

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.

- Large Can Chili with Meat and Beans (25 oz)
- Pinto Beans (1 can; 30 oz)
- Chili Seasoning Packet
- Diced Tomatoes (2 cans; 14.5 oz each)
- Tomato Sauce (2 cans; 8 oz each)
- Whole Grain Pasta

Optional:

- Corn Chips
- Canned fruit or pudding for dessert
- Drink mix



Additional Information

- Cost to fill this Meal Maker Kit is approximately \$14.00 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.

Chili Mac Night

Ingredients:

- Chili with meat and beans (25 oz)
- Pinto Beans (1 can; 30 oz), drained & rinsed
- Chili Seasoning Packet
- Diced Tomatoes (2 cans; 14.5 oz each)
- Tomato Sauce (2 cans; 8 oz each)
- Whole Grain Pasta

Directions:

In a large pot, add chili, drained and rinsed pinto beans, diced tomatoes (not drained), and tomato sauce. Bring to a boil. Reduce heat to simmer and add in the chili seasoning packet. Simmer 30 minutes. Add in water, if needed, to reach desired consistency.

While chili simmers, cook pasta according to package directions.

Serve chili over cooked pasta and enjoy.