



SOUTHWEST CHICKEN STEW

Serves 6-8

INGREDIENTS

FROM OUR CANSTRUCTION BUILD



1 can diced tomatoes, with juice



1 can chicken noodle soup



1 can chickpeas, drained & rinsed



1 can chicken, drained



1 can potatoes, drained & cut into bite-size pieces if needed



1 can pinto beans, drained & rinsed



1 can carrots, drained



1 can corn, drained

ADDITIONAL INGREDIENTS

- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and black pepper to taste
- 1/2-1 cup water, only if needed

DIRECTIONS

- 1 Heat olive oil in a large pot over medium heat. Add onion and cook 3-4 minutes until softened. Add garlic and cook 30 seconds.
- 2 Add diced tomatoes with juice and the entire can of chicken noodle soup.
- 3 Stir in chili powder, cumin and smoked paprika.
- 4 Add chicken, chickpeas, pinto beans, potatoes, carrots and corn.
- 5 Bring to a gentle simmer and cook uncovered for 15-20 minutes, stirring occasionally.
- 6 If the stew is too thick, add water 1/2 cup at a time until it reaches desired consistency.
- 7 Taste before adding salt since the canned ingredients already contain sodium. Season with black pepper and additional spices as desired.



Hearty,
comforting &
made to share!



EASY 3-INGREDIENT PEACH COBLER

Serves 6-8

INGREDIENTS

FROM OUR CANSTRUCTION BUILD



1 can peaches, with juice or syrup

ADDITIONAL INGREDIENTS



1/2 box yellow or white cake mix



1/4 cup butter, melted

DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Pour peaches and their liquid into a small baking dish.
- 3 Sprinkle the dry cake mix evenly over the peaches. Do not stir.
- 4 Drizzle the melted butter evenly over the cake mix.
- 5 Bake for 30-40 minutes, or until the top is golden brown and the peaches are bubbling.



Warm,
sweet &
so simple!