

## Ingredients

- 1 jar Alfredo Sauce
- 1 large can Chicken, drained  
(or 2 small cans Chicken)
- 1 can Spinach, drained and rinsed
- 1 can Petite Seasoned Tomatoes
- 1 lb. package Pasta



## Directions

1. Bring large pot of water to a boil.
2. Add pasta and boil 2 minutes under the package recommendation.
3. In a wide sauté pan, heat drained chicken and tomatoes in their juices, reducing down just a little.
4. Toss in spinach and combine thoroughly.
5. Add pasta and sauce to the pan, toss all around.
6. Simmer for 2 minutes to finish cooking the pasta.

## Variations

*May use fresh or frozen ingredients in place of the items listed.*

*Servings: 6*

# WHERE IS THE LOVE?

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IT'S IN THE MOMENTS THAT YOU SHARE  
A MEAL WITH YOUR FAMILY & FRIENDS

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*In the beginning months of 2020, the [Pensacola Dream Center](#) staff was brainstorming ways to transform our pantry outreach. We had envisioned a meal kit delivery program that would be our take on "Hello Fresh," "Blue Apron," and others out there that are similar. Because we didn't have the means or the budget to purchase and store fresh ingredients, the need to create meal kits from non-perishable items became apparent. We were inspired to create and test recipes that could be easily replicated, feed an entire family, and be simple enough that high school students (or other beginner cooks) could prepare. Little did we know that while the meal kit concept was being formed, we were only a couple of months from the start of what became known as the infamous "Corona Virus Quarantine Lockdown," although the terminology had changed to "COVID" as months went by. How perfect is God's timing to have us begin this program when the whole world was about to go through the shutdown of commerce that majorly affected social life as we knew it? Eating out was no longer an option, so it was either order take out or delivery or cook at home. Households had to come up with creative ways to pass time at home, while those listed as "essential workers" were out and about, continually providing necessary services. [Pensacola Dream Center](#) graciously stepped up to that role to help meet the needs of our community.*

*Share the love... [#MealKitMoments](#) [#PensacolaDreamCenter](#)*

*Samantha,* PDC Staff and Creator of all of  
the original Meal Kit Recipes



## "Meal Kit Moments" Table Topics

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As with anything major that happens in our world, we can recall memories that have stemmed from having to experience it, either personally or from hearing news reports and testimonies about it. What do you recall from having to deal with the pandemic, from 9/11 or another historical event? How has it changed your perspective or your relationship with God?