

THE NEIGHBORS' PLACE RECIPE BOOK

Hello! My name is Sadie, and I'm a 2nd year medical student at the Medical College of Wisconsin. I've had the wonderful opportunity to partner up with The Neighbors' Place for a school community project, and I need your help!

Back in September, we passed out surveys to gather information on what ideas and resources you needed most from us at The Neighbors' Place. We had an excellent response rate with the majority of responders saying they wanted more **meal ideas** and/or more **time-saving recipes**. We understand some food items The Neighbors' Place hands out can feel miscellaneous, and it can be difficult to figure out how to put certain canned goods, meat products or produce to use. Based off this feedback, my goal is simple: **compile a starter handout containing nutritious, flexible recipes that use many common food items The Neighbors' Place supplies you with.**

In the next few pages, I have attached 14 recipes that I hope you will find easy and delicious!

Your feedback on this project is incredibly valuable and needed.

After using or looking over this handout, please scan the QR code with your smartphone's camera and let me know if you enjoyed this handout, hated it, might save it for the future, etc.

Your thoughts and critique are highly NEEDED and appreciated for this project!

Thank you!

Sadie



STUFFING MEATLOAF

Ingredients

- 1 lb ground beef
- 1 box of stuffing
- 1 cup hot water
- 1 egg
- ¼ cup milk
- ½ an onion, chopped (if desired)
- *Meatloaf seasoning mix (if seasoning is unavailable, you can mix 1 tsp garlic powder, 1 tsp onion powder, and ½ tsp of salt and pepper each for added flavor)

Directions

1. Preheat oven to 350 degrees F.
2. Mix together stuffing and hot water in a large bowl
3. Add ground beef, egg, milk, onion, and seasoning mix the bowl. Mix well.
4. Press mixture into a loaf pan.
5. Bake for 40 minutes or until meatloaf is cooked through (no longer pink or internal temperature is 160 degrees F).

*If meatloaf is starting to overcook on the top but isn't finished, cover with aluminum foil.

SMOTHERED ROUNDSTEAK

Ingredients

- Boneless beef round steak or **any lean**/non-tender cut of beef
- Onion soup mix seasoning
- ½ bag of baby carrots or vegetable of choice
- 1 cup of water
- Chopped onion (if desired)

Directions

For the oven:

1. Preheat oven to 325 degrees F.
2. Sprinkle half of the dry onion soup mix seasoning in the bottom of a baking dish.
3. Place beef on top and cover with chopped onion and the remaining soup mix.
4. Add vegetables, pour in water, then cover with foil.
5. Bake for 60-90 minutes (depending on how thick the cut is) or until steak and vegetables are to your liking. Pair with noodles, rice, potatoes, or a salad.

- For a crookpot: repeat above in the crockpot (minus the foil) and cook on HIGH for 3-4 hrs or LOW for 7-8 hrs. Make sandwiches by slicing the meat and putting on a bun with onions and cheese, etc.

POTATO CHIP CHICKEN

Ingredients

- 4 boneless skinless thawed chicken breasts (about 1 ¼ lb)
- 2 tablespoons vegetable oil
- 1 egg
- 2 teaspoons Worcestershire sauce
- 4 cups of potato chips

Directions

1. Finely crush potato chips in a food-storage plastic bag.
2. Beat the egg and Worcestershire sauce in a bowl.
3. Dip chicken breasts in egg mixture, then coat with the crushed chips.
4. Heat oil vegetable oil in a pan/skillet over medium-low.
5. Cook chicken for 10-15 minutes until golden brown and the juice runs clear when cut at its thickest part (turn chicken only once).

CHICKEN RITZ CASSEROLE

Ingredients

- 2-3 cooked chicken breasts (shredded) or 2 cans (12 oz) of canned chicken
- 1 cup sour cream or plain Greek yogurt
- 2 cans (10 oz) condensed cream of chicken soup
- 2 cups of chicken broth
- 2 cups of uncooked instant rice OR cooked rice
- 2 sleeves of crushed (Ritz) crackers (or any crackers)

Directions

1. Mix shredded chicken, sour cream or yogurt, cream of chicken soup, chicken broth, and instant rice in a large bowl.
2. Spread into a casserole/baking dish.
3. Crush the crackers and sprinkle on top, covering entire casserole.
4. Bake at 350F for about 40 minutes, or until crackers are golden and rice is tender.
5. Serve with veggies and enjoy!

CHICKEN or BEEF NACHOS

Ingredients

- 4 boneless skinless thawed chicken breasts (about 1 ¼ lb) cut into ¼ inch pieces OR 1 ¼ ground beef OR 2 cans (12 oz) of canned chicken
- 1 tablespoon vegetable oil
- 1 package of taco seasoning mix
- 1 can (8 oz) of tomato sauce
- 1 can (15 oz) black beans, drained and rinsed
- 1 can whole kernel corn, drained
- 1 chopped red pepper (if desired)
- 2 cups shredded cheese
- Tortilla chips

Directions

1. Heat oil in pan/skillet over medium-high heat. Cook cut chicken, stirring occasionally, until no longer pink in center.
2. Stir in the taco seasoning mix, tomato sauce, beans, corn, pepper and 1 cup of cheese.
3. Reduce heat to medium and cook ~5 minutes (or until cheese is melted). Stir occasionally.
4. Dish chicken mixture over tortilla chips and sprinkle with remaining cheese.

CREAMY CHICKEN AND VEGETABLES WITH NOODLES (as modified from Betty Crocker)

Ingredients

- 2 cans (12.5 oz) of canned chicken
- 2 cups of mixed vegetables (thawed or from 2 (15 oz) cans)
- 5 cups (10 oz) uncooked noodles of choice
- 1 ¼ cups of milk
- 1 package (8 oz) of cream cheese
- ½ tsp salt and ¼ tsp pepper
- 1 chopped onion (if desired)

Directions

1. Cook and drain noodles.
2. Heat pan/skillet over medium and add the mixed vegetables and onion, cooking for 4 minutes and stirring until veggies are tender.
3. Mix in milk and cream cheese until well blended.
4. Stir in the canned chicken, salt and pepper.
5. Stir noodles into sauce mixture.

SOUTHERN CHILI MAC & CHEESE (Northeast Iowa Foodbank)

Ingredients

- 1 lb ground beef
- 1 onion or onion powder
- 1 can of beans of choice
- 1 can of diced tomatoes
- 1 can chili beans
- 1 can tomato sauce
- 1 tsp of all seasoning spice (paprika, pepper, onion, garlic, chili pepper)

Directions

1. Cook mac and cheese as directed.
2. Fry the ground beef, adding onion and seasoning. Drain the grease. Add canned ingredients and let simmer.
3. When mac and cheese is cooked, combine everything and stir.

CANNED CHICKEN ROLL UPS (Northeast Iowa Food Bank)

Ingredients

- 1 cup sour cream
- ½ cup chopped onion
- 1/3 cup salsa
- ¼ tsp salt and ¼ tsp garlic powder
- 1 tablespoon chopped cilantro
- 3 flour tortillas
- 1 (12 oz) canned chicken breast, drained

Directions

1. Combine salsa, onion, sour cream, cilantro, salt and garlic powder in a bowl
2. Spread sour cream mixture over each tortilla, then top with chicken. Add cheese if desired.
3. Roll tightly and wrap in plastic or place in container. Refrigerate for 2-3 hrs, then slice up.

CANNED CHICKEN QUESADILLAS

Toss canned chicken with taco seasoning. Fill half a tortilla with shredded cheese and the canned chicken, then fold. Place in a warm skillet with melted butter. Add salsa, lettuce or any other desired toppings.

OTHER IDEAS FOR CANNED CHICKEN OR TUNA

Ingredients

- 1 can (12.5 oz) of canned chicken or tuna, drained
- 1/3 cup mayonnaise
- ½ cup finely diced celery
- ¼ cup finely chopped onion

Directions

1. Mix chicken or tuna with mayonnaise, taking care to shred it
2. Stir in celery and onion
3. Serve on toast, in a sandwich, on a bagel, with crackers, or over a bed of lettuce

CHICKEN AND NOODLE CASSEROLE –Revised from Campbell’s (Northeast Iowa Foodbank)

Ingredients

- 1 can (10 oz) condensed cream of mushroom/vegetable/chicken soup
- ½ cup of milk
- ¼ tsp black pepper
- 1 cup frozen or canned vegetables
- 2 cups of diced chicken or canned chicken (drained)
- 1-1/2 cups of egg noodles, cooked and drained
- ½ cup shredded cheddar cheese

Directions

1. Stir all ingredients into a casserole dish.
2. Bake at 400F for 25 minutes. Sprinkle cheese on top, then serve.

BREAKFAST PARFAITS (from Rachael Ray)

Ingredients

- 2 cups yogurt of any choice
- 1 small can drained mandarin oranges (or substitute with any canned fruit)
- ¾ cup crisped rice cereal or plain oats
- 1 cup fresh fruit (diced pineapple, blueberry, raspberries, strawberries etc)

Directions

Using 4 glass cups, alternate layers of 2 tablespoons of yogurt, cereal/oats, then canned fruit. Top with fresh fruit and serve.

ROASTED VEGGIES (based on whatever you have available!)

Ingredients

- 1 tablespoon of olive oil, vegetable oil, or melted butter
- ½ tsp pepper and 1 tsp garlic powder to taste
- Grated Parmesan cheese
- Fresh OR frozen of the following veggies of choice

Directions

For broccoli and cauliflower: trim 1 head of fresh broccoli and 1 head of cauliflower. Toss with oil and seasonings, then spread on a baking sheet lined with aluminum foil. Sprinkle with parmesan cheese, then roast in oven at 450F for about 15 minutes, stirring once halfway through.

For asparagus: trim asparagus by snapping in half (they will naturally break at the most tender part!) Repeat steps listed above.

For squash: slice squash in half, then remove skin. Thinly slice squash. Repeat steps listed above baking 15-20 min uncovered until golden brown.

For baby carrots: toss 2 lbs of baby carrots with oil and seasonings. Spread on baking sheet and bake for 30-40 min, stirring once or twice during cooking.

SMUCKER'S PEANUT BUTTER SNACK

Ingredients

- sliced apples
- ¼ cup peanut butter
- 1/3 cup yogurt (plain, vanilla or Greek)
- 1 tablespoon of apple juice
- ¼ tsp cinnamon
- Dry roasted sunflower kernels (optional)

Directions

1. Mix together peanut butter, yogurt, apple juice and cinnamon in a bowl. Dip apple slices in mixture or spread it on the apple slices and sprinkle with sunflower kernels.