

DIY Family Meal Kits

With DIY Family Meal Kits, the neighbors we serve can make quick, easy, one-pot dinners using the recipes and ingredients that volunteers assemble in an all-in-one kit!

Tips & Guidelines to prepare your kit for donation:

- Select a simple, one-pot recipe and purchase all ingredients. Aim for about \$10 or less per meal.
- All ingredients must be non-perishable, unopened, and at least two months out from the expiration date.
- Please do not include any glass or breakable items in the kits.
- Please include a recipe in both English and Spanish. (Google Translate is a great tool if you're not bilingual!)
- All items should be placed in a gallon-size Ziploc bag.

Drop off your kits
Mondays–Thursdays at
Belmont Community
Resource Services
3510 Broad Rock Blvd.
Richmond, VA 23234

Questions?
director@bcsrcrva.org
www.bcsrcrva.org



Family Meal Kit Recipe Ideas

Cheesy Taco Soup

- 1 can no bean chili
- 1 can pinto beans
- 1 can black beans
- 1 can corn
- 1 can diced tomatoes & green chilis
- 1 packet taco seasoning
- 1 packet Velveeta cheese sauce

Instructions: Combine all ingredients except for cheese sauce in a large soup pot. Bring to a gentle boil and simmer for 20 to 25 minutes. Add in the cheese sauce just prior to serving.

Suggestion: Serve over cooked rice, pasta, or corn chips to make it go even further.

Sopa De Taco Con Queso

- 1 lata de chili sin frijoles
- 1 lata de frijoles pintos
- 1 lata de frijoles negros
- 1 lata de maíz
- 1 lata de tomates en cubos con chiles verdes
- 1 paquete de condimento para tacos
- 1 paquete de salsa de queso Velveeta



Instrucciones: Combina todos los ingredientes, excepto la salsa de queso, en una olla grande. Lleva a hervor suave y deja cocinar a fuego lento durante 20 a 25 minutos. Agrega la salsa de queso justo antes de servir.

Sugerencia: Sirve la sopa sobre arroz cocido, pasta o totopos (chips de maíz) para que rinda más.

White Chicken Chili

- 2 cans Great Northern Beans
- 1 can corn
- 1 can Green Enchilada Sauce
- 1 can Salsa Verde or Green Chilis
- 1 can Cream of Chicken soup
- 1 large can Chunk Chicken
- 1-2 Bouillon Cube (optional)

Instructions: Combine all ingredients in a large pot. Add 1-2 cups water for desired consistency. Bring to a boil, then reduce heat and simmer 20-25 minutes, stirring occasionally. **Suggestion:** Add cumin, garlic powder, onion powder, or chili powder for more flavor.

Chili de pollo blanco

- 2 latas de frijoles blancos
- 1 lata de maíz
- 1 lata de salsa verde para enchiladas
- 1 lata de salsa verde o chiles verdes
- 1 lata de crema de pollo
- 1 lata grande de pollo en trozos
- 1-2 cubo de caldo de pollo (opcional)



Instrucciones: Combine todos los ingredientes en una olla grande. Agregue de 1 a 2 tazas de agua hasta obtener la consistencia deseada. Deje hervir, luego reduzca el fuego y cocine a fuego lento de 20 a 25 minutos, revolviendo ocasionalmente. **Sugerencia:** Agregue comino, ajo en polvo, cebolla en polvo o chile en polvo para darle más sabor.

Family Meal Kit Recipe Ideas

Chicken Cobbler

- 1 box of garlic & herb biscuit mix (or Red Lobster Cheddar Bay mix!)
- 1 large can of chicken
- 1 can peas & carrots (or two small cans)
- 1 can diced potatoes
- 1 can evaporated milk
- 1 can cream of chicken soup

Instructions: Layer your ingredients, mix the biscuit batter, pour the creamy topping, and bake at 350°F for about 50–60 minutes until golden. Let it rest for 10 minutes before serving, and you've got a cozy, hearty meal that feels like a hug in a dish.

Pastel de pollo

- 1 caja de mezcla para galletas de ajo y hierbas (¡o la mezcla Cheddar Bay de Red Lobster!)
- 1 lata grande de pollo
- 1 lata de guisantes y zanahorias (o dos latas pequeñas)
- 1 lata de papas en cubos
- 1 lata de leche evaporada
- 1 lata de crema de pollo



Instrucciones: Coloca los ingredientes en capas, mezcla la masa para galletas, vierte la cobertura cremosa y hornea a 175 °C (350 °F) durante 50–60 minutos, hasta que esté dorado. Deja reposar 10 minutos antes de servir y tendrás una comida reconfortante y sustanciosa que te hará sentir como si te abrazaran.

For more recipe ideas, check out Dollar Tree Dinners on Facebook— or feel free to use your own similar, inexpensive and easy one-pot recipes.

