

Canned Food Convenience Recipes

5 Can Chicken Casserole

Serves 6

Ingredients:

- 1 (12.5 oz.) can chicken breasts
- 1 (12 oz.) can evaporated milk
- 1 (10 1/2 oz.) can cream of chicken soup
- 1 (10 1/2 oz. can chicken and rice soup
- 1/4 cup onion, finely chopped or 1 Table-
spoon dried minced onion (optional)
- 2 Tablespoons lemon juice (optional)
- 1 (5 oz.) can chow mein noodles

Instructions:

1. Drain canned chicken, then place in 1 1/2 quart casserole dish and break apart with a fork.
2. Add the rest of the ingredients and mix them well.
3. Bake at 350°F for 30 minutes or so until lightly browned.



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Stew

Serves 3 to 4

Ingredients:

- 1 (10 oz.) can of roast beef in gravy
- 1 (10.5 oz.) can condensed cream of mushroom soup
- 2 (15 oz.) cans mixed vegetables, not drained
- 1 (4 oz.) can of mushroom stems and pieces, drained
- 1 (4 oz.) can of diced chilies, drained and rinsed
- 1/4 cup onion, finely chopped or 1 Tablespoon dried minced onion (optional)

Instructions:

1. Open the can of roast beef and twist a fork in it to break up the meat.
2. Put the beef in a medium saucepan and mix well with the mushroom soup.
3. Add remaining items and stir. Cook over medium heat and occasionally stir until heated.



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