

MEALS IN A BAG IDEAS

Spaghetti Night

Ingredients in Bag

- 1 box spaghetti
- 1 jar pasta sauce
- 1 can green beans

Directions

1. Bring a pot of water to a boil and cook spaghetti according to package directions.
2. Heat pasta sauce in a small pot.
3. Drain pasta and mix with sauce. Heat green beans and serve on the side.

Taco Night

Ingredients in Bag

- 1 taco seasoning packet
- 1 box taco shells or tortillas
- 1 can black beans
- 1 packet Spanish rice mix

Directions

1. Prepare the Spanish rice according to package directions.
2. Heat black beans in a small pot and add taco seasoning.
3. Fill taco shells with the seasoned beans and enjoy with rice.

Chili Dinner

Ingredients in Bag

- 2 cans chili beans
- 1 can diced tomatoes
- 1 chili seasoning packet
- 1 box cornbread mix

Directions

1. Combine chili beans, diced tomatoes, and seasoning in a pot.
2. Simmer for 10–15 minutes.
3. Prepare cornbread mix according to package directions and serve with chili.

Soup and Crackers

Ingredients in Bag

- 2 cans hearty soup
- 1 sleeve crackers
- 1 canned fruit

Directions

1. Pour soup into a pot and heat until warm.
2. Serve with crackers on the side.
3. Enjoy canned fruit for dessert.

Tuna Helper Meal

Ingredients in Bag

- 1 box tuna helper
- 1 can tuna
- 1 can peas

Directions

1. Prepare Tuna Helper according to package instructions.
2. Add drained tuna while cooking.
3. Heat peas separately and serve on the side.

Mac and Cheese Meal

Ingredients in Bag

- 1 box mac and cheese
- 1 can tuna or chicken
- 1 can green beans

Directions

1. Prepare mac and cheese according to package instructions.
2. Stir in drained tuna or chicken.
3. Heat green beans and serve on the side.

Ramen Bowl Dinner

Ingredients in Bag

- 3 ramen packets
- 1 can chicken
- 1 can mixed vegetables

Directions

1. Boil water and cook ramen noodles according to package directions.
2. Add drained chicken and mixed vegetables to the pot.
3. Stir well and heat through.

Rice and Beans Bowl

Ingredients in Bag

- 1 bag instant rice
- 1 can black beans
- 1 can corn
- Taco seasoning packet

Directions

1. Cook rice according to package directions.
2. Heat black beans and corn together with taco seasoning.
3. Serve the bean mixture over rice.

Breakfast for Dinner

Ingredients in Bag

- Pancake mix
- Syrup
- Canned fruit

Directions

1. Prepare pancake batter according to package instructions.
2. Cook pancakes in a skillet until golden brown.
3. Serve with syrup and canned fruit.

Baked Potato Style Meal

Ingredients in Bag

- Instant mashed potatoes
- 1 can chili
- 1 can green beans

Directions

1. Prepare instant mashed potatoes according to package directions.
2. Heat chili in a pot or microwave.
3. Serve chili over the potatoes with green beans on the side.

Chicken and Rice

Ingredients in Bag

- Chicken flavored rice mix
- 1 can chicken
- 1 can carrots

Directions

1. Cook the rice mix according to package instructions.
2. Stir in drained chicken while cooking.
3. Heat carrots and serve on the side.

Sloppy Joe Night

Ingredients in Bag

- Sloppy Joe sauce
- Canned beef or alternative protein
- Buns or bread

Directions

1. Heat the sloppy Joe sauce and meat together in a pan.
2. Simmer for 5–10 minutes.
3. Spoon mixture onto buns or bread.

Alfredo Pasta

Ingredients in Bag

- Pasta
- Jar Alfredo sauce
- Canned chicken

Directions

1. Cook pasta according to package instructions.
2. Heat Alfredo sauce and stir in drained chicken.
3. Combine with pasta and serve.

Red Beans and Rice

Ingredients in Bag

- Red beans and rice mix
- Canned sausage or ham
- Canned vegetables

Directions

1. Prepare red beans and rice mix according to package instructions.
2. Stir in diced sausage or ham while cooking.
3. Heat vegetables and serve on the side.

Vegetable Pasta Soup

Ingredients in Bag

- Small pasta
- Canned mixed vegetables
- Canned diced tomatoes
- Bouillon cube

Directions

1. Bring 4 cups of water to a boil and add bouillon cube.
2. Add pasta, tomatoes, and vegetables.
3. Simmer until pasta is tender.

Peanut Butter Sandwich Meal

Ingredients in Bag

- Peanut butter
- Jelly
- Crackers or bread
- Applesauce

Directions

1. Spread peanut butter and jelly on bread or crackers.
2. Serve with applesauce.

Quesadilla Meal

Ingredients in Bag

- Tortillas
- Canned chicken
- Canned corn
- Taco seasoning

Directions

1. Mix chicken, corn, and taco seasoning in a bowl.
2. Place mixture inside tortillas.
3. Heat in a skillet until warm and lightly crisp.

Pasta Salad Meal

Ingredients in Bag

- Pasta
- Italian dressing
- Canned olives or vegetables
- Tuna

Directions

1. Cook pasta and allow it to cool.
2. Mix pasta with tuna, vegetables, and dressing.
3. Stir well and enjoy.

Rice and Chicken Soup

Ingredients in Bag

- Instant rice
- Canned chicken
- Chicken broth
- Canned carrots

Directions

1. Pour broth into a pot and bring to a boil.
2. Add rice, chicken, and carrots.
3. Simmer until rice is tender.

Simple Bean Soup

Ingredients in Bag

- 2 cans beans
- 1 can diced tomatoes
- Seasoning packet
- Crackers

Directions

1. Combine beans, tomatoes, and seasoning in a pot.
2. Simmer for 10–15 minutes.
3. Serve with crackers.