

# 6 Quick Meals for

## Busy Nights

### Mexican Soup

1 Can chicken broth  
1 Can black beans  
1 Cup frozen corn  
1 Can diced tomatoes with green chilis

\*\* Mix in a 4 quart pot until boiling then reduce to simmer. Serve with cheddar, sour cream, avocado as desired.

### Pesto & Parmesan Pasta

1 Box cooked pasta (your favorite)  
½ Cup basil pesto  
½ Cup milk or cream  
½ Cup shredded parmesan cheese

\*\* Mix all ingredients in a large skillet until heated through. Cooked chicken can be added also.

### Corn Chowder

1 Can chicken broth + 1 Can water  
½ Cup milk  
1 Cup frozen corn  
½ White Onion  
4-5 diced potatoes

\*\* Sauté onion in 1 TBSP butter in 4 Qt sauce pan. Add 1 TBSP flour and corn, mix. Add broth, water, milk (or cream), and potatoes plus salt & pepper to taste. Bring to a boil cook on medium heat for 20 minutes. Optional – add ½ cup of cheddar cheese to pot before serving. Serve with fresh bread.

### Stove-top Chicken Pot Pie

2 Cups cooked chicken  
1 Can chicken broth + 1 Can water  
½ Cup milk  
½ bag of frozen mixed veggies

\*\* Melt 1/3 Cup butter in 4 Qt sauce pan. Add ½ Cup flour and mix. Next add broth, water, milk (or cream), and vegetables plus salt & pepper to taste. Add cooked chicken. Cook on medium heat until heated through (10 mins). Serve over cooked rice or mashed potatoes.

### Black Bean & Corn Burritos

1 Can black beans  
1 Cup frozen corn  
2 Cups cooked rice  
Small tortillas

\*\* Mix black beans & corn in sauce pan and add 1 TBSP chili powder, 1 tsp cumin. Add to tortilla with rice. Serve with shredded cheddar cheese, sour cream, avocado, tomato, lettuce.

### Vegetable & Rice Soup

1 Can chicken broth + 1 can water  
½ Cup uncooked rice  
½ bag of frozen mixed veggies

\*\* Mix in a 4 quart pot until boiling then reduce to simmer for 20 mins. Serve with parmesan cheese and fresh bread or tortilla chips

OTHER QUICK OPTIONS ARE CHILI, CREAMY CHICKEN WITH NOODLES, HOMEMADE MAC N' CHEESE WITH BROCCOLI, OR QUESADILLAS.