

# Meal in a Bag

Families facing homelessness come to Vine Maple Place hungry. When you give a Meal in a Bag you are giving a mom all the necessary ingredients she needs to make a home cooked meal for her family.

Please follow the instructions below and, if you have any questions, contact Sequoia Smith by phone 425-432-2119 ext. 112 or email [sequoias@vinemapleplace.org](mailto:sequoias@vinemapleplace.org).

## Instructions:

1. Collect the ingredients listed in the Meal in a Bag recipe (see page 2).
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.
4. Staple the corresponding recipe to the bag.
5. Return your completed Meal in a Bag(s) to Vine Maple Place between 8:30am – 5:00PM, Monday - Friday. Deliver to: 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 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 onsite meals for moms and kids, please contact Sequoia to get on the SignUpGenius list.

VINE MAPLE  PLACE  
21730 Dorre Don Way, Maple Valley WA  
Sequoia Smith, 425-432-2119 ext. 112

**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.