



Thanks so much for the opportunity to participate in the efforts of Hope Food Bank and Clothing Ministry!

We put together a list of recipes that will involve 85-90% of the items included in every box, in some different ways, that will help to better use all of it, while enjoying new ways to prepare it and flavor combinations.

Recipe List

- Chicken Stock
- Tuna, Cabbage, Cucumber, Tomato Salad
- Squash, Tomatoes & Lettuce Salad
- Minestrone Soup
- Creamy Tuna, Rice and Veggies Casserole
- Peanut Butter Chicken Pasta
- Cornbread Fruit Cobbler

We hope everyone gets to enjoy them, and maybe even come up with some other ones!

Fabricate the Whole Chicken

You will want to portion the chicken into all it's parts, separating the meat from the bones.

Make Chicken stock

If possible, place the bones, 2 carrot, 1 onion, 3 sticks of celery (all chopped in big pieces) in a baking sheet and bake for 20 min. at 400F If not, directly start on next step.

Place all your (baked – if possible) items in a large pot, fill with water (3 qts to 1 gl) until everything is covered, place over medium heat covered, and let it simmer. The longer you leave, the better. You might have to add some water, since it can evaporate.

If available add 1 bay leaf, and 1 TBSP of apple cider or white vinegar

Bone broth will require aprox 12-15 hours. But even if only left a couple of hours, you can still get some good chicken stock to use in whatever else.

Drain, reserving the liquid and separate the solids. Discard the bones and skin.

Cool and refrigerate, keep in fridge for 3-5 days or freeze up to 3 months.

With the Solids: You can mix in a food processor, or by hand with a fork, with mayo or room temp butter – if available, or just some salt and pepper, and make a veggie spread to eat with crackers.



Creamy Tuna, Rice and Veggies Casserole (3-4 portions)

- 1 Can of Tuna
- 1 1/2 Cups of rice
- 3 cups of Water (or 1 1/2 water + 1 1/2 Chicken Stock)
- 1 Onion
- 1 ½ carrot
- 1 ½ celery ribs
- 1 cup of cubed Butternut Squash
- 1 + 2 TBSP of Oil or butter if available
- 2 TBSP of Flour (or corn starch)

If available, place one TBSP of oil in the bottom of a pot over md heat, add the rice and toss until coated. Add the water (or water broth combination), cover and simmer until the rice has absorbed all the liquid. While the rice is cooking, add all vegetables, cut into md cubes, to a pan with 2 tbsp of oil or Butter if available (if not, add ¾ cup of Chicken stock) over md heat, add 2 tbsp of flour (or corn starch) and stir until combined.

Keep stirring until vegetables are soften. Add vegetables and can of tuna to the cooked rice and mix to combine. Taste for salt and pepper.

Peanut Butter Chicken Pasta (4 Portions)

- 1/2 cup peanut butter
- 1 cup chicken broth, approximately
- ½ onion (chopped small)
- 1 carrot (sm diced)
- 1 Tbsp oil / butter or ¼ cup chicken broth
- If available - 3 tablespoons soy sauce and 2 tbsp of chili paste or Hot Sauce
- 2 chicken breasts, pounded pretty flat - about 1/4 inch
- 1/2-pound pasta (any type will work)
- If available for garnish - chopped peanuts and cilantro sprinkled over the top at the end.

Cook the chicken breast in pan, with a little oil or chicken stock. Remove from the pan and keep warm. Boil the pasta as per the package instructions. Drain, reserving 1 cup of the pasta water.

In the same pan where the chicken was cooked, add oil/butter or chicken broth, add the vegetables and cook for a couple of minutes, add the soy sauce, chilli paste or hot sauce (if not available, add 1 tbsp of vinegar, or more chicken stock), once warm, add the peanut butter, and the cup of chicken broth. Stir until well combined, reduce the heat. Cut the cooked chicken breast in strips. Combine the sauce with the pasta and Strips of Chicken, adding the cup of pasta water if needed to adjust consistency. If available, garnish with cilantro and chopped peanuts.



Tuna, Cabbage, Cucumber, Tomato Salad (4-6 portions)

1 Can of Tuna
1 cucumber (sm diced)
½ Head of Cabbage (Shredded)
½ Pack of Cherry tomatoes
½ onion (sm diced)
Juice of ½ Orange (zest the peel and save for other recipes)
¼ cup of oil or mayo
Salt & Pepper to taste

Combine all ingredients in a bowl and toss until well mixed. Serve with crackers.

Minestrone Soup (4-6 Portions)

1 Can Tomatoes
1 Can Corn
1 Cup of Beans (soak in water overnight if they are dry)
2 Cups of Sm cubbed Butternut Squash
4 Cups of Chicken Stock
2 Cups of cooked rice (1 cup of rice + 2 cups of water)
Salt & Pepper to taste

Combine all ingredients and bring to a simmer over md heat.

Skinless Chicken thighs and legs can be cooked in a pan, deboned, and add to the soup, if preferred

Squash, Tomatoes & Lettuce Salad

1 Head of Lettuce shredded
½ Pack of Cherry Tomatoes
2 Zucchini – sm cubed
2 Yellow Squash – sm cubed
½ onion – sm diced
Juice of ½ orange (zest the peel and save for other recipes) & ¼ cup of oil
Salt & Pepper to taste

Soak the Zucchini, onion, and squash in boiling water for 1 min, and drain. Combine with the rest of the ingredients and toss together.

Cornbread Fruit Cobbler

Filling

2 tablespoons butter or margarine
Apples, peeled, cored and sliced, peaches and nectarines (washed and sliced, pits removed)
¾ cup packed light brown sugar or white sugar or ½ cup honey or ½ cup Pancake syrup



¼ cup of water

½ tsp ground cinnamon, ½ tsp ground nutmeg, ¼ tsp ground ginger – or 1 ¼ tsp of Pumpkin pie spice, or
1 tsp of vanilla extract, or orange zest

Topping

1 cornbread mix

1/3 cup milk or water

2 tablespoons butter or margarine, melted

1 egg

Heat oven to 375°F. Grease 8-inch square or round glass baking dish with shortening or cooking spray. In 12-inch skillet, melt 2 tablespoons butter over medium-high heat. Gently stir in remaining filling ingredients with wooden spoon. Cook about 5 minutes, stirring occasionally, until fruit is tender. Pour into baking dish.

In medium bowl, stir together cornbread topping ingredients. Spread over fruit, covering them completely.

Bake 20 to 25 minutes or until topping is golden brown.