

Meal Maker Kit Shopping List

- 1 can condensed cream of chicken soup (10 3/4 ounces)
- 2 cans of chicken
- 1 jar of mayonnaise
- 1 bottle of lemon juice
- 1 bag of uncooked egg noodles

Optional

- May add - canned fruit, cornbread mix, or drink mix to provide a complete meal.



The Care Service

Sts. Joachim & Ann

Additional Information

- Place all items in a bag and attach the recipe below to the bag.
- The Care Service will provide perishable items needed for the recipe.
- Meal Maker Kits may be dropped off Monday - Friday, 8:30 am - 4:30 pm at The Care Service (4116 McClay Rd) or in the gathering space at Sts. Joachim & Ann Church.

Chicken Noodle Casserole

Ingredients :

- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1/2 cup mayonnaise
- 2 tablespoons lemon juice
- 2 large cans of chicken
- 1 small onion, chopped
- 1/4 cup chopped green pepper
- 1/4 cup chopped sweet red pepper
- 1 cup shredded Monterey Jack cheese, divided
- 1 cup shredded sharp cheddar cheese, divided
- 12 ounces egg noodles, cooked and drained

Directions:

In a large bowl, combine the soup, mayonnaise and lemon juice. Stir in the chicken, onion, peppers, 1/2 cup Monterey Jack cheese and 1/2 cup cheddar cheese. Add noodles and toss to coat.

Transfer to a greased 2-qt. baking dish. Bake, uncovered, at 350° for 30-35 minutes. Sprinkle with remaining cheeses. Bake until cheese is melted, about 10 minutes longer.

Nutrition Facts:

1 cup: 632 calories, 35g fat (12g saturated fat), 130mg cholesterol, 751mg sodium, 47g carbohydrate (3g sugars, 3g fiber), 32g protein.

Notes :

Total Time:

Prep Time: 15 mins. Cook: 45 mins.



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