

Meal Maker Kit Shopping List

- 2 cans black beans (15 ounces each)
- 1 can stewed tomatoes (14 1/2 ounces)
- 1 can diced tomatoes (14 1/2 ounces)
- 1 can chicken broth (14 1/2 ounces)
- 1 can Mexicorn (11 ounces)
- 2 cans chopped green chiles (4 ounces)

Optional

- 1 jar minced garlic
- chili powder
- ground cumin
- 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.

Texas Black Bean Soup

Ingredients :

- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (14-1/2 ounces) stewed tomatoes or Mexican stewed tomatoes, cut up
- 1 can (14-1/2 ounces) diced tomatoes or diced tomatoes with mild green chiles
- 1 can (14-1/2 ounces) chicken broth
- 1 can (11 ounces) Mexicorn, drained
- 2 cans (4 ounces each) chopped green chiles
- 4 green onions, thinly sliced
- 2 to 3 tablespoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon dried minced garlic

Directions:

In a 3-qt. slow cooker, combine all ingredients. Cover and cook on high for 4-6 hours or until heated through.

Nutrition Facts:

1 cup: 91 calories, 0 fat (0 saturated fat), 0 cholesterol, 609mg sodium, 19g carbohydrate (6g sugars, 4g fiber), 4g protein.

Notes :

Total Time:
Prep: 5 min. Cook: 4-6 hrs.

Serve With:
Salad and cornbread



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