

Chicken Taco Soup

Ready in 15 minutes
Serves 6 to 8 people
Approximate Cost = \$4.86

Ingredients

1 (15 oz.) can pinto beans {\$.58}
1 (15 oz.) can black beans {\$.58}
1 (15 oz.) can whole corn {\$.50}
1 (14.5 oz.) can diced tomatoes {\$.48} or 1 (10.5 oz.) can Rotel
1 (12.5 oz) can chicken breast, flaked {\$1.78}
1 (14.5 oz.) can chicken broth {\$.50}
1 (1 oz.) packet taco seasoning {\$.44}

Preparation Instructions:

1. Place all ingredients in a large pot over medium-high heat.
2. Stir in taco seasoning. Add water as needed to reach desired consistency.
3. Bring mixture to a boil, then reduce heat to low and let simmer for 10-15 minutes.
4. Serve hot. Can be garnished with sour cream, tortilla chips, and shredded cheese. Also delicious with a cup of cooked rice added.

Recipe provided by The Seal Project

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Rice and Veggie Bake

Ready in 45 minutes
Serves 4 to 6 people
Approximate Cost = \$5.79

Ingredients

- 1 (10 oz.) pkg. yellow saffron rice {\$1.05}
- 1 (12.5 oz) can chicken, drained and flaked {\$1.78}
- 1 (10 oz.) can cheddar soup {\$1.49}
- 1 (4 oz.) can evaporated milk {\$.89}
- 1 (14 oz.) can mixed veggies, drained {\$.58}

Preparation Instructions:

1. Cook rice according to package directions.
2. Stir all ingredients into warm, cooked rice. Spoon into a greased 8x8 casserole dish.
3. Bake at 350 for 20 minutes. Can top with shredded cheese and bake for 5 more minutes. Serve warm.

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Rice and Veggie Bake

Ready in 45 minutes
Serves 4 to 6 people
Approximate Cost = \$5.79

Ingredients

- 1 (10 oz.) pkg. yellow saffron rice {\$1.05}
- 1 (12.5 oz) can chicken, drained and flaked {\$1.78}
- 1 (10 oz.) can cheddar soup {\$1.49}
- 1 (4 oz.) can evaporated milk {\$.89}
- 1 (14 oz.) can mixed veggies, drained {\$.58}

Preparation Instructions:

1. Cook rice according to package directions.
2. Stir all ingredients into warm, cooked rice. Spoon into a greased 8x8 casserole dish.
3. Bake at 350 for 20 minutes. Can top with shredded cheese and bake for 5 more minutes. Serve warm.

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Chicken & Wild Rice Casserole

Ready in 45 minutes
Serves 4 to 6 people
Approximate Cost = \$3.76

Ingredients

- 1 (4.3 oz.) box long grain wild rice mix {\$.89}
- 1 (12.5 oz.) can of chicken, drained and flaked {\$1.78}
- 1 (15 oz.) can green beans, drained {\$.50}
- 1 (10 oz.) can cream of mushroom soup {\$.59}

Preparation Instructions:

1. Cook rice according to package directions.
2. Stir all other ingredients into warm rice until well combined. Spoon into a pie plate or casserole dish.
3. Bake at 350 degrees for 20-30 minutes, or until heated through and bubbly. Serve warm.

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Chicken & Wild Rice Casserole

Ready in 45 minutes
Serves 4 to 6 people
Approximate Cost = \$3.76

Ingredients

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- 1 (15 oz.) can green beans, drained {\$.50}
- 1 (10 oz.) can cream of mushroom soup {\$.59}

Preparation Instructions:

1. Cook rice according to package directions.
2. Stir all other ingredients into warm rice until well combined. Spoon into a pie plate or casserole dish.
3. Bake at 350 degrees for 20-30 minutes, or until heated through and bubbly. Serve warm.

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Chickpea Tomato Minestrone

Ready in 25 minutes
Serves 4 to 6 people
Approximate Cost = \$6.44

Ingredients

- 2 (14.5 oz.) can diced tomatoes w/green pepper, celery, & onion {\$1.96}
- 1 (32 oz.) container vegetable stock {\$1.44}
- 1 (12-16 oz.) box of pasta, not spaghetti or long noodles {\$1.00}
- 1 (15 oz.) can chickpeas/garbanzo beans, drained and rinsed {\$.58}
- 1 (14 oz.) can spinach, drained {\$.88}
- 1 (15 oz.) can carrots, drained {\$.58}

Preparation Instructions:

1. Mix all ingredients in a large pot.
2. Bring to a boil and then reduce to a simmer. Let simmer for 20 minutes.
3. Add salt and pepper to taste.

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Serves 4 to 6 people
Approximate Cost = \$6.44

Ingredients

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- 1 (32 oz.) container vegetable stock {\$1.44}
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- 1 (15 oz.) can chickpeas/garbanzo beans, drained and rinsed {\$.58}
- 1 (14 oz.) can spinach, drained {\$.88}
- 1 (15 oz.) can carrots, drained {\$.58}

Preparation Instructions:

1. Mix all ingredients in a large pot.
2. Bring to a boil and then reduce to a simmer. Let simmer for 20 minutes.
3. Add salt and pepper to taste.

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Camp Stew

Ready in 30 minutes
Serves 6 to 8 people
Approximate Cost = \$8.94

Ingredients

3 (14.5 oz.) can diced tomatoes {\$1.38}
1 (14 oz.) can whole kernel corn {\$.50}
1 (14 oz.) can lima or cannellini beans {\$.58}
2 (10 oz.) cans beef or pork in bbq sauce {\$4.84}
1 (10 oz.) can chicken {\$1.64}

Preparation Instructions:

1. Mix all ingredients (undrained) in a large pot.
2. Place over medium heat, stirring often, and bring just to a boil.
3. Reduce heat and simmer, stirring from time to time, for about 30 minutes.

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2. Place over medium heat, stirring often, and bring just to a boil.
3. Reduce heat and simmer, stirring from time to time, for about 30 minutes.

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White Bean & Ham Stew

Ready in 20 minutes
Serves 4-6
Approximate Cost = \$6.48

Ingredients

- 1 (16 oz.) canned ham, diced {\$2.98}
- 1 (14.5 oz.) can diced tomatoes with garlic {\$.46}
- 2 (14 oz.) cans chicken broth {\$1.00}
- 2 (15.5 oz.) cannellini beans {\$1.16}
- 1 (13.5 oz.) can spinach {\$.88}

Preparation Instructions:

1. Place diced ham in a large pot over medium-high heat and cook for 1-2 minutes until lightly browned.
2. Add tomatoes (undrained), broth, beans, and spinach. Bring just to a boil.
3. Reduce heat and simmer, stirring from time to time, for about 15 minutes.

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Serves 4-6
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- 2 (14 oz.) cans chicken broth {\$1.00}
- 2 (15.5 oz.) cannellini beans {\$1.16}
- 1 (13.5 oz.) can spinach {\$.88}

Preparation Instructions:

1. Place diced ham in a large pot over medium-high heat and cook for 1-2 minutes until lightly browned.
2. Add tomatoes (undrained), broth, beans, and spinach. Bring just to a boil.
3. Reduce heat and simmer, stirring from time to time, for about 15 minutes.

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Chicken & Wild Rice Soup

Ready in 35 minutes
Serves 6-8
Approximate Cost = \$5.78

Ingredients

- 1 (14.5 oz.) can carrots, drained {\$.58}
- 1 (10 oz.) can cream of celery soup {\$.50}
- 32 oz. chicken stock {\$1.33}
- 1 (12 oz.) can evaporated milk {\$.70}
- 1 (12.5 oz.) can chicken, drained and flaked {\$1.78}
- 1 (4.3 oz.) box long grain wild rice mix {\$.89}

Preparation Instructions:

1. Combine all ingredients in a large pot over medium heat. Bring to a boil.
2. Reduce to low heat and cover. Allow soup to simmer for 25-30 minutes or until rice is tender.
3. Salt and pepper to taste. Garnish with scallions, if desired. Serve.

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- 32 oz. chicken stock {\$1.33}
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- 1 (4.3 oz.) box long grain wild rice mix {\$.89}

Preparation Instructions:

1. Combine all ingredients in a large pot over medium heat. Bring to a boil.
2. Reduce to low heat and cover. Allow soup to simmer for 25-30 minutes or until rice is tender.
3. Salt and pepper to taste. Garnish with scallions, if desired. Serve.

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Enchilada Rice Skillet

Ready in 10 minutes
Serves 6
Approximate Cost = \$7.05

Ingredients

- 1 (8.8 oz.) pouch Ready Rice, Spanish Style {\$1.50}
- 1 (10 oz.) can bulk ground sausage (not links) {\$2.18}
- 1 (10 oz.) can cheddar soup {\$1.49}
- 1 (14.5 oz.) can diced tomatoes, drained {\$0.50}
- 1 (4 oz.) can sliced black olives, drained {\$1.38}

Preparation Instructions:

1. Prepare rice according to package instructions.
2. In a skillet, over medium-high heat, mix sausage, soup, tomatoes, and olives.
3. Add rice and heat thoroughly. Serve immediately.

Can substitute 1 (12.5 oz.) can of chicken for sausage

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Serves 6
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- 1 (10 oz.) can bulk ground sausage (not links) {\$2.18}
- 1 (10 oz.) can cheddar soup {\$1.49}
- 1 (14.5 oz.) can diced tomatoes, drained {\$0.50}
- 1 (4 oz.) can sliced black olives, drained {\$1.38}

Preparation Instructions:

1. Prepare rice according to package instructions.
2. In a skillet, over medium-high heat, mix sausage, soup, tomatoes, and olives.
3. Add rice and heat thoroughly. Serve immediately.

Can substitute 1 (12.5 oz.) can of chicken for sausage

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Cheesy Corned Beef Chowder

Ready in 15 minutes
Serves 4
Approximate Cost = \$5.05

Ingredients

1 (15 oz.) can corned beef hash {\$2.36}
1 (14.5 oz.) can whole corn, undrained {\$.50}
1 (10 oz.) can cheddar cheese soup {\$1.49}
1 (12 oz.) can evaporated milk {\$.70}

Preparation Instructions:

1. Combine all ingredients in a large pot over medium-high heat and bring to a boil.
2. Reduce heat to low; simmer, stirring frequently, for 5 minutes.

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Preparation Instructions:

1. Combine all ingredients in a large pot over medium-high heat and bring to a boil.
2. Reduce heat to low; simmer, stirring frequently, for 5 minutes.

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Chili Con Carne with Beans

Ready in 25 minutes
Serves 6
Approximate Cost = \$6.22

Ingredients

- 1 (12 oz.) can roast beef, shredded {\$2.74}
- 1 (8 oz.) can tomato sauce {\$.26}
- 2 (15 oz.) cans stewed tomatoes {\$.98}
- 1 (15 oz.) can kidney beans{\$.58}
- 1 (15 oz.) can black beans {\$.58}
- 1 (15 oz.) pinto beans {\$.58}
- 1 packet chili seasoning {\$.50}

Preparation Instructions:

1. Combine all ingredients in a large pot over medium to high heat.
2. Bring to a boil then reduce heat to low. Simmer for 15 minutes.
3. Serve warm. Can be topped with shredded cheese and diced onion.

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- 1 (15 oz.) can black beans {\$.58}
- 1 (15 oz.) pinto beans {\$.58}
- 1 packet chili seasoning {\$.50}

Preparation Instructions:

1. Combine all ingredients in a large pot over medium to high heat.
2. Bring to a boil then reduce heat to low. Simmer for 15 minutes.
3. Serve warm. Can be topped with shredded cheese and diced onion.

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Vegetable Beef Soup

Ready in 25 minutes
Serves 6-8
Approximate Cost = \$5.86

Ingredients

1 (12 oz.) can roast beef, shredded {\$2.74}
2 (15 oz.) cans mixed vegetables {\$1.16}
2 (15 oz) cans stewed tomatoes or tomatoes w/green pepper,
celery, & onion {\$1.96}
4 cups water

Preparation Instructions:

1. Combine all ingredients in a large pot over medium to high heat.
2. Bring to a boil, then reduce heat and simmer for 15 minutes.
3. Serve warm.

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Vegetable Beef Soup

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Serves 6-8
Approximate Cost = \$5.86

Ingredients

1 (12 oz.) can roast beef, shredded {\$2.74}
2 (15 oz.) cans mixed vegetables {\$1.16}
2 (15 oz) cans stewed tomatoes or tomatoes w/green pepper,
celery, & onion {\$1.96}
4 cups water

Preparation Instructions:

1. Combine all ingredients in a large pot over medium to high heat.
2. Bring to a boil, then reduce heat and simmer for 15 minutes.
3. Serve warm.

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Beef Taco Soup

Ready in 15 minutes
Serves 6 to 8 people
Approximate Cost = \$5.82

Ingredients

1 (15 oz.) can pinto beans {\$.58}
1 (15 oz.) can black beans {\$.58}
1 (15 oz.) can whole corn {\$.50}
1 (14.5 oz.) can diced tomatoes {\$.48} or 1 (10.5 oz.) can Rotel
1 (12 oz) can roast beef, shredded {\$2.74}
1 (14.5 oz.) can beef broth {\$.50}
1 (1 oz.) packet taco seasoning {\$.44}

Preparation Instructions:

1. Place all ingredients in a large pot over medium-high heat.
2. Stir in taco seasoning. Add water as needed to reach desired consistency.
3. Bring mixture to a boil, then reduce heat to low and let simmer for 10-15 minutes.
4. Serve hot. Can be garnished with sour cream, tortilla chips, and shredded cheese.

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Beef Taco Soup

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Serves 6 to 8 people
Approximate Cost = \$5.82

Ingredients

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1 (15 oz.) can whole corn {\$.50}
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1 (12 oz) can roast beef, shredded {\$2.74}
1 (14.5 oz.) can beef broth {\$.50}
1 (1 oz.) packet taco seasoning {\$.44}

Preparation Instructions:

1. Place all ingredients in a large pot over medium-high heat.
2. Stir in taco seasoning. Add water as needed to reach desired consistency.
3. Bring mixture to a boil, then reduce heat to low and let simmer for 10-15 minutes.
4. Serve hot. Can be garnished with sour cream, tortilla chips, and shredded cheese.

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Tuna Casserole (Double Batch)

Ready in 35 minutes
Serves 6 to 8 people
Approximate Cost = \$9.72

Ingredients

- 2 (5 oz.) cans tuna, drained and flaked {\$2.74}
- 2 (10-12 oz.) boxes deluxe macaroni and cheese (the kind with cheese sauce, not powdered sauce) {\$5.52}
- 1 (15 oz.) can peas, drained {\$.50}
- 3 oz. packet French fried onions, crushed {\$.96}

Preparation Instructions:

1. Preheat the oven to 350 degrees. Spray 9x13 baking dish with nonstick spray.
2. Prepare macaroni and cheese according to directions on the box.
3. Gently fold tuna and peas into prepared macaroni. Spoon mixture evenly into prepared baking dish. Cover with aluminum foil and bake for 15 minutes.
4. Remove foil. Stir mixture. Sprinkle crushed French fried onions evenly over the top of the casserole. Return to the oven for 5 minutes.
5. Remove from the oven. Allow to sit for a few minutes, then enjoy!

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Preparation Instructions:

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4. Remove foil. Stir mixture. Sprinkle crushed French fried onions evenly over the top of the casserole. Return to the oven for 5 minutes.
5. Remove from the oven. Allow to sit for a few minutes, then enjoy!

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Tuna Casserole

Ready in 30 minutes
Serves 3 to 4 people
Approximate Cost = \$6.23

Ingredients

- 1 (5 oz.) cans tuna, drained and flaked {\$1.37}
- 1 (10-12 oz.) boxes deluxe macaroni and cheese (the kind with cheese sauce, not powdered sauce) {\$2.98}
- 1 (8.5 oz.) can peas, drained {\$.92}
- 3 oz. packet French fried onions, crushed {\$.96}

Preparation Instructions:

1. Preheat the oven to 350 degrees. Spray 8x8 baking dish with nonstick spray.
2. Prepare macaroni and cheese according to directions on the box.
3. Gently fold tuna and peas into prepared macaroni. Spoon mixture evenly into prepared baking dish. Cover with aluminum foil and bake for 10 minutes.
4. Remove foil. Stir mixture. Sprinkle crushed French fried onions evenly over the top of the casserole. Return to the oven for 5 minutes.
5. Remove from the oven. Allow to sit for a few minutes, then enjoy!

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Tuna Casserole

Ready in 30 minutes
Serves 3 to 4 people
Approximate Cost = \$6.23

Ingredients

- 1 (5 oz.) cans tuna, drained and flaked {\$1.37}
- 1 (10-12 oz.) boxes deluxe macaroni and cheese (the kind with cheese sauce, not powdered sauce) {\$2.98}
- 1 (8.5 oz.) can peas, drained {\$.92}
- 3 oz. packet French fried onions, crushed {\$.96}

Preparation Instructions:

1. Preheat the oven to 350 degrees. Spray 8x8 baking dish with nonstick spray.
2. Prepare macaroni and cheese according to directions on the box.
3. Gently fold tuna and peas into prepared macaroni. Spoon mixture evenly into prepared baking dish. Cover with aluminum foil and bake for 10 minutes.
4. Remove foil. Stir mixture. Sprinkle crushed French fried onions evenly over the top of the casserole. Return to the oven for 5 minutes.
5. Remove from the oven. Allow to sit for a few minutes, then enjoy!

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Shepherd's Pie

Ready in 35 minutes
Serves 4 to 6 people
Approximate Cost = \$5.40

Ingredients

1 (4 oz.) pouch instant mashed potatoes {\$1.00}
1 (12 oz.) can beef, shredded {\$2.74}
2 (15 oz.) cans mixed vegetables, drained {\$1.16}
1 (10.75 oz.) can condensed tomato soup {\$.50}

Preparation Instructions:

1. Preheat the oven to 350 degrees. Spray 8x8 baking dish with nonstick spray.
2. Prepare mashed potatoes according to directions on the pouch.
3. Mix shredded beef, drained vegetables, and tomato soup together. Spoon mixture evenly into prepared baking dish. Spread prepared mashed potatoes evenly over top of vegetable mixture.
4. Bake in a preheated oven for 20 minutes or until heated through and potatoes start to brown and crisp around the edges.
5. Remove from the oven. Allow to sit for a few minutes, then enjoy!

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Shepherd's Pie

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Serves 4 to 6 people
Approximate Cost = \$5.40

Ingredients

1 (4 oz.) pouch instant mashed potatoes {\$1.00}
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2 (15 oz.) cans mixed vegetables, drained {\$1.16}
1 (10.75 oz.) can condensed tomato soup {\$.50}

Preparation Instructions:

1. Preheat the oven to 350 degrees. Spray 8x8 baking dish with nonstick spray.
2. Prepare mashed potatoes according to directions on the pouch.
3. Mix shredded beef, drained vegetables, and tomato soup together. Spoon mixture evenly into prepared baking dish. Spread prepared mashed potatoes evenly over top of vegetable mixture.
4. Bake in a preheated oven for 20 minutes or until heated through and potatoes start to brown and crisp around the edges.
5. Remove from the oven. Allow to sit for a few minutes, then enjoy!

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Chicken & Black Bean

Rice Bowl

Ready in 15 minutes
Serves 2 to 4 people
Approximate Cost = \$5.02

Ingredients

- 1 (8.8 oz.) pouch Ready Rice, original flavor {\$1.78}
- 1 (12.5 oz.) can chicken, drained and flaked {\$1.78}
- 1 (7 oz.) can salsa {\$.88}
- 1 (15 oz.) can black beans, drained {\$.58}

Preparation Instructions:

1. Combine all ingredients in a medium pot over medium heat.
2. Heat through, about 10 minutes. Enjoy!

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Rice Bowl

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Preparation Instructions:

1. Combine all ingredients in a medium pot over medium heat.
2. Heat through, about 10 minutes. Enjoy!

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Quick Pancakes

Ready in 15 minutes
Serves 2 to 3 people
Approximate Cost = \$1.81

Ingredients

1 (7.4 oz.) pouch Martha White muffin mix, any flavor {\$.87}
1 (5 oz.) can evaporated milk {\$.94}

Preparation Instructions:

1. Heat a small skillet over medium heat.
2. Mix muffin mix and milk together in a bowl until smooth.
3. Pour 3.5"-4" pancake in skillet. As bubbles form and start to pop, flip the pancake and cook for another 1-2 minutes.
Remove from the skillet. Can top with butter and syrup, or eat plain.
4. Makes 5-6 small pancakes (just enough for a light breakfast or after school snack).

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3. Pour 3.5"-4" pancake in skillet. As bubbles form and start to pop, flip the pancake and cook for another 1-2 minutes.
Remove from the skillet. Can top with butter and syrup, or eat plain.
4. Makes 5-6 small pancakes (just enough for a light breakfast or after school snack).

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Beef & Macaroni Soup

Ready in 35 minutes
Serves 6 to 8 people
Approximate Cost = \$8.55

Ingredients

- 2 (15 oz.) cans or 1 (29 oz.) can Veg•All (or similar mixed vegetables), drained {\$1.98}
- 2 (15 oz.) cans or 1 (28 oz.) can diced tomatoes {\$1.00}
- 1 (32 oz.) container beef broth {\$1.33}
- 1 box (12-16 oz.) elbow noodles {\$1.00}
- 1 (12 oz.) can beef, shredded {\$2.74}
- 1 (10.5 oz) can condensed tomato soup {\$0.50}

Preparation Instructions:

1. Combine all ingredients in a large pot over medium-high heat. Bring to a boil.
2. Reduce heat to low and simmer for 25 to 30 minutes, stirring occasionally, until noodles are cooked.
- 3.

Recipe provided by The Seal Project

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Beef & Macaroni Soup

Ready in 35 minutes
Serves 6 to 8 people
Approximate Cost = \$8.55

Ingredients

- 2 (15 oz.) cans or 1 (29 oz.) can Veg•All (or similar mixed vegetables), drained {\$1.98}
- 2 (15 oz.) cans or 1 (28 oz.) can diced tomatoes {\$1.00}
- 1 (32 oz.) container beef broth {\$1.33}
- 1 box (12-16 oz.) elbow noodles {\$1.00}
- 1 (12 oz.) can beef, shredded {\$2.74}
- 1 (10.5 oz) can condensed tomato soup {\$0.50}

Preparation Instructions:

1. Combine all ingredients in a large pot over medium-high heat. Bring to a boil.
2. Reduce heat to low and simmer for 25 to 30 minutes, stirring occasionally, until noodles are cooked.

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