



Enchilada Casserole

Prep Time: 10 min
Cook Time : 31 min
Serves: 6

NUTRITION FACTS, PER SERVING:

503 calories
32 total grams of fat
977 mg of sodium



INGREDIENTS: **** Items not included in kit**

- 1 pound ground beef
- 1/2 medium-size red onion, diced
- 1 (4-ounce) can diced green chiles
- 12 (6-inch) corn tortillas, cut into 1-inch pieces
- 1 (10 3/4-ounce) can cream of mushroom soup
- 1 (2 1/4-ounce) can sliced ripe black olives
- 1 cup mild enchilada sauce
- 1/2 cup sour cream
- 2 cups sharp Cheddar cheese, shredded and divided

Toppings:

- Shredded lettuce
- diced tomato (1 tomato to be diced)
- finely chopped red onion

DIRECTIONS:

1. Cook **ground beef, red onions and green chiles** in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink. Drain well.
2. Place **beef mixture** in a large bowl. Stir in **tortilla pieces, cream of mushroom soup, black olives, enchilada sauce, 1/2 cup sour cream and 1 cup cheese**; spoon mixture into a lightly greased 11- x 7-inch baking dish. Sprinkle evenly with remaining **1 cup cheese**.
3. Bake at 400° for 20 to 25 minutes or until bubbly. Serve casserole with **shredded lettuce, diced tomatoes and diced red onion**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Crunchy Hawaiian Chicken Wrap

Prep Time: 10 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:

330 calories
6 total grams of fat
308 mg of sodium



INGREDIENTS: **** Items not included in kit**

- 1 Tbsp. oil**
- 1/4 cup Mayonnaise
- 1/8 cup White vinegar
- 1/4 cup Sugar**
- 1 tsp. Poppy Seeds
- 1 1/2 tsp. Garlic Powder
- 1 1/2 tsp. Onion Powder
- 1 1/2 tsp. Chili Powder
- 2 cups Cabbage, shredded
- 1 1/2 cup Carrots, shredded
- 1/4 cup Canned Crushed Pineapple, in 100% juice, drained
- 1 cup Spinach (wash, pat dry and chop before using)
- 3 cups diced chicken, 1/2" pieces (12 oz.)
- 6 Whole-Wheat Tortillas, 10"

DIRECTIONS:

1. Add **1 Tbsp. oil** to a large skillet and brown **cubed chicken** over medium heat for 15 min or until cooked. After chicken is cooked dice into smaller pieces and set aside in a bowl to cool.
2. In a small mixing bowl, combine **mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder** for dressing. Mix well. Cover and refrigerate.
3. Combine **cabbage, carrots, pineapple, and spinach** in a large bowl. Stir in **dressing** and **chicken**. Mix well. Serve immediately or cover and refrigerate.
4. For each wrap, place **2/3 cup filling** on bottom half of **tortilla** and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

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