- 1 Pillsbury pizza crust
- 2 cups of shredded cheese
- 1 cup of shredded lettuce

Directions

- Preheat oven to 400F
- Cook and crumble ground beef in frying pan with a pat of butter. Drain the grease.
- Add mayo, diced onions, pickles, salt and pepper.
- Mix well, then remove from heat.
- Unroll pizza crust and press into greased baking sheet. Bake for 8 minutes or until golden brown.
- Spoon ground beef mixture onto crust and spread evenly.
- Sprinkle shredded cheese on top.
- Place back in the oven and bake until cheese is melted (6-8 minutes).
- Once cooled, sprinkle with shredded lettuce.

EASY CHICKEN POT PIE

Ingredients

- 1 lb Chicken: boneless/skinless in bite size pieces, rotisserie or canned (or even leftover turkey)
- Garlic salt (as desired)
- Pepper (as desired)
- 1 bag frozen mixed vegetables (16oz)
- 1 can cream of chicken soup (10.75oz)
- ¾ cups milk
- 1 cup cheddar cheese, divided
- 2 pre-made pie crusts

Directions

- Preheat oven to 450F.
- For uncooked chicken, chop chicken and cook in a pan with oil, garlic salt and pepper. Cook until chicken is done.
- Mix veggies, cream of chicken soup, and milk.
- Spray a casserole dish with cooking spray and press in first pie crust.
- Stir half the cheese into chicken/vegetable mix, then pour into dish.
- Sprinkle top with the rest of the cheese.
- Place second crust on top, then cut a slit in the middle.
- Bake for 15-20 minutes until golden brown.

SLOW COOKER CAULIFLOWER MAC AND CHEESE

Ingredients

- 12 oz elbow macaroni
- 3 cups shredded cheddar cheese (divided)

- 1 cup minced cauliflower florets (about one head)
- 2 ½ cups milk
- 1 can evaporated milk (12 oz)
- ½ tablespoon yellow mustard (optional!)

Directions

- Combine pasta, 2 ½ cups shredded cheese, minced cauliflower, milk, evaporated milk, and mustard into a slow cooker. Mix well.
- Cook on low for 3-4 hours.
- Sprinkle remaining cheese on top, then cook for another 15-30 minutes until cheese is melted and liquid is absorbed.

HAM, EGG & CHEESE ROLL-UPS

Ingredients

- 10 eggs
- 2 tsp garlic powder
- Salt and pepper
- 2 tablespoons butter
- 1 ½ cup shredded cheese
- 1 cup baby spinach (optional)
- 1 cup chopped tomatoes (optional)
- 20 slices ham

Directions

- Whisk together eggs, garlic powder, salt and pepper.
- Melt butter over a skillet, medium heat. Add eggs and scramble.
- Stir in shredded cheese until melted, then stir in baby spinach and tomatoes.
- Place spoonful of scrambled eggs on ham slices, then roll them up.
- Pack the ham roll-ups in a baking dish and broil until ham is crispy (5 minutes).

BURRITO BOWLS

Ingredients (makes about 6 bowls)

- 1 ½ cups rice
- 3-4 cups cooked shredded chicken
- 8 oz salsa
- 1 can black beans, drained and rinsed (15 oz)
- 1 cup shredded cheese
- 1 cup guacamole (optional)
- 1/3 cup sour cream

Directions

- Cook rice according to directions (stovetop or rice cooker).

- Shred 1 rotisserie chicken OR bake and shred 2 boneless, skinless, chicken breasts OR heat 2 cans of canned chicken, drained.
- Fill serving bowl with cooked rice, then top with chicken, salsa, black beans, cheese, guacamole and sour cream.

LITTLE FISH SANDWICHES

Ingredients

- Canned tuna, drained
- 2-3 tablespoons of mayo (light if possible)
- 1/8 tsp of salt and pepper each
- Bread (whole wheat if possible)
- Sugar snap peas
- Apple, sliced

Directions

1. Mix drained tuna with salt, pepper, and mayo to desired consistency.
2. Spread tuna mixture on bread and cut in half.
3. Serve sandwich with sugar snap peas and apple slices.

STOVETOP MAC AND CHEESE with VEGGIES

Ingredients (feel free to cut this recipe in half!)

- 8 oz of pasta of choice (whole wheat pasta if available)
- Veggies of choice (frozen peas, diced carrots, cauliflower, broccoli)
- 2 tablespoons of butter
- 2 tablespoons of flour
- 1.5 cups milk
- 8 Velveeta cheese, cubed

Directions

1. Cook pasta and drain well. Set aside.
 - a. Add veggies (frozen peas/diced carrots/cauliflower/broccoli) in the boiling water with the pasta.
 - b. OR stir raw baby spinach into pasta right after draining until wilted.
2. In a saucepan, melt butter over medium heat. Add flour and milk. Whisk until smooth.
3. Stir over medium heat until sauce bubbles and thickens (3 minutes).
4. Add cubed Velveeta and stir until creamy.
5. Add in cooked pasta and veggies.

CHEESY BROCCOLI BITES (NOTE: requires a food processor)

Ingredients

- 2 cups of broccoli florets
- 2 eggs
- ½ cup breadcrumbs
- 2 oz parmesan cheese
- 2 tablespoons oil

Directions

1. Cook or steam broccoli until tender
2. Add broccoli, egg, breadcrumbs, and parmesan into food processor. Blend until fine.
3. Form broccoli mix into balls.
4. Heat oil in skillet, drop balls of broccoli and flatten with a spatula.
5. Cook both sides until crispy.

Directions

CHICKEN RITZ CASSEROLE

Ingredients

- 2-3 cooked chicken breasts (shredded) or 2 cans (12 oz) of canned chicken
- 1 cup sour cream or plain Greek yogurt
- 2 cans (10 oz) condensed cream of chicken soup
- 2 cups of chicken broth
- 2 cups of uncooked instant rice OR cooked rice
- 2 sleeves of crushed (Ritz) crackers (or any crackers)

Directions

1. Mix shredded chicken, sour cream or yogurt, cream of chicken soup, chicken broth, and instant rice in a large bowl.
2. Spread into a casserole/baking dish.
3. Crush the crackers and sprinkle on top, covering entire casserole.
4. Bake at 350F for about 40 minutes, or until crackers are golden and rice is tender.
5. Serve with veggies and enjoy!