

MEAL KITS IN A BAG



THANK YOU for your support! Your donation will help stock our mobile food shelf, pantries, and senior dining programs—bringing warmth and nourishment to neighbors across our community.

Here's how it works:

1. Team up with friends, coworkers, or family.
2. Use our easy recipe cards to shop for shelf-stable ingredients.
3. Pack individual meals into gallon-size zip lock bags.
4. Print the recipe card you wish to use and place one copy in each meal kit bag.
5. Drop off your completed kits by December 5 to the Catholic Charities Food Shelf!

Address: 157 Roosevelt Rd, St. Cloud – Door D (back of building)

Hours: Monday–Friday: 8:00 AM–4:30 PM and Wednesday: Open until 7:00 PM

🔔 Please ring the bell at Door D.

🚫 Do not leave donations outside.



**Empowering our neighbors.
Impacting generations.**

157 Roosevelt Road, Suite 100 | St. Cloud, MN 56301

📞 320.229.4560

✉ emergencyservices@ccstcloud.org
🌐 ccstcloud.org/rally-for-good



HEARTY BEAN & RICE SOUP KIT

Ingredients:

- 1 cup white rice (uncooked)
- 1 can black beans (15 oz)
- 1 can diced tomatoes (14.5 oz)
- 1 packet taco seasoning
- 1 bouillon cube (chicken or vegetable)

Instructions:

1. Combine all ingredients with 4 cups of water. Simmer for 20–25 minutes until rice is tender.

Serves 3–4.



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PASTA PRIMAVERA KIT

Ingredients:

- 1 box pasta (12–16 oz)
- 1 can mixed vegetables (15 oz)
- 1 can tomato sauce (8 oz)
- 1 packet Italian seasoning

Instructions:

1. Cook pasta according to package directions. Drain and stir in vegetables, tomato sauce, and seasoning. Heat until warm.

Serves 4.



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SAVORY LENTIL STEW KIT

Ingredients:

- 1 cup dried lentils
- 1 can carrots (15 oz)
- 1 can potatoes (15 oz)
- 1 packet onion soup mix
- 1 bouillon cube (beef or vegetable)

Instructions:

1. Add all ingredients to a pot with 4 cups of water. Simmer for 30–35 minutes until lentils are soft.

Serves 4.



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SODA CAKE KIT

Ingredients:

- 1 box cake mix (any flavor—chocolate, vanilla, or funfetti)
- 1 can of soda (12 oz—cola for chocolate cake, lemon-lime or orange for vanilla/yellow cake)
- 1 can of frosting (ready-to-spread)
- Optional: birthday candle or sprinkles

Instructions:

1. Preheat oven to 350°F.
2. In a bowl, mix the cake mix with the entire can of soda (do not add eggs, oil, or water). Stir until smooth.
3. Pour into a greased baking pan and bake for 30–35 minutes or until a toothpick comes out clean.
4. Let cool and frost.

Makes 1 Cake.



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SOUTHWEST CHILI KIT

Ingredients:

- 1 can chili beans (15 oz)
- 1 can corn (15 oz)
- 1 can diced tomatoes with green chilies (10 oz)
- 1 packet chili seasoning
- Optional: small packet of crackers or cornbread mix (if space allows)

Instructions:

1. Combine all ingredients in a pot.
2. Simmer for 15–20 minutes until heated through.
3. Serve with crackers or cornbread if included.

Serves 3–4.



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