

<p><b>7 Can Taco Soup!</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>• 1 can black beans (drained &amp; rinsed)</li> <li>• 1 can pinto beans (drained &amp; rinsed)</li> <li>• 2 cans diced tomatoes (undrained)</li> <li>• 1 can corn (drained)</li> <li>• 2 cans chicken breast (drained &amp; flaked)</li> <li>• 3 ½ cups chicken broth (or entire carton, if you want a more liquid soup)</li> <li>• 1 packet taco seasoning</li> </ul> <p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>1. Combine all ingredients (except taco mix) into a large soup pot and bring to a boil over medium-high heat. Once boiling, reduce heat to low and stir in taco seasoning until blended. Let simmer for at least 15 minutes, stirring occasionally.</li> <li>2. Serve with topping of choice: tortilla chips, shredded cheese, sour cream, avocado . . . Or, just enjoy as is.</li> </ol>	<p><b>7 Can Taco Soup!</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>• 1 can black beans (drained &amp; rinsed)</li> <li>• 1 can pinto beans (drained &amp; rinsed)</li> <li>• 2 cans diced tomatoes (undrained)</li> <li>• 1 can corn (drained)</li> <li>• 2 cans chicken breast (drained &amp; flaked)</li> <li>• 3 ½ cups chicken broth (or entire carton, if you want a more liquid soup)</li> <li>• 1 packet taco seasoning</li> </ul> <p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>1. Combine all ingredients (except taco mix) into a large soup pot and bring to a boil over medium-high heat. Once boiling, reduce heat to low and stir in taco seasoning until blended. Let simmer for at least 15 minutes, stirring occasionally.</li> <li>2. Serve with topping of choice: tortilla chips, shredded cheese, sour cream, avocado . . . Or, just enjoy as is.</li> </ol>
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<p><b>Chicken Casserole</b></p> <p><b>Ingredients</b>  1 can of cream of mushroom soup (10.5 oz)  1/4 cup of evaporated milk  1 cup of cooked stuffing  2 cans of chicken (total of 20 oz) drained  1/4 cup of margarine melted  1 can of green beans (14.5) drained</p> <p><b>Steps</b>  1. Heat oven to 350°F. Lightly spray 11x7-inch glass baking dish with cooking spray.  2. In small bowl, mix soup and milk until well blended. <u>Soup Mixture</u>  3. In another small bowl, mix stuffing crumbs and melted butter. <u>Stuffing Mixture</u>  4. Drain chicken and green beans well. Break up the chicken.  5. In baking dish, layer chicken, green beans, soup mixture and stuffing mixture.</p> <p>Bake(350°F) uncovered about 30-35 minutes until bubbly and stuffing mixture crisp.</p>	<p><b>Chicken Casserole</b></p> <p><b>Ingredients</b>  1 can of cream of mushroom soup (10.5 oz)  1/4 cup of evaporated milk  1 cup of cooked stuffing  2 cans of chicken (total of 20 oz) drained  1/4 cup of margarine melted  1 can of green beans (14.5) drained</p> <p><b>Steps</b>  1. Heat oven to 350°F. Lightly spray 11x7-inch glass baking dish with cooking spray.  2. In small bowl, mix soup and milk until well blended. <u>Soup Mixture</u>  3. In another small bowl, mix stuffing crumbs and melted butter. <u>Stuffing Mixture</u>  4. Drain chicken and green beans well. Break up the chicken.  5. In baking dish, layer chicken, green beans, soup mixture and stuffing mixture.</p> <p>Bake(350°F) uncovered about 30-35 minutes until bubbly and stuffing mixture crisp.</p>
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### Chicken Noodle Casserole

#### Ingredients

- 2 cups of uncooked egg noodles
- 2 cans of chicken drained and broken into pieces
- 1 can of cream of chicken soup
- 1 can of cream of mushroom soup
- 1 can of mixed vegetables
- 1 cup of evaporated milk
- optional: 1 cup of shredded cheddar, or other melting cheese, and bread crumbs

#### Steps

- 1) Heat oven to 350°F. Spray 13x9-inch (3-quart) baking dish with cooking spray.
  - 2) Cook and drain the egg noodles; do not cook fully since time in oven will soften the noodles; set aside.
  - 3) In large bowl, mix the chicken, two cans of soup, 1 can of mixed/drained vegetables, 1 cup of evaporated milk, and – if desired – 1 cup of shredded cheese.
  - 4) Add cooked noodles; stir to combine. Season with salt and pepper to taste.
  - 5) Spread mixture evenly in greased baking dish.
  - 6) Top with 1 cup of Bread Crumbs (if desired), and lightly spray top with cooking spray.
- Bake** 25 to 30 minutes or until center is bubbly and heated through.

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<p><b>Tuna Noodle Casserole</b>  1 medium onion - chopped  2 tsp of dried herb of your choice (basil, parsley, etc.)  1 can of peas drained well  2 cans of tuna drained well  1 can of condensed Cream of Mushroom Soup  1 can of evaporated milk  ½ bag of noodles – 8 oz (cooked al dente and drained according to package)</p> <p><b>Preheat</b> oven to 375° F. Grease 13 x 9-inch baking dish.</p> <p>Heat some butter/margarine in a frying pan, add chopped onion and herb, and cook for 1-2 minutes on medium heat, stirring occasionally. You can also add chopped celery (2 stalks) with the onion. Drain peas well and add to pan. Take off heat. Stir in drained tuna and cooked, well-drained noodles. Sir in soup and evaporated milk; mix well. Pour into prepared casserole dish. * Sprinkle bread crumbs or crushed potato chips on top.</p> <p><b>BAKE</b> for 25 to 30 minutes or until chips are golden brown.</p>	<p><b>Tuna Noodle Casserole</b>  1 medium onion - chopped  2 tsp of dried herb of your choice (basil, parsley, etc.)  1 can of peas drained well  2 cans of tuna drained well  1 can of condensed Cream of Mushroom Soup  1 can of evaporated milk  ½ bag of noodles – 8 oz (cooked al dente and drained according to package)</p> <p><b>Preheat</b> oven to 375° F. Grease 13 x 9-inch baking dish.</p> <p>Heat some butter/margarine in a frying pan, add chopped onion and herb, and cook for 1-2 minutes on medium heat, stirring occasionally. You can also add chopped celery (2 stalks) with the onion. Drain peas well and add to pan. Take off heat. Stir in drained tuna and cooked, well-drained noodles. Sir in soup and evaporated milk; mix well. Pour into prepared casserole dish. * Sprinkle bread crumbs or crushed potato chips on top.</p> <p><b>BAKE</b> for 25 to 30 minutes or until chips are golden brown.</p>	<p><b>Tuna Noodle Casserole</b>  1 medium onion - chopped  2 tsp of dried herb of your choice (basil, parsley, etc.)  1 can of peas drained well  2 cans of tuna drained well  1 can of condensed Cream of Mushroom Soup  1 can of evaporated milk  ½ bag of noodles – 8 oz (cooked al dente and drained according to package)</p> <p><b>Preheat</b> oven to 375° F. Grease 13 x 9-inch baking dish.</p> <p>Heat some butter/margarine in a frying pan, add chopped onion and herb, and cook for 1-2 minutes on medium heat, stirring occasionally. You can also add chopped celery (2 stalks) with the onion. Drain peas well and add to pan. Take off heat. Stir in drained tuna and cooked, well-drained noodles. Sir in soup and evaporated milk; mix well. Pour into prepared casserole dish. * Sprinkle bread crumbs or crushed potato chips on top.</p> <p><b>BAKE</b> for 25 to 30 minutes or until chips are golden brown.</p>
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