

Meal Maker Kit

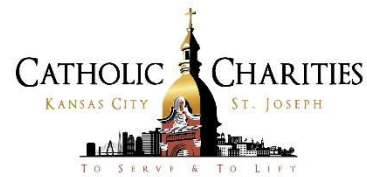
Shopping List

Please only include non-perishable items. Please avoid glass items and pack all items inside a sturdy bag. Feeds a family of four. For more information contact Andrea Minton at aminton@ccharities.com.

- Red Kidney Beans (2 cans; 15.5 oz each)
- Mixed Vegetables (1 can; 15 oz)
- Diced Tomatoes (1 can; 14.5 oz)
- Creole Spice Seasoning
- Instant Whole Grain Brown Rice
- Corn Bread Mix
- Evaporated Milk (1 can; 12 oz)

Optional:

- Cooking Spray
- Canned fruit or pudding for dessert
- Drink mix



Additional Information

- Cost to fill this Meal Maker Kit is approximately \$15.00 when purchasing ingredients shown on the left from Aldi's. Optional items listed have not been included in this price.
- Place all items in a bag and attach the recipe below to the bag.
- Include a card or message of Hope to the recipient. If you have children, this would be a great way for them to participate.
- The Serve & Lift Center will provide any perishable items should the client request it for this recipe, and if available.
- Meal Maker Kits may be dropped off Monday – Thursday, 8:30 am – 3:30 pm at 8001 Longview Road, Kansas City, MO.

Creole Beans & Rice

Ingredients:

- Red Kidney Beans (2 cans; 15.5 oz each)
- Mixed Vegetables (1 can; 15 oz), drained
- Diced Tomatoes (1 can; 14.5 oz)
- Creole Spice Seasoning, to taste
- Corn Bread Mix
- Evaporated Milk (1 can; 12 oz)

Directions:

Add mixed vegetables to a large non-stick skillet over medium high heat. Sauté until sizzling. Add Creole seasoning to taste and cracked black pepper, as desired. Stir to combine. Add in both cans of drained beans, ½ cup of water, and tomatoes to the pan. Bring to a boil. Reduce heat and simmer 10 minutes, or until thickened. Stir occasionally, mashing some of the beans. Cook rice according to package and serve bean mixture over rice.

Make cornbread using the evaporated milk in place of regular milk. Follow package directions.