



Offering safety, providing stability and equipping for self-sufficiency

Meal in a Bag!

Thank you for your support of Vine Maple Place! It is our mission to break the cycle of homelessness by helping single parents and their children build lives of hope, stability, and greater self-sufficiency. Your assistance by creating a Meal in a Bag provides all the necessary ingredients needed to make a home cooked meal. These meals not only provide stability and a chance for a family to connect around the dinner table, they also assist in helping a family stretch their food budget as they work towards self-sufficiency. For more details or to schedule a delivery, please contact Sequoia Smith by phone 425-432-2119 ext. 112 or email sequoias@vinemapleplace.org.

Instructions:

1. Collect the ingredients listed under each Meal in a Bag recipe.
2. In a brown paper grocery bag, place the ingredients needed to complete one Meal in a Bag. There should be ingredients for just one Meal in a Bag, per each brown grocery bag.
3. Photocopy or print the Meal in a Bag recipe that you are creating. Recipes can be found at the end of this document.
4. Fold the brown bag over and staple the corresponding recipe to that bag.
5. Return your completed Meal in a Bag(s) to Vine Maple Place between 9-5, Monday - Friday. Address is: 21730 Dorre Don Way, Maple Valley. Please call for directions, if needed.

Additional information:

- If you plan to bring in some meals, please call in advance and let us know approximately when you will bring them in, and how many. This will help us for planning purposes.
- We cannot accept perishable items. We do accept gift cards in \$10 and \$20 denominations to Safeway or Fred Meyer so these items can be purchased directly by our families.
- If you are interested in supporting our monthly needs to provide meals for moms and kids while attending classes, please contact Sequoia to get on the SignUpGenius list.

Chicken Tortilla Soup recipe

1 can of whole kernel corn, drained
2 cans of chicken broth
1 can of chunk chicken
1 can black beans
1 can of diced tomatoes with green chili peppers, drained
Directions: pour all ingredients into a large sauce pan. Simmer over medium heat until chicken is heated through. Great with tortilla chips or top with shredded cheese.

Chicken Noodle soup recipe

1 can of chunk chicken
2 cans of chicken broth
1 can of mixed vegetables
2/3 cup egg noodles, uncooked
Salt and Pepper to taste
Directions: combine all ingredients except noodles in large sauce pan over medium heat. Heat until bubbly. Add noodles. Simmer soup 8-12 minutes or until noodles are tender, stirring occasionally.

Tuna Casserole recipe

1 box of macaroni and cheese
1 can of cream of mushroom soup
2 (5 oz) cans of tuna, drained
1 can peas, drained
Directions: prepare macaroni and cheese according to box directions. Stir in the cream of mushroom soup, tuna, and peas. Mix well and heat until bubbly.

Vegetarian & Gluten-free

Mexican Rice and Beans recipe

1 cup dry rice
1 ½ cups water
1 8oz. can tomato sauce
1 tablespoon taco seasoning (about ¼ of packet)
Can omit seasoning or use less according to taste
1 can kidney beans, drained
Directions: combine rice, water, taco seasoning and tomato sauce in a sauce pan. Bring to boil, and then reduce heat to low. Cover and simmer for 15 minutes. Add beans and cook 5 more minutes until heated through, stirring often.

Chicken and Rice recipe

4 cups of cooked rice
1 can of chunk chicken, drained
1 can of cream of chicken soup
1 can of water
1 can of peas or green beans, drained
salt and pepper to taste
Directions: prepare rice according package directions. Heat cream of mushroom soup and 1 can of water. Add chicken and peas (or green beans) until heated through. Serve over rice.

Chili Soup recipe

1 can chili
1 can of whole kernel corn, drained
1 can vegetable beef soup
1 can tomato soup
1 can diced tomatoes with green chili peppers
Directions: stir chili, corn, vegetable beef soup, tomato soup, diced tomatoes together in a saucepan over medium-high heat, 5-10 minutes.

Chicken Pot Pie

1 can cream of chicken soup
1 can mixed veggies
1 can chunk chicken
1 pie crust mix (Suggested: Jiffy pie crust mix)
Directions: Make pie crust following directions on box. Do not drain vegetables. Combine with chicken and cream of chicken soup. Season to taste. Pour into pie shell and top with second pie crust and crimp edges. Make slits in top crust.

Bake @ 375° in oven 30-45 minutes or until crust is golden brown.

Gluten-free

Three Bean Soup

1 can black beans, drained
1 can pinto beans, drained
1 can great Northern beans, drained
1 (32 fl. oz.) box chicken broth
1 can corn, drained
1 can fire-roasted diced tomatoes
2 teaspoons taco seasoning
Can omit seasoning or use less according to taste
Directions: combine all ingredients in large sauce pan. Simmer soup for 30 minutes.

