



# Family Meal Kits

(Feeds a Family of Four)

*\*Please avoid glass items and pack any items inside a sturdy bag.*

For more information contact: [Matt.Kasate@operationfoodsearch.org](mailto:Matt.Kasate@operationfoodsearch.org).

## Cajun Beans & Rice

- (2) Cans Red Kidney Beans
- Mixed Vegetables
- Diced Tomatoes
- w/ Basil, Garlic, & Oregano
- Cajun Spice (Small Jar)
- Instant Brown Rice

## Chili Night

- Chili Beans (Large Can)
- Pinto Beans
- Chili Seasoning Packet
- Diced Tomatoes (Large Can)
- Tomato Sauce
- Whole Grain Pasta

## Spaghetti Dinner

- Spaghetti Sauce (24+ oz Jar or Can)
- Whole Grain Pasta
- Mushrooms
- Parmesan Cheese
- Garlic Powder

## Tuna Noodle Bake

- (2) Cans Tuna (In Water)
- Egg Noodles
- Peas
- Cream of Mushroom Soup
- Evaporated Milk
- Plain Bread Crumbs

## Mexican Enchiladas

- Can Black Beans
- (2) Cans Chicken
- Diced Tomatoes w/ Green Chiles
- Can Enchilada Sauce
- Whole Wheat Tortillas (Non-Refrigerated)

## Chicken & Biscuit Bake

- (2) Cans Chicken
- Cream of Chicken Soup
- Mixed Vegetables
- Evaporated Milk
- Biscuit Mix