

# Meal in a Bag Ingredients

## **Chicken Tortilla Soup**

1 can whole kernel corn  
2 cans chicken broth  
1 can chunk chicken  
1 can black beans  
1 can diced tomatoes with green chili peppers

## **Chicken and Rice**

4 cups cooked rice  
1 can chunk chicken  
1 can cream of mushroom soup  
1 can peas OR green beans

## **Chicken Noodle Soup**

1 can chunk chicken  
2 cans chicken broth  
1 can mixed vegetables  
2/3 c. egg noodles

## **Chicken Pot Pie**

1 can cream of chicken soup  
1 can mixed veggies  
1 large can chunk chicken  
1 box low sodium Chicken Stove Top Stuffing Mix (or similar brand)

## **Three Bean Soup**

1 can black beans  
1 can pinto beans  
1 can great Northern beans  
1 box (32 oz) chicken broth  
1 can corn  
1 can fire-roasted, diced tomatoes  
2 t. taco seasoning

## **Mexican Rice & Beans**

1 cup dry rice  
8 oz can tomato sauce  
1 T. taco seasoning  
1 can kidney beans

## **Tuna Casserole**

1 box macaroni and cheese  
1 can cream of mushroom soup  
2 cans tuna  
1 can peas

## **Chili Soup**

1 can chili  
1 can whole kernel corn  
1 can vegetable beef soup  
1 can tomato soup  
1 can diced tomatoes with green chili pepper