



Rexburg Soup Kitchen Dinner in a Bag

The Rexburg Soup Kitchen serves hot lunch meals every day of our weekly service. We also provide take-home dinner meals for our patrons who need help later in the week. This group service project will provide the necessary ingredients and instructions for patrons to prepare a meal with the contents of each 'dinner-in-a-bag'.

Requirements:

1. Each dinner bag should provide 4-6 servings
2. All ingredients should fit into a 1 or 2 gallon ziplock bag
3. Printed instructions to make the meal are included in each bag (print from this PDF)
4. All items are shelf stable. No refrigeration needed. No expired food items
5. Avoid glass containers
6. All items to be in factory packaging. For example, do not pour seasoning into a small ziplock bag. We can only include factory-sealed pouches, boxes etc,
7. All ingredients are included in the bag. The only added ingredient may be water
8. If possible, cans should have a pull-top lid for the ease of some patrons
9. If needed, a simple foil pan may be included for baking
10. With a permanent marker, write the name of the dinner on the outside of the bag



Example of a Dinner in a Bag

All completed dinner bags are to be delivered to the Rexburg Soup Kitchen any Wednesday between 10am - Noon. We are at 480 West 2nd North in Rexburg. If required, the following receipt can be used to document your donation(s).

	<p>Thank you! Your donation makes it possible for the Rexburg Soup Kitchen to provide a free hot meal to those in-need in our community</p>
<p>This is your tax receipt. The Rexburg Soup Kitchen is a registered nonprofit in the State of Idaho. Our TID #33-2147612. We acknowledge your non-cash donation:</p>	
Name _____ Date _____	

Visit www.esgw.org/irsdonation-guidelines/ for help in valuing your donation for tax purposes	

The following pages have suggested dinner meal ideas. You are invited to create other dinner ideas, ensuring they follow the requirements listed above.

Thank you for your support of the Rexburg Soup Kitchen; helping to "fill the hungry with good things".

5 Can Taco Soup - Dinner Bag Assembly Instructions

In each dinner bag, place:

- 1 can refried beans
- 1 can black beans
- 1 can other beans (kidney, great northern, chili, etc.)
- 1 can diced tomatoes with green chilies
- 1 can corn (optional)
- 1 packet taco seasoning
- Printed dinner recipe (below)

Cut the instructions below and add it to the dinner bag.



5 Can Taco Soup - Make-At-Home Recipe

This recipe is a dump-and-stir classic. It's hearty, flavorful, and very flexible.

Time: 20 minutes | Serves: 6 | Difficulty: Easy

Directions:

1. Combine all canned ingredients (drain if you want a thicker soup) and taco seasoning in a large pot.
2. Add 3–4 cups water and bring to a boil.
3. Simmer at least 20 minutes, stirring occasionally.
4. (Optional) Top with corn chips, cheese, sour cream, or hot sauce.

Protein Tip: Add a pound of cooked ground beef or chicken if you want it meatier.

Receta de Sopa de Taco de 5 Latas

Esta receta es un clásico que se prepara fácilmente. Es sustanciosa, sabrosa y muy versátil.

Tiempo: 20 minutos | Porciones: 4 | Dificultad: Fácil

Instrucciones:

1. Combine todos los ingredientes enlatados (escúrralos si desea una sopa más espesa) y el condimento para tacos en una olla grande.
2. Agregue de 3 a 4 tazas de agua y deje hervir.
3. Cocine a fuego lento durante al menos 20 minutos, revolviendo ocasionalmente.
4. (Opcional) Añada totopos, queso, crema agria o salsa picante.
5. Consejo económico: Agregue 450 g de carne molida de res o pollo cocido si la desea más carnosita.

Tuna Casserole – Dinner Bag Assembly Instructions

In each dinner bag, place:

- 2 boxes mac and cheese
- 1–2 cans tuna
- 1 can cream soup (mushroom, celery, or chicken)
- Optional Breadcrumbs (must be factory packaged)
- Foil pan for baking
- Printed dinner recipe (below)

Cut the instructions below and add it to the dinner bag.



Tuna Casserole - Make At Home Recipe

The ultimate cheap comfort meal — creamy, cheesy and nostalgic.

Time: 30 minutes | Serves: 4-6 | Difficulty: Easy

Directions:

1. Boil noodles according per package instructions, drain.
2. Mix noodles, cheese packets, tuna and cream soup.
3. Transfer to baking dish, top with breadcrumbs.
4. Bake at 450°F for 10 minutes.

Receta de Cazuela de Atún

La comida reconfortante y económica definitiva: cremosa, con queso y un toque nostálgico.

Tiempo: 30 minutos | Raciones: 4 | Dificultad: Fácil

Instrucciones:

1. Hervir los fideos y escurrirlos.
2. Mezclar los fideos, los paquetes de queso, el atún y la sopa crema.
3. Transferir a una fuente para horno y cubrir con pan rallado.
4. Hornear a 232 °C durante 10 minutos.

White Chicken Chili – Dinner Bag Assembly Instructions

In each dinner bag, place:

- 2 cans great northern (white) beans
- 1 can corn
- 1 can green enchilada sauce
- 1 can salsa verde or chopped green chiles
- 1 can cream of chicken soup
- 1 large can of chunk white chicken
- 1 to 2 bouillon cubes (individually wrapped)
- Printed dinner recipe (below)

Cut the instructions below and add it to the dinner bag



White Chicken Chili - Make at Home Recipe

A simple hearty dinner that is creamy, comforting, and savory.

Time: 30 minutes | Serves: 4 | Difficulty: Easy

Directions:

1. Combine all ingredients in a large pot.
2. Add 1 to 2 cups of water (for desired consistency).
3. Bring to a boil, then cover and simmer 20 to 25 minutes, stirring occasionally.

Receta de Chili Blanco con Pollo

Una cena sencilla, sustanciosa, cremosa, reconfortante y sabrosa.

Tiempo: 30 minutos | Porciones: 4 | Dificultad: Fácil

Instrucciones:

1. Combine todos los ingredientes en una olla grande.
2. Agregue de 1 a 2 tazas de agua (para obtener la consistencia deseada).
3. Deje hervir, tape y cocine a fuego lento de 20 a 25 minutos, revolviendo ocasionalmente.

Chicken, Gravy and Potatoes – Dinner Bag Assembly Instructions

In each dinner bag, place:

- 1 can chicken
- 1 packet chicken gravy mix
- 1 packet instant mashed potatoes
- 1 can green beans
- Printed dinner recipe (below)

Cut the instructions below and add it to the dinner bag



Chicken, Gravy and Potatoes - Make at Home Recipe

A delicious traditional dinner, easy to make in just a few minutes.

Time: 30 minutes | Serves: 4 | Difficulty: Easy

Directions:

1. Prepare mashed potatoes per package instructions.
2. Heat green beans in a small pan over medium heat.
3. In a small pan, prepare gravy per package instructions.
4. Mix chicken with prepared gravy.
5. Serve chicken and gravy over potatoes with beans on the side.

Receta de Pollo, Salsa y Papas

Una deliciosa cena tradicional, fácil de preparar en solo unos minutos.

Tiempo: 30 minutos | Porciones: 4 | Dificultad: Fácil

Instrucciones:

1. Prepare el puré de papas según las instrucciones del paquete.
2. Caliente las judías verdes (ejotes) en una sartén pequeña a fuego medio.
3. En una sartén pequeña, prepare la salsa según las instrucciones del paquete.
4. Mezcle el pollo con la salsa preparada.
5. Sirva el pollo y la salsa sobre las papas, con los frijoles aparte.