

Main Courses

HOPE Begins with a box

Arroz Con Pollo

Serves 6



This recipe is seasoned with love. Your home will be filled with an amazing aroma. It is sure to draw your loved ones around the kitchen for good conversations. Serves 6 people

Ingredients:

1 lb	Chicken	16 oz	Tomato Sauce
1 tsp	Mexican Oregano		Salt & Pepper
1 Can	Sweet Corn	1	Yellow Onion
1 Tbs	Vegetable Oil	1 tsp	Cumin
1 tsp	Cilantro	1 Clove	Garlic
2 Cups	Rice	1 Clove	Garlic
1 Bag	Corn Tortillas		

Directions:

1. Cut chicken into 1 to 1 ½ inch cubes. Pour 1 Tbs of Vegetable Oil on to cooking pan and simmer on medium heat. Put chicken into pan, stir mixing it with the heated vegetable oil. Add salt and pepper. Continue to stir occasionally for 3-4 minutes.
2. Cut onion into 4 quarters. Take one of the quarters and CHOP the onion into small pieces. Add it to chicken and stir. Put the lid on the pan and simmer on medium to low heat for 4 minutes. CHOP potatoes into small pieces. Add to chicken and stir, cover with lid, and cook for 4 minutes. Add Tomato Sauce, 16 oz of water and 1 can of Sweet Corn and salt and pepper to taste. Cook for 5 minutes on low heat.

Arroz/Mexican Rice

1. Add long grain rice to large frying pan with cooking oil to soak the rice.
2. Stir and add 1 tsp salt, 1 tsp pepper, 1 tsp Cumin.
3. Cook on medium heat stirring so rice browns but does not burn. Once rice is brown add ½ cup of CHOPPED onions and 1 clove of garlic finely chopped. Stir and add 16 oz of tomato sauce with equal parts water, Add chopped cilantro to taste.
4. Stir and cover with lid. Simmer for approximately 10 minutes or until water has evaporated. (Make sure you only stir once. Too much stirring causes rice to get sticky.) Set aside until ready to serve.

This meal is served with a side of corn tortillas

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Enchiladas de Pollo (Chicken Enchiladas) Serves 4

Prep Time 20min, Cook time 25min

Filling enchiladas made with flour tortillas. Enjoy the time cooking it with family, and then eating the yummy enchiladas.



Ingredients:

- 2 Tbs Olive oil
- 1 Medium onion, peeled and sliced thin
- 1 Jalapeno pepper finely diced (optional)
- 8 Flour tortillas
- 4 cups Cooked chicken – shredded (save the broth), or black beans
- 2-3 cups Cheese

Directions:

1. In a large skillet, heat olive oil over medium-high heat. Add onion, jalapeno, and sauté for 5-6 minutes until the onions are cooked and translucent. Remove from heat.
2. Make the avocado cream sauce (recipe below)
3. To assemble the enchiladas, place a tortilla on a flat surface. Spread a tablespoon or two of the avocado sauce down the middle of the tortilla. Then layer on some of the sautéed vegetable mixture, shredded chicken (or black beans if making vegetarian) and cheese. Carefully roll the tortilla and place it seam side down in the baking dish. Repeat with the remaining tortillas. Drizzle the top with about half of the remaining avocado cream sauce. Add a sprinkling of extra cheese. Cover the dish with foil and bake for about 20 minutes, or until tortillas are heated through and begin to harden. Remove the foil and broil for a few minutes until cheese is browned and bubbly.
4. Remove from the oven, then serve individual enchiladas drizzled with the remainder of the avocado cream sauce. You can also garnish with additional cilantro, cheese, and/or sour cream.

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Avocado Cream Sauce for Chicken Enchiladas

Serves 10, Cook Time 20min

Creamy avocado sauce can be used for enchiladas or a dipping sauce.



Ingredients:

2 Tbs	Butter
2 Tbs	Flour
2 cups	Chicken broth
¾ cups	Sour cream
½ Tsp	Salt
½ Tsp	Garlic powder
¼ Tsp	Pepper
2	Avocados peeled and pitted
1 cup	Cilantro chopped (optional)
2	Limes squeezed for the juice

Directions:

1. Melt the butter in a skillet over medium high heat.
2. Add the flour, whisking until golden and bubbly, about 2-3 minutes.
3. Slowly whisk the broth into the flour mixture. Bring to a boil, then reduce heat to medium-low and simmer for 5 minutes.
4. Stir in the sour cream, cumin, salt, garlic powder and pepper, whisking if necessary, to remove any lumps. Remove from heat and transfer mixture to a blender or food processor.
5. Add avocados, cilantro and lime juice, and pulse until smooth and well-blended. (Be very careful blending hot liquids — the heat will expand! So be sure to remove the lid occasionally so that the heat can escape.)
6. Season with additional salt or pepper if needed.

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Easy Chicken Kabobs

Serves 4

This family friendly meal is not only tasty but quick to prepare and fun to eat! There won't be leftovers of this meal!



Ingredients:

- 2 Asiago Chicken Breasts, largely cubed
- 2 Onions, quartered
- 2 Apples, cored and largely cubed
- 1 bottle Italian salad dressing
- 4 Wooden Skewers, pre-soaked in water

Directions:

3. Presoak skewers for 30 minutes in warm water.
4. Alternate chicken, onions, & apples on the pre-soaked skewers
5. Brush with Italian salad dressing
6. Broil @ 500 for 4 minutes, then turn skewers and broil another 4 minutes
7. Serve w/ rice & salad

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Red & Ready Spaghetti

Serves 8

Always a family favorite, this spaghetti recipe is sure to please even the pickiest of eaters!



Ingredients:

- 1 16oz pkg Dry Spaghetti
- 2 cans Tomato Sauce
- 3 Tbs Brown Sugar, firmly packed
- 1 Tbs Olive Oil
- 2 Tsp Onion Powder
- ½ Tsp Dried Oregano leaves
- ½ Tsp Garlic Powder
- 2 Onions
- 2 Tsp Butter
- 2 Tsp Cooking Oil
- ½ Tsp Salt
- ½ Tsp Sugar

Directions:

1. Cook Spaghetti according to package instructions
2. While spaghetti is cooking, beat sauce, brown sugar, 1 Tbs Olive Oil, onion powder, oregano & garlic powder in medium saucepan with wire whisk until well blended.
3. Cook over medium heat for 5 minutes, stirring occasionally. Reduce heat to simmer for 5 minutes, stirring occasionally.
4. Heat the butter and oil in a wide, thick-bottomed sauté pan. Once it is shimmering, add onions & stir to coat. Adjust heat so onions don't burn.
5. After 10 mins, salt lightly & add ½ tsp sugar, cooking for 30 minutes more, stirring occasionally, until onions are a rich, brown color.
6. Drain spaghetti, top with sauce & caramelized onions.

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Chicken, Noodles & Gravy Casserole Serves 6

An easy comfort food meal you can make anytime. The gravy is called depression gravy as it is made with water instead of milk.



You can broccoli, carrots or peas. Whatever you have.

Bake covered at 350 degrees 30 to 40 minutes, until bubbly.

Ingredients:

- 1/2 Pound Shredded chicken
 - 16 oz Noodles cooked according to directions.
 - 1 Large onion
 - 2-3 Stalks celery chopped
 - 2-3 Cloves garlic chopped
 - Salt & pepper to taste
 - 1/2 tsp Thyme
 - 1 Cup 1 cup shredded cheddar cheese
- Gravy** 4 tbs butter, 4 tbs flour and 2 cups hot water.
1-2 tsp powdered chicken bouillon, salt & pepper.

Directions:

1. Sauté onion and celery then add garlic and sauté 2 more minutes.
2. Add seasonings and mix with noodles, adding chicken, 1/2 the cheese and place in 9x13 pan.
3. To make gravy, on low heat melt butter, then add the flour, stirring a couple of minutes to remove the flour taste, then slowly, stirring continuously, add water a little at a time, stirring to mix well and make smooth. (it will get thick quickly, just keep stirring and slowly add the water. Turn heat to med and stir until thickened.
4. Season with salt and pepper and powdered chicken bouillon to taste.
5. Pour over the chicken and mix in.
6. Top with other 1/2 of cheese.
7. Cover and bake until hot and bubbly. Enjoy!

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Quick Chicken & Dumplings

Serves: 6

(When Comfort Food and Family Time is the BEST TIME!)



Ingredients:

- 2 Tbsp Butter
- 1 Large Onion, Diced
- 3 Carrots Diced
- 3 Celery Stalks Diced
- 2 Tbsp Chicken Bouillon Granules
- 1 tsp Pepper
- 2 cups Chopped or Shredded Chicken
- 1 ½ Cups All Purpose Flour
- 2 tsp Baking Powder
- ¾ Cup Milk
- 2 Tbsp Finely Chopped Fresh Parsley (Optional) as Garnish

Directions:

1. Step 1 Melt butter in large saucepan set over medium heat, cook onion, carrots, and celery 3 to 5 minutes or until starting to soften.
2. Add 8 cups of water, 1 Tbsp Chicken Bouillon Granules, Pepper, Bring to boil.
3. Stir in Chicken.
4. Stir together flour and baking powder in one bowl.
5. In separate bowl stir together milk and remaining chicken bouillon.
6. Add to flour mixture just until combined.
7. Drop heaping Tablespoons of batter into saucepan.
8. Cover and cook for 10 to 12 minutes until dumplings are puffed and cooked through.
9. Sprinkle parsley as garnish (Optional)

Prep: 10 Minutes

Cook 20 Minutes

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Easy Italian Meatballs w/ a Twist

Serves 4

A fun way to spice up Italian night with the family!



Ingredients:

1 lb	Ground Beef
¼ Cup	Grated Parmesan Cheese
½ Tsp	Onion Powder
½ Tsp	Garlic Powder
¼ Tsp	Dried Italian Seasoning
½ Tsp	Salt
½ Tsp	Pepper
1 Tsp	Dried Parsley
¾ Cup	Crushed Potato Chips
1	Egg
½ Cup	Cool Water

Directions:

1. Preheat oven to 375
2. Combine all ingredients in bowl. Try not to over mix.
3. Place in refrigerator for 15 minutes to firm up.
4. Form into 2 in balls.
5. Bake on cookie sheet for 24 minutes, turning halfway through.
6. Serve on slider buns, over pasta, or w/ BBQ sauce as an appetizer.

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Beef Goulash

Serves 6



Ingredients:

- 2 Tsp oil vegetable or olive oil
- 1 medium red onion, chopped
- 2 cloves garlic, minced
- 1 lb. ground beef
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 1/4 c. low-sodium beef broth
- 1 (15-oz.) can tomato sauce
- 1 tsp. Italian seasoning
- 1 tsp. paprika
- 1 1/2 c. macaroni, uncooked
- 1 cup shredded cheese optional

Directions:

1. In a large skillet over medium heat, heat oil. Add onion and cook until soft, about 5 minutes. Add garlic and cook until fragrant, about 1 minute more.
2. Add ground beef and cook until no longer pink, about 6 minutes. Drain fat and return to pan. Season with salt and pepper.
3. Add tomato sauce and stir to coat and beef broth and diced tomatoes if desired. Season with Italian seasoning and paprika and stir in macaroni.
4. Bring to a simmer and cook, stirring occasionally, until pasta is tender, about 15 minutes.
5. Top with cheese if you like and remove from heat.
6. You can make ahead of time and freeze and then heat oven at 350 until heated all the way through.

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One Pot Chili Cheese Pasta

Serves 8



Ingredients:

1 Tbs Olive Oil
1 Sweet Onion Diced
2 Cloves of Garlic Minced
½ Tsp Salt
¼ Tsp Pepper
1 lb Ground beef
2 Tbs Tomato Paste
1 Tbs Chili Powder
14oz can Fire Roasted Tomatoes
4 oz can Diced Green Chiles
2.5 Cups Water
8 oz Spaghetti Noodles
6 oz White Cheddar Grated
3 Green Onions Thinly Sliced

Directions:

1. Heat a large pot over medium-low heat and add the olive oil. Stir in the onion, garlic, salt and pepper. Cook until the onions soften, about 5 minutes. Add the ground beef, breaking it apart with a wooden spoon. Cook, stirring often, until the beef is browned, about 6 to 8 minutes. Keep breaking the beef apart, and occasionally increase the heat to cook off some of the fat from the beef.
2. Once the beef is browned, stir in the tomato paste. Cook for another 5 minutes, stirring often. Pour in the tomatoes, green chiles and water. Add in the pasta. Bring the mixture to a simmer, then cover the pot and cook for 10 to 15 minutes, stirring occasionally. The pasta should absorb all the liquid and plump up. You do not want the heat too high because the pasta can stick on the bottom. If it needs a few more minutes, keep the pot covered.
3. Once the pasta is cooked and the liquid has been absorbed, stir in the cheddar cheese. Taste and season additionally if needed.

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Black Bean Burgers

Makes 6-8 patties



Ingredients:

- 1 32 oz bag Black beans
- ½ cup Breadcrumbs
- 1 Egg
- 1 Red onion
- 2 cups Minute Rice and southwest pinto beans

Directions:

1. Cook bag of black beans according to directions.
2. In a medium bowl, mash black beans until thick and pasty add cups of minute rice.
3. Add seasonings of choice into black beans/ rice mixture and stir in egg to the mashed beans.
4. Mix in Breadcrumbs until the mixture is sticky and holds together.
5. Divide into patties.
6. On stove top, heat butter and cook onions to garnish on top of patties.
7. Patties can be grilled or cooked in the oven 8-10 minutes on each side.

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Tuna Cakes

Serves 4



Ingredients:

2 Cans	Tuna
1	Large Egg
1/4 Cup	Breadcrumbs
3	Garlic Cloves Grated
1/4 Cup	White Onion Chopped
1/4 Tsp	Salt
1/4 Tsp	Pepper
1 Tsp	Lemon Juice
1 Tbs	Lemon Zest
2 Tbs	Mayonnaise
1/4 Cup	Grated Parmesan Cheese
1 Tsp	Dried Parsley
2 Tbs	Olive Oil

Directions:

1. Start by draining canned tuna from water with a small colander.
2. Next, combine it with garlic, onion, salt and pepper, lemon juice and zest, egg, breadcrumbs, mayo, 1/4 cup of grated Parmesan cheese and dried parsley. Mix well.
3. Combine remaining breadcrumbs and grated cheese in a shallow dish. Scoop 1/4 cup of tuna mixture, form into a patty and lightly coat with breading mixture.
4. Fry cake in pan with oil, until nicely browned on each side. Remove from pan and let rest for 5 minutes. Serve with spinach or other greens, additional lemon wedge or even simple aioli.

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Tuna Pasta

Serves 4



Ingredients:

1-5 oz. can Tuna, drained
4 oz. Uncooked pasta
2 T Olive oil
2 large Cloves garlic, minced
1 tsp. Lemon juice
1 T Fresh parsley, chopped
Salt
Pepper

Directions:

1. Boil a salted pot of water for the pasta and cook it al dente according to package directions.
2. Prep other ingredients while it cooks. When the pasta is close to being ready, add the oil to a small pan over medium heat.
3. Once the oil is hot, add the garlic and cook it for 30 seconds.
4. Stir in the tuna, lemon juice, and parsley. Let it heat through.
5. Once the pasta is done, add some of the pasta water (a couple of tablespoons) to the sauce and then drain the pasta and toss with the sauce.
6. Season with salt & pepper as needed.
7. Optional: serve pasta with freshly grated parmesan cheese and lemon zest.