



Hearty Chicken and Veggie Soup

Servings: 4

Ingredients:

- ¼ cup onion chopped
- 1 can (14.5 ounces) diced tomatoes
- 1 can (14.5 ounces) chicken broth, low salt*
- 1 can (10 ounces) chunk chicken, drained
- 1 can (15 ounces) mixed vegetables, drained
- ¼ teaspoon oregano
- 1/8 teaspoon pepper
- 1/8 teaspoon salt

Directions:

1. Peel and chop the onion.
2. Put the tomatoes and broth in the pan. Cook on medium heat until they boil.
3. Add the onion. Turn the heat to low, and simmer for 5 minutes.
4. Add the remaining ingredients.
5. Cover the pan.
6. Cook for 5 minutes over low heat or until vegetables are tender and heated through.

*Can substitute chicken bouillon and water for canned broth.

Adapted from USDA, recipefinder.nal.usda.gov

Running out of money for food?

Contact your local
food stamp office
or go online to:
dss.mo.gov/fsd/fstamp.

Additional cooking tips

- 4 ounces of shredded cheese is approximately 1 cup.
- Can use prepared bouillon cubes instead of canned chicken broth.
- If substituting fresh herbs for dried herbs use 1/3 of what the recipe asks because dry herbs are more potent. Conversely, if a recipe calls for dried and you would like to use fresh, triple the amount called for in the recipe.

Grandma's Chicken Pot Pie

Servings: 8

Ingredients:

- 2 cans (15 ounce each) mixed vegetables, drained
- 1 can (10 ounces) chicken, drained and flaked
- 1 can (10 ¾ ounces) reduced-sodium cream of chicken soup
- 1 can (6.5 ounces) sliced mushrooms, drained (optional)
- Salt and pepper to taste.
- 1 can (10 ounces) refrigerated layered biscuits

Directions:

1. Heat the oven to 425 degrees F.
2. Place vegetables, chicken, mushrooms and soup in a large bowl, and fold together until blended. Add the salt and pepper to taste.
3. Pour the pot-pie mixture into baking dish. Separate biscuits into layers and place gently on top of mixture. Lightly spray top of biscuits with cooking spray (optional).
4. Bake in preheated oven for 15 minutes, or until golden brown. Let stand for 15 minutes before serving.

Recipe courtesy of the Canned Food Alliance,
www.mealtime.org



Substitute fresh or frozen chicken for canned chicken by using the preparation instructions below:

- Wash hands before and after handling poultry.
- Completely thaw poultry before cooking so that it cooks more evenly. Defrost in the refrigerator, in cold water or in the microwave. Never defrost food at room temperature. Food thawed in cold water or in the microwave should be cooked immediately.
- Cook poultry until it reaches a safe internal temperature of 165 degrees F. Use a food thermometer. You can't tell it is cooked by looking!
- Never place cooked food on a plate that previously held raw poultry or meat.
- Rinsing poultry under water is not a safety step. Cooking to a safe internal temperature of 165 degrees F is what will kill pathogens that could cause illness.
- Let the chicken cool, and shred before adding to recipes.

White Chicken Chili

Servings: 6

Ingredients:

- 3 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 tablespoons all-purpose flour
- 2 teaspoons ground cumin
- 2 cans (15 ounces each) Great Northern beans, drained and rinsed
- 1 can (14 ½ ounces) low-sodium chicken broth
- 2 cans (10 ounces each) chunk chicken breast in water, drained

Directions:

1. Heat oil in a large skillet over medium-high heat. Add the onion and sauté until tender.
2. Add the flour and cumin; cook and stir for 2 minutes. Add the beans and chicken broth and bring to a boil. Reduce heat and simmer for 10 minutes or until lightly thickened. Add the chicken and heat through.

Recipe courtesy of the Canned Food Alliance,
www.mealtime.org



Chicken Taco Salad

Servings: 8

Ingredients:

- 1 can (12.5 ounces) canned chunk chicken in water, drained
- 1 cup lemonade
- 1 tablespoon lime juice
- 1 ½ teaspoons Worcestershire sauce
- ½ teaspoon garlic powder
- 1 head lettuce, shredded
- 1 can (14.5 ounces) diced tomatoes, drained
- 1 (8 ounce) package fat-free shredded sharp Cheddar cheese
- 1 (8 ounce) container fat-free sour cream, optional

Directions:

1. In a large skillet over medium heat, combine chicken, lemonade, lime juice, and Worcestershire sauce. Season with garlic powder and onion powder. Simmer 10 minutes.
2. In a large bowl combine lettuce, tomatoes, cheese, sour cream and chicken mixture. Serve immediately and refrigerate leftovers.

MEASUREMENT EQUIVALENTS:

| | |
|-------------------|----------------|
| 3 teaspoons | = 1 tablespoon |
| 4 tablespoons | = ¼ cup |
| 5 1/8 tablespoons | = 1/3 cup |
| 16 tablespoons | = 1 cup |
| 2 cups | = 1 pint |
| 4 cups (2 pints) | = 1 quart |
| 4 quarts (liquid) | = 1 gallon |

Nacho Supreme

Servings: 4

Ingredients:

- 1 can (10 ounces) chunk chicken breast in water, drained
- 5 ounce (about 4 dozen medium) unsalted tortilla chips
- 1 can (14.5 ounces) diced tomatoes with jalapenos, drained
- 1 can (15 ounces) canned pinto beans, drained and rinsed
- 1 can (10.75 ounces) condensed Cheddar cheese soup

Directions:

1. Heat the tomatoes, cheese soup, pinto beans and chicken in a 1-quart saucepan over medium heat until the mixture is hot and bubbling, stirring often.
2. Spoon the chicken mixture over chips. Serve immediately.

Recipe and photo courtesy of the Canned Food Alliance, www.mealtime.org



COOKING TERMS

BLEND: to incorporate two or more ingredients thoroughly

BOIL: to heat a liquid until bubbles break continually on the surface

CHOP: to cut solids into pieces with a sharp knife or other chopping device; finely chop is just chopping solids into small pieces

FOLD: cut down through mixture with spoon, whisk, or fork and go across bottom of bowl, up and over, close to surface; the process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended

SAUTÉ: to cook and/or brown food in a small amount of hot fat

SIMMER: to cook slowly in liquid over low heat at a temperature of about 180 degrees; the surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles

We hope you enjoy the recipes!

For additional information on nutrition and physical activities you can do with your family, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Each caller will receive a free healthy gift!

For more recipes and physical activity ideas, visit us online at missourifamilies.org.

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