

# 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](mailto:aminton@ccharities.com).*

- Canned Chicken (2 cans; 12.5 oz each)
- Black Beans (1 can; 15.25 oz)
- Diced Tomatoes (1 can; 14.5 oz)
- Green Chilis (1 can; 4 oz)
- Enchilada Sauce (1 can; 28 oz)
- Whole Wheat Tortillas (Non-Refrigerated)

### Optional:

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



## Additional Information

- Cost to fill this Meal Maker Kit is approximately \$17.00 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.

## Mexican Enchiladas

### Ingredients:

- Canned Chicken, drained (2 cans; 12.5 oz each)
- Black Beans (1 can; 15.25 oz)
- Diced Tomatoes (1 can; 14.5 oz)
- Green Chilis (1 can; 4 oz)
- Enchilada Sauce (1 can; 28 oz)
- Whole Wheat Tortillas

### Directions:

Heat oven to 375 degrees. Spray a 13x9 baking dish with cooking spray. In a bowl, combine drained chicken, black beans, Mexican corn, and tomatoes. Stir well to combine. Stir in  $\frac{1}{4}$  cup of the enchilada sauce into the filling. Spread  $\frac{1}{2}$  cup of the enchilada sauce evenly in the baking dish. Spread  $\frac{1}{2}$  cup of the chicken mixture down the center of each tortilla. Wrap tortillas lightly around filling and place seam side down in the prepared baking dish. Top with remaining enchilada sauce. Bake for 20-25 minutes or until hot and bubbly. Let stand 5 minutes before serving.