

Meal Maker Kit Shopping List

- 1 pound box of elbow macaroni
- 2 cans diced tomatoes (14 1/2 ounces each)
- 1 can kidney beans (16 ounces)
- 1 can tomato paste (6 ounces)
- 1 can chopped green chiles (4 ounces)
- 1 can jalapeno peppers

Optional

- 1 jar minced garlic
- chili powder
- ground cumin
- May add - canned fruit, dessert item, 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.

Southwest Casserole

Ingredients :

- 2 cups (8 ounces) uncooked elbow macaroni
- 2 pounds ground beef
- 1 large onion, chopped
- 2 garlic cloves, minced
- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (6 ounces) tomato paste
- 1 can (4 ounces) chopped green chiles, drained
- 1-1/2 teaspoons salt
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon pepper
- 2 cups shredded Monterey Jack cheese
- 2 jalapeno peppers, seeded and chopped (can use canned)

Directions:

Cook macaroni according to package directions. Meanwhile, in a large saucepan, cook beef and onion over medium heat until meat is no longer pink, breaking it into crumbles. Add garlic; cook 1 minute longer. Drain. Stir in next 8 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Drain macaroni; stir into beef mixture.

Preheat oven to 375°. Transfer macaroni mixture to 2 greased 2-qt. baking dishes. Top with cheese and jalapenos. Cover and bake for 30 minutes. Uncover; bake until bubbly and heated through, about 10 minutes longer. Serve 1 casserole. Cool the second; cover and freeze up to 3 months.

To use frozen casserole, thaw in refrigerator 8 hours. Preheat oven to 375°. Remove from refrigerator 30 minutes before baking.

Nutrition Facts:

1 cup: 321 calories, 15g fat (7g saturated fat), 64mg cholesterol, 673mg sodium, 23g carbohydrate (5g sugars, 4g fiber), 24g protein.

Notes :

Total Time:
Prep: 25 min. Bake: 40 min.

Makes:
2 casseroles (6 servings each)



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