

Canned Food Convenience Recipes

7 Can Chicken Taco Soup Serves 6

Ingredients:

- 1 (15 oz.) can black beans, drained and rinsed
- 1 (15 oz.) can pinto beans, drained and rinsed
- 1 (15 oz.) can petite diced tomatoes, undrained
- 1 (15 oz.) can sweet corn, drained
- 1 can (12.5 oz.) chicken breast, drained, flaked
- 1 can (10 oz.) green enchilada sauce
- 1 can (14 oz.) low-sodium chicken broth
- 1 packet taco seasoning
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder

Instructions:

1. Combine all ingredients into a large soup pot and bring to a boil over medium-high heat.
2. Once boiling, reduce heat to low and let soup simmer for at least 15 minutes. Stir occasionally.
3. Serve with tortilla chips, shredded cheese, sour cream, and avocado.



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Ham, Potato, Green Bean Casserole Serves 6

Ingredients:

- 1 Tablespoon olive oil
- 1 (15 oz.) diced potatoes, drained
- 2 (5 oz.) cans or 1 (16 oz.) can cooked ham, chopped or flaked
- 1 (10.5 oz.) can condensed cheddar cheese soup
- 1/4 cup canned milk mixed with 1/4 cup water
- 2 cloves garlic, minced or 1/4 teaspoon garlic powder
- 1 teaspoon dried oregano
- 2 (14.5 oz.) cans French-style green beans, drained
- Salt and black pepper, optional
- 1/2 cup grated Parmesan cheese

Instructions:

1. Heat oil in a large skillet over medium-high heat.
2. Add potatoes, ham, garlic, and oregano; cook 1 minute, stirring frequently.
3. Mix the soup with the milk mixture. Add it to the skillet. Add the green beans; cook 2 minutes, stirring occasionally. Remove from heat; season with salt and pepper, if desired.
4. Sprinkle evenly with cheese. Cover and let stand 2 to 3 minutes to allow the cheese to melt slightly before serving.



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