

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.

- Tuna in Water (2 cans; 5 oz each)
- Egg Noodles
- Peas (1 can; 15 oz)
- Cream of Mushroom Soup (1 can; 10.5 oz)
- Evaporated Milk (1 can; 12 oz)
- Plain Breadcrumbs

Optional:

- Canned fruit or pudding for dessert
- Drink mix



Additional Information

- Cost to fill this Meal Maker Kit is approximately \$13.00 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.

Tuna Noodle Bake

Ingredients:

- Egg Noodles
- Tuna, drained (2 cans; 5 oz each)
- Cream of Mushroom Soup (1 can; 10.5 oz)
- Evaporated Milk (1 can; 12 oz)
- Peas, drained (1 can; 14.5 oz)
- Plain Breadcrumbs

Directions:

Cook egg noodles according to package directions. Once cooked drain and set aside.

Mix tuna, soup, and milk in a 3-quart casserole dish. Add noodles and peas (drained). Mix well. Bake at 400 degrees for 30 minutes or until hot. Stir.

Mix breadcrumbs with 1 tablespoon melted butter or oil in a bowl. Sprinkle over tuna casserole mixture. Bake for 5 minutes more.