



Feeding Your Family with What's in the Box

Your box may have canned meat, rice, noodles, soups and canned vegetables and you can make your own casserole following the recipe below:

MAKE YOUR OWN CASSEROLE

Starch (select 1)

- 2 cups cooked pasta
- 2 cups cooked brown or white rice
- 2 cups cooked potatoes

Protein (select 1)

- 2 cups cooked ground beef, chicken, ham, turkey or pork
- 2 6-8 ounce cans fish or chicken
- 2 cups cooked or canned beans

Vegetable (select at least 1)

- 1 10-ounce package thawed and drained frozen vegetables
- 1 16-ounce canned vegetables, drained
- 2 cups sliced or shredded fresh vegetables

Sauce (select 1)

- 1 can "cream of" soup mixed with milk or water to make 2 cups
- 1 16-ounce can tomato juice

Flavor

- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1/2 teaspoon favorite seasoning
- Salt and pepper to taste

Toppings (select 1) Optional

- 1/4 cup shredded cheese
- 1/4 cup dried crushed dry cereal

Directions

1. Heat oven to 350 degrees F.
2. Pick foods from each category or use your own favorites. Combine in a greased casserole dish.
3. Cover and bake for 50-60 minutes, or until casserole is 165 degrees F.
4. Remove from oven and add topping. Return casserole to oven, uncovered, for 10 minutes.

MISSING INGREDIENTS FOR A RECIPE? SUBSTITUTE AND BE CREATIVE.

- Canned fruit or vegetable for frozen or fresh fruit or vegetable
- Canned chicken for fresh or frozen chicken
- Canned tuna or salmon for fresh or frozen fish
- Powdered garlic for fresh garlic
- Any canned or dried beans (not green beans) can be used in a recipe. Use what is on hand.

HOW DO I KEEP MY FRESH FRUITS AND VEGETABLES SAFE?

Rinse fresh fruits and vegetables under running water. Do NOT use soap to wash them.

WHAT ARE SOME GOOD SNACKS FOR MY CHILDREN?

- Popcorn
- Dried fruit
- Peanut butter and crackers
- Cheese
- Yogurt
- Dry cereal

HOW TO COOK DRIED BEANS

- Pick out shriveled or broken beans and other debris
- Rinse well in cold water
- In a bowl, cover beans with 2 to 3 inches of cool water. Soak beans for 8 hours or overnight in the fridge. Drain water after soaking.
- Cook in a large pot, cover beans with 2 inches of water. Bring to a boil, skimming foam from surface. Reduce heat, cover and simmer, stirring occasionally and adding more liquid if necessary, until beans are tender when mashed with a fork. Cooking times vary with variety of beans. Most kinds of beans cook for 1 to 2 hours.

HOW TO COOK RICE

- **White rice**
 - 1 cup white rice
 - 1 ½ cups water
- **Brown rice**
 - 1 cup brown rice
 - 2 ½ cups water
- Put rice and water into a large saucepan. Heat to boiling.
- Reduce heat, cover and simmer without stirring for 45-50 minutes until the rice is tender and all the water is absorbed.

WHAT ARE FOODS I CAN HAVE ON HAND TO MAKE MEALS FOR MY FAMILY?

Shelf Stable Foods

- Canned foods
 - Fruits and vegetables
 - Meats (tuna, salmon, chicken)
 - Soup and broth (low sodium if available)
 - Beans (canned or dried)
- Ready-to-eat soups and stews
- Ready to eat cereals
- Crackers, popcorn
- Peanut butter, jelly
- Dried fruits, nuts and trail mixes
- Rice, barley or other dried grains
- Snack, protein and energy bars
- Dried soup mixes
- Milk (dried, evaporated)
- Juice
- Infant formula and baby food

Keep in the refrigerator

- Eggs
- Milk
- Yogurt
- Cheese

Keep in the freezer

- Frozen fruits
- Frozen vegetables
- Meat
- Bread

FOOD RESOURCES

- Free meal support for kids. Go to hungerimpactpartners.org
- www.hungersolutions.org
- www.fns.usda.gov/snap/supplemental-nutrition-assistance-program
- www.health.state.mn.us/people/csfp
- www.choosemyplate.gov/myplatekitchen
- www.foodhero.org/recipes/healthy-recipes

