CARDINAL FOOD PANTRY



COOKBOOK





PASTA AND TOMATO SAUCE

INGREDIENTS:

1 box of pasta - Your choice
Jarred or Canned tomato sauce
Salt
Pepper
Garlic Powder
Onion Powder
Italian Seasoning
Cheese (Optional) - Jarred parm recommended

STEP 1: Get a pot of water on high heat and leave alone to boil.
STEP 2: On mid-high heat put a splash of oil and whatever protein you chose into a pan with the seasoning - Measure with your heart.
STEP 3: When water is boiling, put box of pasta in water and cook until it feels like its done - Should give time estimate on box.
STEP 4: When pasta cooked, drain pasta water - Set small amount for later.
STEP 5: Add sauce, seasonings and pasta in a pot together. Mix.
STEP 6: Enjoy!





CHICKEN ALFREDO

INGREDIENTS:

Drained canned chicken
Oil
1 box pasta - Your choice
Jarred alfredo sauce
Salt
Onion powder
Garlic powder
Frozen broccoli or spinach (Optional)

STEP 1: Get a pot of water on high heat and leave alone to boil.
STEP 2: When water is boiling, put box of pasta in water and cook until it feels like its done - Should give time estimate on box.
STEP 3: If desired, put frozen veggies in the microwave according to package cook time.
STEP 4: When pasta cooked, drain pasta water
STEP 5: Add chicken, seasonings, sauce, veggie (optional) and pasta in a pot together. Mix.
STEP 6: Enjoy!





TACOS/NACHOS

INGREDIENTS:

1 lb ground beef
1 can tomatoes with chilis (rotel)
Roughly ¼ cup frozen onions, or chop fresh.
1-2 packets taco seasoning (based on preference)
Pre Cut lettuce or salad mix
Shredded mexican blend cheese
Sour cream
Tortillas or tortilla chips - Your choice

STEP 1: On mid-high heat put a splash of oil and ground beef and frozen onions in a pan.
STEP 2: When cooked, add seasoning and tomato can. Let sit until hot.
STEP 3: Make tacos or nachos to your preference.
STEP 4: Enjoy!





CHICKEN POT PIE

INGREDIENTS:

1 can chicken
1 can peas or peas and carrots mix
1 can corn
2 cans cream of chicken or mushrooms
Salt
Pepper
Italian seasoning
1 can biscuits

STEP 1: Cook biscuits according to can.
STEP 2: Add chicken and seasoning to pan with a splash of oil.
STEP 3: When it seems cooked, add veggies and cream of chicken or mushroom. Fill half of a can with water and mix.
STEP 4: Add chicken mix to bowl and put biscuit on top.
STEP 5: Enjoy!





CHICKEN NOODLE SOUP

INGREDIENTS:

1 can chicken
1 can carrots
1 can peas
1 bag egg noodles
Salt
Pepper
Italian seasoning
1 box chicken broth

STEP 1: Put chicken broth in a pot on high heat and leave it to boil.
STEP 2: Cook egg noodles in broth.
STEP 3: When cooked, don't drain. Add seasoning, chicken, and veggies.
STEP 4: Let flavors sit and mix for a bit on mid-low/low heat for about 30 minutes.
STEP 5: Enjoy!



HOW TO MAKE ANY BOX CAKE BAKERY STYLE

INGREDIENTS:

Replace oil with melted butter

Add in 1-2 extra eggs

Replace water with milk.

STEP 1: When using jarred frosting, whip it with a spoon in the jar before using and let it warm a bit for easier application.



3 INGREDIENT PEANUT BUTTER COOKIES

INGREDIENTS:

1 egg
1 cup peanut butter
1 cup sugar
Chocolate chips (optional)

STEP 1: Preheat oven to 350
STEP 2: Mix ingredients in a bowl.
STEP 3: Spray baking sheet with cooking spray.
STEP 4: Make cookie dough into balls and place on baking sheets. Take a fork and lightly press on dough balls.
STEP 5: Bake roughly 10 minutes, check halfway through just in case.
STEP 6: Enjoy!





SIMPLE MAC AND CHEESE

INGREDIENTS:

1-2 bags shredded cheese
¼ - ½ cup milk
½ stick butter
1 box pasta - Your choice
Salt
Garlic powder

STEP 1: Get a pot of water on high heat and leave alone to boil.
STEP 2: Cook pasta according to ingredients on the box.
STEP 3: Spray baking sheet with cooking spray.
STEP 4: Drain pasta. Set aside a small amount of pasta water.
STEP 5: Mix cheese sauce and pasta.
STEP 6: Enjoy!



HOT SAUCE CHICKEN DIP

INGREDIENTS:

1 can chicken
Hot sauce - Your choice. Recommended Cholula or Franks
½ block cream cheese
¼ cup ranch
⅓ cup shredded cheese
Salt
Pepper
Cajun seasoning (option for extra spice)

STEP 1: Melt cream cheese and shredded cheese in a pan.
STEP 2: Add in chicken, hot sauce, and ranch.
STEP 3: Season.
STEP 4: Eat with chips. Plain pringles recommended.





SIMPLE CHICKEN FAJITAS

INGREDIENTS:

1 can drained chicken
Frozen peppers and onions
Fajita/taco seasoning packet
Tortillas

STEP 1: Add ingredients to pan and cook until hot.

STEP 2: Enjoy!





POPCORN CHICKEN BOWLS

INGREDIENTS:

1 Bag popcorn chicken
1 Bag instant mash potatoes
¼ cup butter
Salt
Packet brown gravy
1 can corn
Shredded cheese

STEP 1: Cook chicken according to packaging.
STEP 2: Cook mash potatoes according to packaging, add butter and salt.
STEP 3: Make brown gravy according to the packet.
STEP 4: Put all ingredients in a bowl together.
STEP 5: Enjoy!



MEAL PREP BEEF AND BEAN BURRITOS

INGREDIENTS:

1 lb ground beef
¼ cup fresh or frozen onion
1 can refried beans
1 can tomatoes with chilis
1-2 packets taco seasoning
¼ - ½ cup sour cream
¼ - ½ cup mexican blend cheese
Burrito size tortillas

STEP 1: Cook ground beef in a splash of oil with onion on mid-high heat. Add seasoning.
STEP 2: Add in refried beans. When beans soften, add in tomatoes and cheese.
STEP 3: Reduce heat and add in sour cream.
STEP 4: Turn off heat. Put a small amount of mixture onto the tortilla and wrap. You will know when it feels like the right amount the more you do it. Google how to wrap if needed for best results.
STEP 5: Enjoy!





CHICKEN PARM

INGREDIENTS:

Pre-breaded chicken
Jarred tomato/red sauce
Mozzarella cheese
Salt
Pepper
Garlic powder
Onion powder
Italian seasoning
1 box pasta
Frozen broccoli

STEP 1: Begin cooking chicken according to packaging.
STEP 2: Start boiling water on high heat. Cook pasta according to the box.
STEP 3: When chicken is cooked, add some tomato sauce, Italian seasoning, and cheese on top. Put back in oven for like 5 minutes, until the cheese is melted with a little brown on it.
STEP 4: Mix whatever sauce is left into pasta with seasonings.
STEP 5: Cook broccoli according to the package.
STEP 6: Enjoy!





HOMEMADE PIZZA

INGREDIENTS:

1 can of crescent rolls
1 can/jar tomato/red sauce
Mozzarella cheese
Parm cheese
Whatever toppings you want

STEP 1: Roll out crescent rolls and press them together.
STEP 2: Add sauce, cheese, and toppings. Sprinkle parm on top.
STEP 3: Cook according to can.
STEP 4: Cut and enjoy!



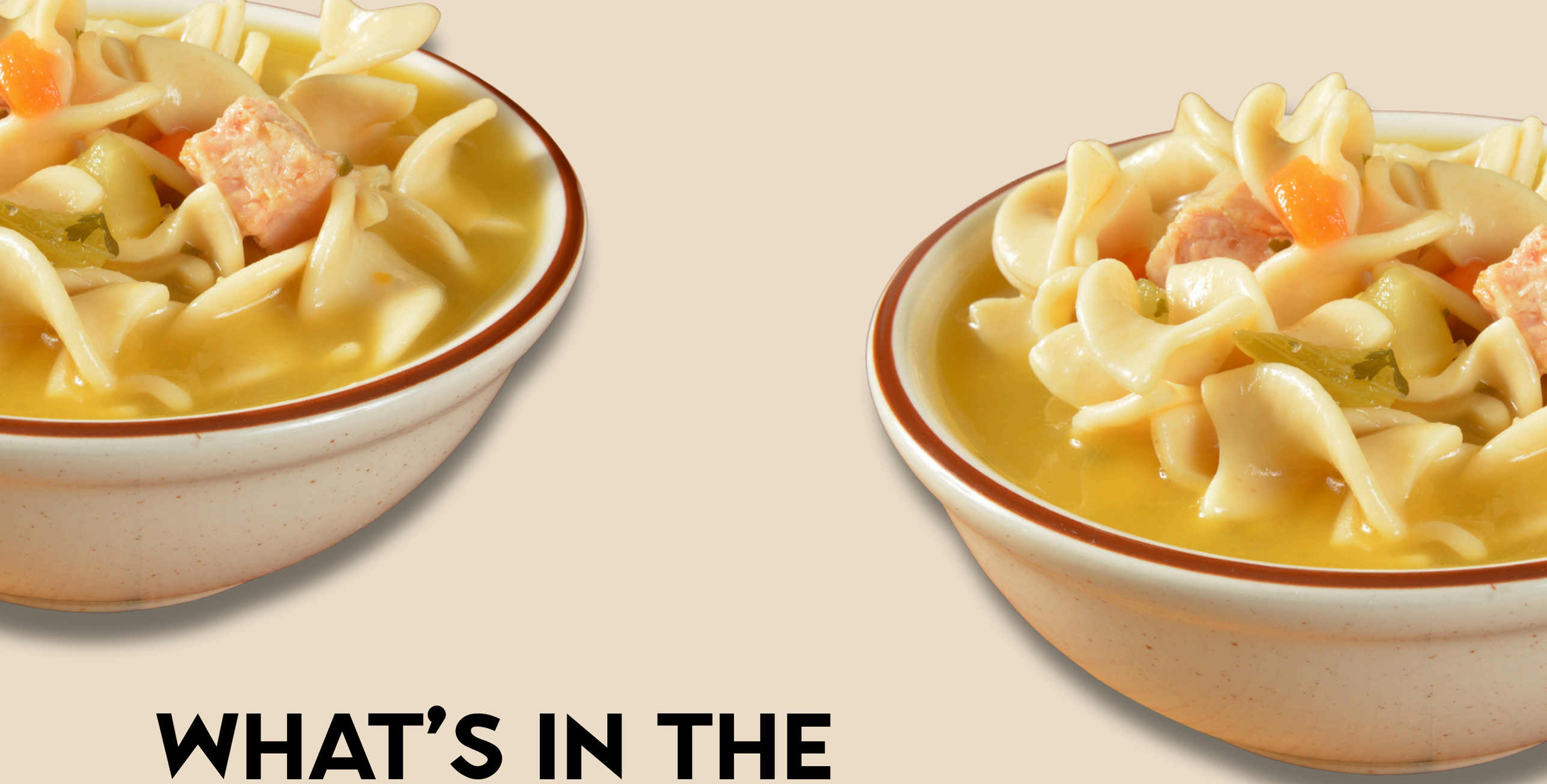


CRESCENT ROLL UPS

INGREDIENTS:

1 can crescent rolls
Shredded cheese
Pepperoni and/or bacon
2 tablespoon butter
Garlic powder
Italian seasoning
Parm cheese

STEP 1: Split crescent rolls up and add cheese and meat.
STEP 2: Roll up with toppings inside. Follow the triangle pattern on the crescent rolls.
STEP 3: Melt butter and add seasonings. Apply to the top of the crescent rolls.
STEP 4: Top with parm cheese and cook according to roll.
STEP 5: Enjoy!



WHAT'S IN THE PANTRY THIS WEEK?

INGREDIENTS:

1 can chicken
1 can vegetable
1 can cream of chicken or mushrooms
1 box pasta
Salt
Pepper
Cheese (optional)

STEP 1: Cook chicken seasonings. When cooked, add veggies and cream of soup.
STEP 2: Cook the pasta.
STEP 3: Mix pasta in.
STEP 4: Add cheese.
STEP 5: Enjoy!



SIMPLE RAMEN BOWLS

INGREDIENTS:

Instant ramen
Pork or canned chicken
Hard boiled egg
Frozen corn
Soy sauce
Salt
Garlic powder
Onion powder

STEP 1: Boil eggs far enough ahead of time to be cooked.

STEP 2: Cook up the chicken or pork in seasoning and soy sauce.

STEP 3: Cut up chicken or pork into strips. Peel egg and cut in half.

STEP 4: Cook instant ramen according to directions. Make sure you have some broth.

STEP 5: Heat up a small amount of corn in the microwave for 2ish minutes.

STEP 6: Add meat, egg, and corn on top of ramen. Add a small amount more soy sauce if desired.

STEP 7: Enjoy!

TIP: BUYING PREMADE SAUCES LIKE TERIYAKI OR ORANGE CAN LEVEL UP ANY RAMEN DISH. THAT INCLUDES THIS ONE!!!



CHICKEN AND DUMPLINS'

INGREDIENTS:

2 can chicken
1 can cream of chicken
1 box chicken broth
2 cans biscuits
Salt
Pepper
Garlic powder
Onion powder
Italian seasoning (if desired)

STEP 1: Heat chicken broth on stove on high until lightly boiling.
STEP 2: Add in chicken and stir in.
STEP 3: Cut biscuits into small pieces and add into broth.
STEP 4: Add cream of chicken and seasoning.
STEP 5: Reduce to mid to mid-low heat and stir. Should be simmering. Let sit for 5-10 minutes until cooked.
STEP 6: Enjoy!





CHILI

INGREDIENTS:

1lb ground beef
¼ cup frozen or fresh onion
1 can diced tomatoes with chilis
1 can of red kidney beans
1 can corn
1-2 packets chili seasoning

STEP 1: Cook beef with seasoning and onion.
STEP 2: Add in everything else. Let simmer.
STEP 3: Let flavors seep together until it tastes best.
STEP 4: Enjoy!





COBBLER

INGREDIENTS:

1 can of any fruit pie filling
1 package of any muffin mix (and ingredients it calls for)

STEP 1: Preheat oven to 400 Fahrenheit.

STEP 2: Spread fruit pie filling evenly on bottom of baking dish.

STEP 3: Prepare muffin mix according to box instructions.

STEP 4: Pour muffin mix overtop of pie filling (do NOT mix).

STEP 5: Bake for 20-25 minutes or until golden brown and bubbly!





CHEESE POTATO PANCAKES

INGREDIENTS:

1 large potato
¼ cup of cornstarch
Add various seasoning to taste
¼-½ cup of cheese

STEP 1: Peel and cut the potato.
STEP 2: Boil until soft.
STEP 3: Mash the potato and add the cornstarch and seasoning.
STEP 4: Roll into a ball and flatten to add the cheese and cover the top.
STEP 5: Flatten and clean up the sides.
STEP 6: Shallow fry until golden brown on both sides and enjoy!





COOKIE TRUFFLE RECIPE

INGREDIENTS:

13 oz your chosen cookies

5-8 oz of cream cheese

2 cups any chocolate chips

STEP 1: Smash your cookies.

STEP 2: Choose the appropriate amount of cream cheese and combine:

- 13 oz oreos = 8oz cream cheese
- 13oz chocolate chip = 6.5 oz cream cheese
- 13oz nutty buddies = 5-6 oz cream cheese

STEP 3: Melt 2 cups of chocolate chips and dip the truffles. Let the excess drop off.

STEP 4: Decorate as desired.

STEP 5: Freeze on parchment-lined baking sheet until firm.

STEP 6: Enjoy!





TUNA NOODLE CASSEROLE

INGREDIENTS:

2 cans cream of mushroom
2 cups peas or green beans
2 cans tuna
4 cups cooked pasta noodles
1 cup milk

STEP 1: Preheat oven to 400 Fahrenheit.
STEP 2: Boil water in a pot on the stove.
STEP 3: Add pasta noodles to boiling water
STEP 4: Cook noodles for 7-10 minutes
STEP 5: Drain noodles
STEP 6: Mix all ingredients in a bowl
STEP 7: Place mixture in a cooking dish
STEP 8: Put the dish in the oven for 30 minutes or until top is golden brown
STEP 9: Enjoy!





OATMEAL WITH FRUIT

INGREDIENTS:

2 Packs oatmeal
1 cup water or milk
Fruit of choice (apple, banana, etc.)
1 spoonful peanut butter

STEP 1: Place oats in a microwave safe bowl
STEP 2: Add 1 cup of water or milk to bowl and stir
STEP 3: Place in microwave for 2 minutes
STEP 4: Add in 1 spoonful of peanut butter and mix
STEP 5: Cut fruit up into small pieces and add to top
STEP 6: Enjoy!