

## Table of Contents

Page 2.....	all about us
Pages 3-5 .....	Veggie Options
Pages 6-11.....	Chicken Options
Pages 12-14.....	Bacon & Hot Dog Options
Pages 15-18.....	Tuna & Spam Options
Page 19-21.....	Delicious Desserts

*We the Girl Scout Troop 8037*

*Are glad to support*

*Sonny Day Food Pantry.*

*We hope that you all love this cookbook as much as we  
loved making all the recipes for you to try.*

# Veggie Options

Pages 3-5



## Homemade Tomato Soup

3 cups of canned tomato

½ of a onion

1 cup of vegetable broth

1 tbsp of butter

1. Melt butter or heat oil in a deep pot, saute your onions in the butter/oil until it soften and has a strong odor
2. Crush diced tomatoes with a potato masher
3. Add in tomatoes pour broth over it
4. Stir well
5. If desired you can season with salt
6. Boil the mixture then turn down the heat and let it simmer for 15-20 minutes
7. Stir occasionally
8. Remove pot from heat
9. Let it cool slightly
10. Put mixture in a blender to puree it
11. Transfer to bowl or container and enjoy

## Quick Ramen

1 quick ramen pack

½ cup mixed vegetables

1 large egg

1. Place ramen in boiling water till soft, and separated
2. Put the egg in boiling water quarter way through the ramen cook time
3. Microwave or boil the mixed vegetables
4. Take the egg out of the boiling water carefully and put it in cold water to get a medium boiled egg
5. Put the ramen in a bowl and add any seasoning
6. Peel egg and cut it in half

# Chicken Options....

Pages 6-11

## **30 MINUTE PANTRY CHICKEN NOODLE SOUP**

### **INGREDIENTS**

2 cans (12.5 oz) chunk chicken breast in water, drained & rinsed

8 cups water

4 chicken bouillon cubes

1 can (14.5 oz) sliced carrots, drained

1 can (15-oz) green peas, drained

1 tablespoon onion powder

1 tablespoon garlic powder

1 tablespoon Italian seasoning

12 Oz egg noodles

### **Instructions**

Drain & rinse canned chicken. Break chicken chunks into smaller pieces. Add water and chicken bouillon into a large pot. Bring to a boil. Add everything but noodles to the water. Reduce heat and cook for 10 minutes. Add noodles for the remaining 10 minutes.

## **Macaroni & Cheese with Chicken + Broccoli**

Needs: 1 lb boneless skinless chicken breasts, cut into bite-size pieces, 1 cup milk and water, 1 pkg macaroni & cheese, 1 pkg (10 oz.) frozen broccoli florets, thawed

1. Cook and stir chicken in a large nonstick skillet on medium heat for 8 to 10 min. or until done.
2. Add milk, water, and Macaroni; stir. Bring to a boil; cover. Simmer on medium-low heat for 8 to 10 min. or until macaroni is tender, stirring occasionally.
3. Stir in Cheese Sauce and broccoli; cook and stir for 5 min. or until heated through.



## Easy Chicken Noodle Casserole

### Ingredients

- ☐ 2 cups uncooked dry egg noodles about 8 oz
- ☐ 2 Cans of canned chicken - rinsed
- ☐ 1 can cream of chicken soup
- ☐ ½ cup milk
- ☐ 1 can veggies (peas or mixed)
- ☐ ¼ teaspoon black pepper

### Topping

- ☐ ½ cup shredded cheddar cheese optional
- ☐ 2 tablespoons breadcrumbs
- ☐ 1 tablespoon salted butter melted

### Instructions

1. Preheat the oven to 425°F.
2. Bring a saucepan of salted water to a boil over high heat. Cook egg noodles al dente (firm) according to package directions. Drain well.
3. In a 2-quart casserole dish, combine the cooked egg noodles, shredded chicken, chicken soup, milk, canned peas, and ¼ teaspoon black pepper.
4. In a small bowl, mix the cheddar cheese, breadcrumbs, and melted butter. Sprinkle the mixture over the casserole.
5. Bake for 20 minutes, or until bubbly. If desired, broil for 1 minute to brown the topping.

## **Ramen Noodle Mix**

### **Ingredients:**

- Ramen Noodle packet- chicken flavored
- ¼ cup onion, diced
- 1 can of Chicken
- 1 can of mixed vegetables
- Salt and pepper to taste
- Chicken bouillon (optional)

### **Directions:**

- Rinse canned chicken and shred
- Add chicken and diced onion to a skillet and cook on medium heat until onions are sauteed and chicken is browned. Add salt and pepper to your liking.
- While cooking your chicken and onions, make the ramen noodles according to package directions.
- Once noodles are almost cooked, add canned veggies, seasoning packet, and chicken bouillon. Cook for an additional minute or two to warm veggies and then remove from heat.
- Add chicken and onions to ramen noodles and stir.
- Enjoy!

# Chicken Stuffing Casserole

## Ingredients

- ☐ 1-2 pounds chicken breast cut into small pieces
- ☐ 2 can cream of chicken soup
- ☐ 1/3 cup sour cream
- ☐ 1 box stuffing
- ☐ 1 1/2 cups chicken broth
- ☐ 1/2 teaspoon salt
- ☐ 1/4 teaspoon ground black pepper

## Instructions

Preheat the oven to 350 degrees F. Spray a 9 x 13 casserole dish with non-stick cooking spray.

Place diced chicken in the casserole dish. Try to spread out in a single layer as much as possible.

Mix together the cream of chicken soup and sour cream. Pour soup mixture over the chicken.

Heat the chicken broth in the microwave for 1 minute or on the stove until warm. Stir the warm broth with the stuffing mix and then spread over cream of chicken soup.

Cover the dish with aluminum foil. Bake for 30 minutes. Carefully uncover and bake another 10-15 minutes. Make sure the chicken reaches an internal temperature of 165 degrees F.

## Nutrition

Calories: 207 cal | Carbohydrates: 8g | Protein: 19g | Fat: 10g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.01g | Cholesterol: 65mg | Sodium: 1218mg | Potassium: 357mg | Fiber: 0.03g | Sugar: 1g | Vitamin A: 289IU | Vitamin C: 1mg | Calcium: 34mg | Iron: 1mg



# Bacon & Hot Dog Options.....

Pages 12-14



## Grilled Cheese Hot Dogs

Needs: 6 hot dog buns, 6 hot dogs, 3 cups of shredded cheese, 6 tablespoons soft butter to brush on buns

1. Heat a non-stick skillet over medium heat.
2. Open and roll each hot dog bun flat. Spread the outside of each bun with 1 tablespoon butter. Place it on the skillet, butter side down, and sprinkle top evenly with  $\frac{1}{3}$  cup shredded cheese.
3. Slice each hot dog lengthwise to where it's still connected, but lays flat on the skillet. Place the hot dog, flat side down, on the skillet next to the bun. Grill for 2 minutes on the flat side or until it starts to brown and then flip over and let grill for another minute on the other side. Transfer the hot dog to one side of the bun and sprinkle it with 3 tablespoons of shredded cheese.
4. Close buns over hot dog and let grill until cheese is completely melted. Can be served with ketchup and mustard.

## **Ramen Carbonara**

Needs: 2 packages of Ramen instant noodles, 1 cup of chopped bacon, 2 eggs, 2 cups of parmesan cheese, ½ cup of minced garlic, salt and pepper to taste

1. Cook ramen noodles by following the instructions on the package. These cook super fast – usually just a couple of minutes.
2. While the noodles are doing their thing, crack your eggs into a medium-sized bowl and add in parmesan cheese. Give it a good whisk until it's all mixed and set it aside.
3. Grab a large skillet and start cooking chopped bacon pieces. If you notice there's too much fat left in the skillet, drain off a bit but keep about a tablespoon. Once your bacon is crisp, toss in the minced garlic and let it sauté for about 30 seconds.
4. Add the ramen noodles to the skillet with the bacon and garlic, giving it a good toss so the flavors mingle. Remove the skillet from the heat.
5. Pour the egg and cheese mixture over the noodles, tossing them to mix everything. The heat from the noodles and bacon should cook the egg just right, making a creamy sauce.

# Tuna & Spam Options..

Pages 15-18



# **EASY TUNA CASSEROLE W/ EGG NOODLES**

## **INGREDIIENTS**

2 cups dry egg noodles, cooked to al dente & drained

1 (12-oz) can of chunk light tuna in water, drained

1 (15-oz) can low sodium peas, drained

1(10.5-oz) can Cream of Mushroom soup

1 cup whole milk

2 tablespoons butter, melted (plus extra for greasing dish)

1/3 cup dried breadcrumbs

Salt & pepper to taste

## **Instructions**

- 1.Preheat oven to 400°F. While oven is preheating, boil 2 cups of dry egg noodles to al dente according to package directions. Grease 1.5 -quart baking dish & set aside.
2. In a large mixing bowl, stir together the cooked egg noodles,soup,milk, peas & tuna. Transfer the mixture to a prepared baking dish.
- 3.Stir the breadcrumbs & melted butter together in a small bowl. Set it aside.
- 4.Bake for 20 minutes. Remove casserole, sprinkle the breadcrumb mixture over the top, and bake another 5 minutes until the breadcrumb mixture is golden brown & tuna casserole is hot & bubbling. Season with salt & pepper to taste when serving.



## Tuna Noodle Skillet Casserole

Needs: 1 tbsp olive oil, 1 cup diced onion, 1 tsp minced garlic, 4 cups chicken broth (or water), 4 cups egg noodles, 1 can cream of mushroom soup, 2 cups carrots and peas (frozen), 12 oz. can white tuna in water, drained, 1 cup of shredded cheddar cheese, 1 cup of garlic croutons or plain chips, crushed

1. Heat a large skillet over medium heat and add olive oil. Saute onion and garlic until tender, about 3 minutes.
2. Add the chicken broth (or water) and whisk until combined. Stir in egg noodles and frozen vegetables. Bring mixture to a small boil and then reduce heat. Simmer, stirring occasionally until the noodles are tender and the sauce has reduced, about 20 minutes.
3. Flake the tuna with a fork and gently fold it into the pasta. Top the pasta with shredded cheese and simmer, covered until the cheese melts and the tuna is heated through.
4. Sprinkle the top of the casserole with the crushed croutons (or chips) and serve.

# Spam Fried Rice

## Ingredients

4 teaspoons vegetable oil divided for use  
12 oz can Spam cut into ½ inch pieces  
½ cup yellow onion chopped  
2 carrots peeled, quartered & sliced  
½ cup thawed peas  
2 teaspoons minced garlic  
1 teaspoon minced ginger  
2 eggs lightly beaten  
3 cups cooked long grain white rice (leftover works best)  
3 tablespoon soy sauce low sodium  
1 tablespoon toasted sesame oil  
Salt & pepper to taste  
¼ cup green onions

## Instructions

1. Heat 2 teaspoons of oil in a large pan over medium high heat.
2. Place spam pieces in a single layer in the pan. Cook 3-4 minutes, stirring occasionally or until meat is browned.
3. Remove spam from pan. Place it on a plate then cover w/ foil to keep warm
4. Pour 1 teaspoon of oil into the pan, then add the onion & carrots. Cook for 4-5 minutes or until veggies are softened. Season with salt and pepper
5. Add the garlic & ginger, then cook for 30 seconds
6. Remove vegetables from the pan. Place them on the plate w/ the Spam and cover with foil to keep warm.
7. Pour the remaining teaspoon of oil into the pan. Add the eggs and cook, stirring occasionally and breaking up with a spatula until eggs are scrambled. Add a bit of salt and pepper to the eggs
8. Add the rice, Spam, cooked veggies & peas into the pan.
9. Stir in soy sauce and sesame oil and mix until everything is thoroughly combined and warmed thorough 4-5 minutes
10. Sprinkle green onions over the top of the rice mixture, then serve.



# Delicious Desserts...

Pages 19-21

## Funnel Cake

2 cups pancake mix  
¾ cups milk, whole or 2%  
2 eggs  
½ tsp vanilla  
¼ cup powdered sugar(optional)

1. In a LARGE bowl add pancake mix, milk, eggs, and vanilla
2. Pour oil into a pan about 1 inch deep
3. Put batter into a ziplock bag and cut the end off
4. Squeeze a drop into the batter to see if the oil is hot enough
5. Squeeze batter into a circular motion to form its shape
6. Fry for 30-35 seconds on each sides
7. Carefully take out the funnel cake and place on a paper towel to dry off excess oil
8. Repeat for the rest of the batter
9. Add optional toppings



## Fruit Cobbler

1 stick butter

$\frac{3}{4}$  cups of pancake mix

1 cup sugar

$\frac{3}{4}$  cups milk

2 cans fruit cocktail

1. Preheat oven to 350 F
2. Place butter in a 8x8 tray 2 inches deep and place in oven to melt
3. In a bowl mix sugar and flour together slowly
4. Stir in milk and continue to mix to prevent bubbles
5. Remove the dish from the oven pour batter over the butter DO NOT STIR
6. Put fruit over the batter DO NOT STIR
7. (optional) put cinnamon or cinnamon sugar
8. Bake for 40-45 minutes or until golden brown
9. (optional) Serve with ice cream or whipped cream