Recipe

Dish name: *Black Bean and Rice Skillet*

**Serves:** 4  
**Time:** 10 Minutes

**Ingredients:** Black Beans, Rice (White or Brown), Cheese, Diced Tomatoes, Onion, Paprika (optional)

**Directions:** Sautee onions and paprika over medium heat for 3 minutes. Add black beans, rice, and diced tomatoes. Stir until combined and heat for 3-5 minutes. Sprinkle with cheese and place in oven until cheese is golden brown.
Recipe

Dish name: Chicken Fried Rice

Serves: 6  Time: 20 Minutes

Ingredients: Canned Chicken, Brown Rice, Canned Peas, Canned Corn, Garlic Powder, Salt, Soy Sauce, Eggs (optional)

Directions: Drain canned chicken and vegetables and add to pan. Saute for 5 minutes on medium heat. Add salt and garlic powder. If using eggs, scramble them and mix with chicken and vegetables. Add rice to pan and sauté for 3 minutes. Pour soy sauce over rice mixture and remove from heat. Enjoy!
Recipe

Dish name: *Canned Chicken Taco Soup*

Serves: 6  Time: 20 Minutes

Ingredients: Canned Chicken, Black Beans, Canned Corn, Pinto Beans (Optional), Diced Tomatoes, Chicken Broth, Taco Seasoning

Directions: Combine all ingredients into a large pot and bring to a boil over medium-high heat. Once boiling, reduce to low and let simmer for 15 minutes. Stir occasionally. Serve with tortilla chips, shredded cheese, sour cream, or avocado!
Recipe

**Dish name:** *Chili Mac ‘N’ Cheese Bake*

**Serves:** 6  
**Time:** 10 Minutes

**Ingredients:** Canned Chili (Bean or No Beans), Mac ’N” Cheese, Chili Powder (Optional), Cheese (Optional)

**Directions:** Heat oven to 350°F. Cook mac “n’ cheese according to package directions and drain well. Toss chili, mac ’n’ cheese, and chili powder until mixed well. Top with cheese and back for 30 to 35 minutes or until cheese is melted and golden brown.
Recipe

Dish name: *Chili Casserole*

Serves: 6  Time: 20 Minutes

**Ingredients:** Canned Chili (Bean or No Beans), Fritos Corn Chips

Diced Tomatoes, Mexican Four Cheese Blend

**Directions:** Heat oven to 350°F. Crush corn chips in the bag and pour into the bottom of a baking dish. Empty chili into dish and spread to cover corn chips. In separate bowl, mix tomatoes and cheese. Gently spread over chili. Back for 15 minutes.
Recipe

Dish name: *Mexican Tostadas*

Serves: 6  Time: 10 Minutes

**Ingredients:** Tostadas, Canned Refried Beans, Shredded Colby Jack Cheese, Diced Tomatoes (Optional), Lettuce (optional)

**Directions:** Heat refried beans according to can. Gently spread beans onto tostada. Top with cheese and other optional toppings if desired.
**Dish name:** Tomato Chickpeas and Rice

**Serves:** 6  
**Time:** 15 Minutes

**Ingredients:** Rice, Salt & Pepper, Vegetable Broth, Tomato Sauce, Canned Chickpeas, Parmesan Cheese (Optional)

**Directions:** Sauté onion in pot for 3 minutes. Add rice. Season with salt and pepper and sauté for about 1 minute. Stir in broth, tomatoes, and chickpeas. Simmer and cook, stirring frequently, until most of the liquid is absorbed (about 10 minutes). Stir in parmesan cheese if using.
**Recipe**

**Dish name:** Roasted Carrot and Chickpea Salad

**Serves:** 4  
**Time:** 30 Minutes

**Ingredients:** Canned Sliced Carrots, Salt & Pepper, Canned Chickpeas, Garlic, Lettuce, Your Choice of Dressing

**Directions:** Sprinkle carrots with salt and pepper and roast in oven until tender and lightly browned, about 20 minutes. Sauté chickpeas and garlic over medium heat for 5 to 8 minutes. Place lettuce in bowl and top with chickpeas and carrots. Drizzle with the dressing of your choice and enjoy!
Recipe

Dish name: Tuna Pasta Salad

Serves: 4  Time: 10 Minutes

Ingredients: Canned tuna, Sweet Peas, Pasta, Mayonnaise, Salt

Directions: Cook pasta according to directions on package. Sauté sweet peas until hot. Combine sweet peas and pasta and drain chickpeas and garlic over medium heat for 5 to 8 minutes. Drain tuna and mix with mayonnaise and salt. Combine pasta and peas with tuna. Add pepper if desired.
Recipe

Dish name: **Garlic Lemon Tuna Pasta**

Serves: 2  
**Time:** 10 Minutes

**Ingredients:** Canned tuna, Spaghetti, Garlic Cloves, Lemon Juice  
Salt & Pepper

**Directions:** Cook pasta according to directions on package. Sauté onions over medium heat. Stir in tuna, lemon juice, and salt and pepper. Heat for 1 minute. Add pasta and stir until spaghetti is well coated.
Recipe

**Dish name:** Black Bean Salsa

**Serves:** 8  
**Time:** 20 Minutes

**Ingredients:** Canned Black Beans, Canned Corn, Canned Diced Tomatoes, Lime Juice, Salt & Pepper, Onion (Optional)

**Directions:** Mix bean, corn, tomatoes, and onion in large bowl. Mix lime juice, salt, and pepper and pour over mixture. Serve with chip or as a salad.