

Chicken and Vegetable Soup

Yields 2.5 quarts and up to 10 1-cup servings

Ingredients:

- 12.5 oz. canned chicken breast (drained) or leftover rotisserie chicken
- One 15 oz. can mixed vegetables (drained)
- 64 oz. chicken broth (low sodium preferred)
- 1 bay leaf
- 1 tsp. of dry ground ginger
- 1 tsp. of hot sauce
- Salt and pepper to taste
- **Optional:** 1 cup cooked noodles such as penne or spaghetti

Directions:

1. Heat chicken broth in large pot, add bay leaf, and bring to a boil.
2. Add vegetables and chicken.
3. Season with salt, pepper, ginger and hot sauce. Adjust seasonings to personal taste. Serve immediately.



Sweet Potato and Pineapple Mash

Yields 3 -4 pounds and serves 12 to 16 people at 4 oz. /Half Cup portions

Ingredients:

- Three 15 oz. cans sweet potatoes (drained)
- 20 oz. canned pineapple chunks (drained; reserve at least 1/4 cup of the pineapple juice)
- 1 tsp. cinnamon
- 1 tsp. ground ginger
- 1 tsp. ground nutmeg
- ½ cup 1% milk
- **Optional:** ½ cup of walnuts
- 1 pinch of salt

Directions:

1. **Preheat oven to 350 F.**
2. Combine sweet potatoes, pineapple chunks, walnuts (optional), and seasonings: cinnamon, ground ginger, salt, and ground nutmeg together in a mixing bowl.
3. Add milk and pineapple juice and mash until mixture is well combined. Add additional pineapple juice, if necessary.
4. Place mixture in a 2-quart baking dish and bake for 25 - 30 minutes, or until it reaches an internal temperature of 140 F. Serve immediately.



Veggie Rice Stir Fry

Serves: 4 to 5 people at ½ cup portion

Ingredients:

- 15 oz. can of mixed vegetables (strained and drained)
- ½ cup vegetable broth or chicken broth (low sodium preferred)
- 2 tsp. vegetable oil
- 1/4 cup light soy sauce (or substitute light teriyaki sauce)
- Pepper to taste
- 2 cups cooked long grain brown rice or left over rice

Directions:

1. Prepare rice according to package directions.
2. Heat oil in a wok or sauté pan on high heat.
3. Add vegetables and cook for 30 seconds, stirring occasionally with a kitchen spoon or heat resistant spatula. (If the vegetables are sticking to your pan, you can use some of the broth to help it from sticking.)
4. Add broth and rice. Mix vegetables and rice until well combined.
5. Finish with soy sauce, mix well, and pepper to desired taste. Serve immediately.
- 6.

