

Quick & Easy Meals



Tuna Casserole

Serves 4

Ingredients:

- 6 oz Canned Tuna
- 4 oz Noodles or 3-1/2 cups Pasta
- 10-1/2 oz Condensed Cream of Mushroom Soup (or something similar)
- 1c Peas and or Diced Carrots
- 3/4 cup of milk

Steps:

1. Cook pasta or noodles according to package directions, drain.
2. Combine soup, milk, tuna, and vegetables.
3. Add pasta to soup mixture.
4. Bake in a 1-1/2-quart oven safe dish at 375 degrees for 25 minutes.

This booklet is part of an Eagle Scout Project by Simon Fortner of Scouts BSA Troop 51. To see the accompanying videos, go to www.fmfoodpantry.org.

Ratatouille

Serves 6

Ingredients:

- 6oz Tomato Paste
- 1 tbsp Italian Seasoning Mix (basil and oregano)
- 2 Zucchini, Yellow Squash, and/or Eggplant
- 15oz of Canned Diced Tomatoes
- 1 cup water

Steps:

1. Combine Tomato Paste, 1 cup of water, 2 tsp Italian seasonings, and diced tomatoes.
2. Slice zucchini (or yellow squash), and eggplant into 1/4-inch slices.
3. Pour tomato mixture into oven safe 2-quart dish.
4. Arrange vegetable slices to top of tomato mixture.
5. Sprinkle with remaining Italian seasoning.
6. Bake at 450 degrees for 20-25 minutes.
7. While the ratatouille bakes, cook pasta or rice
8. Serve with pasta or rice

Black Bean Soup

Serves 4

Ingredients:

- 15 oz Canned Black Beans
- 15 oz Canned Diced Tomatoes
- 15 oz Canned Corn
- 1-2 tsp Chili powder or ground Cumin
- 1 cup Water

Steps:

1. Combine soup ingredients and simmer for 5 minutes.
2. Optional: Serve over rice
3. For rice: Put 2 cups of water in a one quart pot and bring to a boil over medium-high heat
4. When water boils, add rice, reduce heat to simmer, cook until water is all absorbed

Curried Chickpeas

Serves 4

Ingredients:

- 1c White Rice
- 15oz Chickpeas, Drained
- 15oz Canned Diced Tomatoes
- 1 tsp Curry
- 2 cups water

Steps:

1. Put 2 cups of water in a one quart or larger pot and bring to a boil over medium-high heat
2. When water boils, add rice, reduce heat to simmer, cook until water is all absorbed
3. In a separate pot, combine chickpeas, tomatoes, and curry.
4. Simmer for fifteen minutes or until rice is done.
5. Serve over rice.

Pasta with Red Sauce and Ground Turkey

Serves 4

Ingredients:

- 1 lb Pasta
- 1 lb Ground Turkey
- 12 oz Tomato Paste
- 1 tbsp Italian Seasonings (Basil, Oregano)
- 2 cups water

Steps:

1. Put a large pot of water on to boil over medium-high heat.
2. Brown turkey in a skillet over medium heat, breaking turkey up into crumbles
3. Cook pasta according to package directions, drain.
4. Combine tomato paste, 2 cups water, and seasonings to browned turkey.
5. Simmer at least 10-15 minutes or until pasta is ready.
6. Serve over pasta.