

# Family Meal Starter Recipes

Illini Fighting Hunger + Illinois Extension + University of Illinois  
Dietetics + Illinois 4-H + Wesley Food Pantry

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## Recipes

1. Southwest Breakfast Casserole
2. Breakfast Burrito
3. Simple Casserole Prep
4. Classic Vegetarian Casserole
5. Chickpea Curry
6. Broccoli Rice Quiche
7. Vegetable & Herb Stovetop Casserole
8. Chicken Florentine Rice Casserole
9. Hawaiian Rice Casserole
10. Sweet & Sour Chicken and Rice
11. Green Bean Casserole
12. Chicken and Rice Casserole
13. Spanish Rice
14. Chicken Moambe
15. Taco Casserole
16. Chili Rice
17. Chicken and Broccoli
18. Sausage and Rice Casserole
19. Jambalaya
20. Mexi Mix
21. Simple Chicken and Rice

## Southwest Breakfast Casserole

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### Ingredient List

1 pkg Meal Starter Mix  
6 large eggs, scrambled  
1 C milk 1%  
1 can black beans (low sodium)  
1 C salsa (low sodium)  
1/4 tsp Cumin  
1/2 tsp Garlic Powder  
1 C shredded mozzarella cheese (low-moisture, part-skim)

### Directions

1. Cook Meal Starter Mix according to directions
2. Preheat your oven to 350 degrees. Whisk milk and eggs together. Add remaining ingredient. Season with salt and pepper.
3. Place the mixture in the bottom of a 9x13 casserole dish.
4. Sprinkle with extra cheese if desired.
5. Place the casserole in the oven and bake until the egg mixture has solidified (about 30 minutes).

Calories: 462

Total Fat: 11 g

Saturated Fat: 4 g

Trans Fat: 0 g

Cholesterol: 179 mg

Sodium: 1257 mg

Potassium: 992 mg

carbohydrates: 64 g

Dietary Fiber: 4 g

Sugars: 10 g

Protein: 29 g

## **Breakfast Burrito**

Portion Size: 1 burrito

Portions/Recipes (Yield): 1

### **Ingredient List**

1-2 eggs  
Tortilla shell  
1/4 C cooked Meal Starter Mix  
3 T canned black beans (low sodium)  
1/4 tsp cumin  
1/2 tsp garlic powder  
1 tsp olive oil

### **Eggs**

Heat 1 tsp oil in a pan and sauté 1 tbsp. chopped onion, 2 tbsp. chopped pepper, and 2 tbsp. chopped tomatoes (or vegetables of your choice) for about 3 minutes. Add 1-2 eggs, season, and scramble until firm, about 3 minutes.

### **Assembly**

Heat beans and rice in separate bowls (can be done with the microwave). When eggs are done, assemble burrito. Layer in rice, beans, and eggs. Top with salsa (*optional*).

Calories: 784  
Total Fat: 22 g  
Saturated Fat: 5 g  
Trans Fat: 1 g  
Cholesterol: 338 mg  
Sodium: 1785 mg  
Potassium: 591 mg  
Carbohydrates: 108 g  
Dietary Fiber: 8.5 g  
Sugars: 8 g  
Protein: 39 g

## Simple Casserole Prep

Pair the casserole with your favorite meat (chicken, beef, pork, etc.) and add your favorite vegetable (broccoli, green beans, carrots and asparagus, etc.) and/or a salad, and enjoy!

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

## Ingredient List

1 pkg Meal Starter Mix  
3 chicken breasts  
1/4 C of Italian dressing  
4 1/2 C green beans (low sodium if using canned, drained and rinsed)

## Directions

1. Preheat the oven 350 F. Wash chicken breasts, lightly season with salt and pepper, place in oven-safe baking dish. Cover with Italian dressing. Bake for 400 F for 30 minutes.
2. While chicken is baking, cook Meal Starter Mix according to the directions on the package.
3. Cook green beans.
4. Once chicken is done, serve immediately, and drizzle the sauce from the pan over the chicken.

Calories: 338  
Total Fat: 4 g  
Saturated Fat: 1 g  
Trans Fat: 0 g  
Cholesterol: 44 mg  
Sodium: 975 mg  
Potassium: 759 mg  
Carbohydrates: 50 g  
Dietary Fiber: 3 g  
Sugars: 6 g  
Protein: 26 g

## **Classic Vegetarian Casserole**

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### **Ingredient List**

1 pkg Meal Starter Mix

1 can (14.5 oz) diced tomatoes (no salt added)

1 can black beans (low sodium), drained and rinsed

1/2 C green onions

1/2 C grated sharp cheddar cheese

1 tsp Italian seasoning

1/2 tsp garlic powder

1/2 tsp black pepper

Add as much as you would like of your favorites vegetables. Anything will work!

### **Directions**

1. Add remaining ingredients to prepared casserole and heat through.

Calories: 358

Total Fat: 4 g

Saturated Fat: 2 g

Trans Fat: 0 g

Cholesterol: 12 mg

Sodium: 1017 mg

Potassium: 856 mg

Carbohydrates: 63 g

Dietary Fiber: 8 g

Sugars: 6 g

Protein: 19 g

## **Chickpea Curry**

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### **Ingredient List**

1 tbsp vegetable oil  
1 medium onion, diced  
1 tsp garlic powder  
1/2 tsp ginger powder  
1 tbsp curry powder  
2 cans (15 oz) chickpeas (low sodium), drained and rinsed  
2 cans (14.5 oz) diced tomatoes (no salt added)  
1/2 C cilantro, diced  
1 tbsp lemon juice  
1 pkg of Meal Starter Mix  
1 pkg plain yogurt (optional)

### **Directions**

1. While casserole mix is cooking, heat oil in a large saucepan over medium heat. Cook onion and spices in oil about 2 minutes, until onion is tender.
2. Stir in chickpeas and tomatoes. Heat to boiling. Reduce heat; simmer uncovered 15 minutes, stirring occasionally. Stir in cilantro, lemon juice and salt.
3. Serve curry over casserole; top each serving with yogurt

Calories: 411

Total Fat: 6 g

Saturated Fat: 2 g

Trans Fat: 0 g

Cholesterol: 1 mg

Sodium: 1251 mg

Potassium: 821 mg

Carbohydrates: 72 g

Dietary Fiber: 6 g

Sugars: 9 g

Protein: 18 g

## Broccoli Rice Quiche

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### Ingredient List

3 C milk (skim)

6 eggs (large)

1/2 C chopped onion

1/8 tsp black pepper

1 1/2 C shredded mozzarella cheese (low-moisture, part-skim)

1 chopped bell pepper

3 cups broccoli

1 pkg Meal Starter Mix

### Directions

1. Heat oven to 350°F. Spray a 9x13 pan with nonstick cooking spray. In large saucepan, heat milk until very hot but not boiling.
2. Meanwhile, in small bowl, beat eggs until well blended. Add onion, cheese and peppers; mix well.
3. Stir broccoli and casserole mix into hot milk. Slowly add egg mixture, stirring constantly. Pour into sprayed pan.
4. Bake at 350°F. for 30 to 35 minutes or until knife inserted in center comes out clean. Let stand 5 minutes before serving.

Calories: 439

Total Fat: 10 g

Saturated Fat: 4 g

Trans Fat: 0 g

Cholesterol: 200 mg

Sodium: 1143 mg

Potassium: 912 mg

Carbohydrates: 57 g

Dietary Fiber: 3 g

Sugars: 12 g

Protein: 30 g



## Vegetable & Herb Stovetop Casserole

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### Ingredient List

1 pkg Meal Starter Mix  
1/4 tsp Oregano  
1/2 tsp Onion Powder  
1/4 tsp Pepper  
1/2 tsp Garlic powder  
1/2 tsp Italian Seasoning  
16 oz frozen vegetables  
1 cup shredded mozzarella cheese (low-moisture, part-skim)  
1/4 cup margarine, melted  
1/2 cup dry breadcrumbs (whole wheat)

### Directions

1. Prepare Meal Starter Mix as directed. Heat vegetables (if using frozen) and add to prepared casserole mix.
2. Add seasonings of your choice and pour into a 9 x 13 pan.
3. Top with shredded cheese.
4. Mix margarine and dry breadcrumbs; sprinkle on top of casserole.
5. Bake about 20 minutes, until bubbly.

Calories: 392

Total Fat: 7 g

Saturated Fat: 2 g

Trans Fat: 0 g

Cholesterol: 7 mg

Sodium: 1027 mg

Potassium: 639 mg

Carbohydrates: 62 g

Dietary Fiber: 5 g

Sugars: 3 g

Protein: 21 g

## Chicken Florentine Rice Casserole

Portion Size: 1 cup cooked  
Portions/Recipes (Yield): 6

### Ingredient List

1/2 tsp garlic powder  
10 oz frozen spinach  
1/4 tsp Paprika  
1/4 tsp cumin  
2 C shredded cooked chicken  
1 can (15.5 oz) kidney beans (low sodium), drained and rinsed  
1 pkg Meal Starter Mix  
8 oz (2 C) mozzarella cheese (low-moisture, part-skim)

### Directions

1. Preheat oven to 375°.
2. In a large saucepan, add garlic powder, spinach, and water and bring to a boil. Reduce heat to low and simmer covered 10 minutes. Remove from heat. Stir in rice and let stand covered 5 minutes. Turn into 13 x 9-inch baking dish. Stir in chicken, beans and 1 cup cheese; sprinkle with remaining cheese.
3. Bake 10 minutes or until heated through and cheese is melted.

**FREEZING/MAKE-AHEAD DIRECTIONS:** Prepare as above but do not bake. Let cool, then wrap in heavy-duty aluminum foil and freeze. To bake, preheat oven to 375°. Remove from freezer. Bake covered 1 hour 15 minutes. Remove foil, then sprinkle with remaining 1 cup cheese. Bake an additional 10 minutes or until heated through and cheese is melted.

Calories: 423  
Total Fat: 8 g  
Saturated Fat: 3 g  
Trans Fat: 0 g  
Cholesterol: 53 mg  
Sodium: 1127 mg  
Potassium: 854 mg  
Carbohydrates: 50 g  
Dietary Fiber: 2 g  
Sugars: 4 g  
Protein: 42 g

## **Hawaiian Rice Casserole**

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### **Ingredient List**

1 pkg Meal Starter Mix  
1 can coconut milk (13.5 oz) (lite a taste of thai)  
1 can ( 20 oz) pineapple chunks, drained  
1 can (10.75 oz) cream of chicken soup  
3 cups cooked chicken  
1 large onion, diced/sauteed  
2 bell peppers, diced

### **Directions**

1. Bring 6 cups of water to boil in a large pot.
2. Add the rest of the ingredients and simmer for 20 minutes.

Calories: 470

Total Fat: 9 g

Saturated Fat: 4 g

Trans Fat: 0 g

Cholesterol: 2 mg

Sodium: 1080 mg

Potassium: 1190 mg

Carbohydrates: 61 g

Dietary Fiber: 4 g

Sugars: 13 g

Protein: 35 g

## Sweet & Sour Chicken and Rice

Portion Size: 1/2 cup cooked  
Portions/Recipes (Yield): 6 t

### Ingredient List

1 pkg Meal Starter Mix  
1 lb chicken  
1 small onion  
1 medium red bell pepper  
1 can (8oz) pineapple in 100% juice  
1 tsp garlic powder  
1/2 cup sweet and sour dressing

### Directions

1. Sprinkle salt and pepper evenly over chicken.
2. Brown chicken in a large sauce pan coated with cooking spray over medium-high heat 2 to 3 minutes on each side or until browned. Remove chicken from pan, and set aside.
3. Add onion, bell pepper, and garlic to the pan coated with cooking spray; cook on medium-low for 5 minutes.
4. Add Meal Starter Mix; cook for 2 minutes or until rice is opaque. Stir in dressing and water.
5. Add chicken pieces; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed and chicken is done.

Calories: 383  
Total Fat: 6 g  
Saturated Fat: 1 g  
Trans Fat: 0 g  
Cholesterol: 39 mg  
Sodium: 931 mg  
Potassium: 658 mg  
Carbohydrates: 56 g  
Dietary Fiber: 2 g  
Sugars: 8 g  
Protein: 15 g

## **Green Bean Casserole**

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### **Ingredients**

1 can cream of mushroom soup (no salt added)  
2 C skim milk  
1/2 tsp garlic powder  
1/8 tsp pepper  
1/2 tsp Mrs. Dash seasoning  
1 pkg Meal Starter Mix  
2 C chicken  
1 can (14.5 oz) green beans (no salt added)  
1 can (4 oz) mushrooms, drained and rinsed  
1 C shredded mozzarella cheese (low-moisture, part-skim)

### **Directions**

1. Preheat oven to 350°F.
2. Coat the casserole dish with nonstick cooking spray.
3. In a large sauce pan, combine milk, cream soup, water, and Meal Starter Mix and bring to a boil.
4. Remove from heat and stir in chicken, green beans, and mushrooms. Pour into the prepared casserole dish.
5. Spread shredded cheese on top of the mixture.
6. Bake uncovered for about 20 minutes.
7. Remove from the oven and cover the casserole loosely with foil to prevent over-browning. Bake an additional 20 minutes. Let it cool before cutting and serve with a side of salad.

Calories: 433

Total Fat: 6 g

Saturated Fat: 2 g

Trans Fat: 0 g

Cholesterol: 48 mg

Sodium: 1046 mg

Potassium: 801 mg

Carbohydrates: 54 g

Dietary Fiber: 2 g

Sugars: 8 g

Protein: 36 g

## Chicken and Rice Casserole

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### Ingredients

1 pkg Meal Starter Mix  
1 can low sodium cream of chicken soup  
1 can low sodium cream of mushroom soup  
1 package dry onion soup mix  
6 pieces skinless boneless chicken

### Directions

1. Sprinkle Meal Starter Mix on the bottom of a well-greased casserole dish.
2. In a small saucepan or microwave-safe container, heat soups, stirring periodically. Pour soup over rice and mix.
3. Place chicken pieces on top, then sprinkle dry onion soup mix over all.
4. Cover with tin foil, bake two hours at 325 degrees F
5. About an hour and a half into the bake time, remove casserole from oven, stir rice and flip over chicken. Recover with foil and continue bake time.
6. Turn off oven and let casserole sit in oven for 15 minutes. Then serve with salad.

Calories: 626

Total Fat: 10 g

Saturated Fat: 2 g

Trans Fat: 0 g

Cholesterol: 201 mg

Sodium: 1547 mg

Potassium: 1596 mg

Carbohydrates: 52 g

Dietary Fiber: 2 g

Sugars: 4 g

Protein: 73 g

## Spanish Rice

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### Ingredients

1 tbsp oil  
1 onion  
1 can (15 oz) peas (no salt added) or frozen  
1 pkg Meal Starter Mix  
2 cans (14.5 oz) low sodium tomato sauce  
3 cups low sodium chicken broth  
2 C cooked chicken

### Directions

1. Heat oil in skillet, then add onion and sauté, stirring frequently, until onion is translucent (about 5 minutes).
2. Cook Meal Starter Mix according to package using chicken broth (or water) and tomatoes instead of just water. Mix in spices. Then add cooked chicken, onions, and peas.

Calories: 441

Total Fat: 9 g

Saturated Fat: 3 g

Trans Fat: 0 g

Cholesterol: 39 mg

Sodium: 928 mg

Potassium: 105 mg

Carbohydrates: 57 g

Dietary Fiber: 5 g

Sugars: 9 g

Protein: 40 g

## Chicken Moambe

Portion Size: 1 cup cooked  
Portions/Recipes (Yield): 6

### Ingredients

1 pkg Meal Starter Mix  
3 cups chicken  
2 tbsp olive oil  
2 onions  
1 can tomato sauce, low sodium  
3/4 C peanut butter  
3 green onions

### Directions

1. In a saucepan, heat oil. Add the onions and sauté until golden. Add the tomato sauce, spices, and water and mix well. Add chicken to the pot and mix. Turn heat to high, bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes.
2. Thicken mixture with peanut butter. Cook uncovered for an additional 10 minutes.
3. Serve with Meal Starter Mix and a salad. Garnish with green onions (optional).

Calories: 622  
Total Fat: 27 g  
Saturated Fat: 5 g  
Trans Fat: 0 g  
Cholesterol: 58 mg  
Sodium: 984 mg  
Potassium: 1105 mg  
Carbohydrates: 57 g  
Dietary Fiber: 5 g  
Sugars: 9 g  
Protein: 40 g



## Taco Casserole

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### Ingredients

1 pkg Meal Starter Mix  
1 lb ground beef  
1 package low sodium taco seasoning  
1/2 C shredded mozzarella (low-moisture, part-skim)  
2 tomatoes  
1 avocado  
1 can tomatoes with green chilies  
1 C mozzarella shredded cheese (low-moisture, part-skim)

### Directions

1. Preheat oven to 350 degrees F. Lightly oil a 10-inch round baking dish.
2. Cook Meal Starter Mix according to package directions.
3. While Meal Starter Mix is cooking, heat a 10-inch non-stick skillet over medium heat. Cook ground beef, breaking up chunks, until browned throughout, about 10 minutes. Drain off fat.
4. Stir in tomatoes, taco seasoning, and water and bring to a low simmer; simmer about 5 minutes.
5. Stir together ground beef mixture, casserole and 1/4 cup cheese. Spread into prepared baking dish.
6. Top with remaining cheese and bake until cheese is melted and bubbly, about 10 to 15 minutes.
7. Serve with your favorite toppings such as chopped tomatoes or avocado slices, if desired.

Calories: 419

Total Fat: 13 g

Saturated Fat: 4 g

Trans Fat: 0 g

Cholesterol: 49 mg

Sodium: 1006 mg

Potassium: 813 mg

Carbohydrates: 48 g

Dietary Fiber: 3 g

Sugars: 5 g

Protein: 28 g

## **Chili Rice**

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### **Ingredients**

1 onion, diced

1 lb lean ground beef

1 can bean chili

1 can corn (no salt added), drained and rinsed

1 pkg Meal Starter Mix

1 can low sodium diced tomatoes

### **Directions**

1. Peel and chop the onion
2. In a 3-quart saucepan, cook the beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked. Drain fat from meat.
3. Add bean chili and canned tomatoes to the saucepan with the meat
4. Heat the mixture to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover with lid; cook 1 hour, stirring occasionally.
5. Serve with cooked Meal Starter Mix.

Calories: 483

Total Fat: 11 g

Saturated Fat: 3 g

Trans Fat: 0 g

Cholesterol: 45 mg

Sodium: 1171 mg

Potassium: 927 mg

Carbohydrates: 61 g

Dietary Fiber: 8 g

Sugars: 11 g

Protein: 31 g

## **Chicken and Broccoli**

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### **Ingredients**

1 pkg Meal Starter Mix

1 tbsp olive oil

1 bag frozen broccoli (10 oz)

1 lb chicken

1 can cream of mushroom soup (no salt added)

basil/parsley to taste

### **Directions**

Cook all in a large pot for about half an hour.

Add a salad and garlic roll.

Calories: 386

Total Fat: 8 g

Saturated Fat: 2 g

Trans Fat: 0 g

Cholesterol: 39 mg

Sodium: 891 mg

Potassium: 659 mg

Carbohydrates: 48 g

Dietary Fiber: 3 g

Sugars: 4 g

Protein: 17 g

## Sausage and Rice Casserole

Portion Size: 1 cup cooked  
Portions/Recipes (Yield): 6

### Ingredients

1 pkg Meal Starter Mix  
1 1/2 cups chopped tomato  
12 oz bulk sausage  
1 onion, chopped and sautéed  
Optional: basil, hot sauce

### Directions

Brown sausage and onion. Place 8 cups water in large pot. Bring to boil. Add Meal Starter Mix, tomatoes, meat & onion mixture, and seasonings. Simmer on low for 20 minutes.

Calories: 338  
Total Fat: 7 g  
Saturated Fat: 3 g  
Trans Fat: 0 g  
Cholesterol: 80 mg  
Sodium: 1112 mg  
Potassium: 643 mg  
Carbohydrates: 48 g  
Dietary Fiber: 2 g  
Sugars: 5 g  
Protein: 21 g

## **Jambalaya**

Portion Size: 1 cup cooked  
Portions/Recipes (Yield): 6

### **Ingredients**

1 pkg Meal Starter Mix  
8 oz pork sausage (polish)  
1 onion, chopped  
1 green pepper, chopped  
1 stalk celery, chopped  
2 tbsp hot sauce

### **Directions**

Sauté sausage until cooked, remove from pan. Add vegetables and sauté a few minutes. Return sausage to pan. Add hot sauce, Meal Starter Mix, water and cook as directed on bag.

Calories: 366  
Total Fat: 13 g  
Saturated Fat: 4 g  
Trans Fat: 0 g  
Cholesterol: 27 mg  
Sodium: 1202 mg  
Potassium: 551 mg  
Carbohydrates: 46 g  
Dietary Fiber: 1 g  
Sugars: 4 g  
Protein: 17 g

## **Mexi-Mix**

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### **Ingredients**

1 pkg Meal Starter Mix

1 cup salsa (low sodium)

15.25 oz can corn (no salt added)

1 16 oz can black beans (low sodium)

### **Directions**

Add remaining ingredients to prepared Meal Starter Mix and heat through.

Calories: 326

Total Fat: 1 g

Saturated Fat: 0 g

Trans Fat: 0 g

Cholesterol: 0 mg

Sodium: 1032 mg

Potassium: 710 mg

Carbohydrates: 61 g

Dietary Fiber: 6 g

Sugars: 8 g

Protein: 16 g

## Simple Chicken and Rice

Portion Size: 1 cup cooked

Portions/Recipes (Yield): 6

### Ingredients

1 pkg Meal Starter Mix

1 can cream of chicken soup (no salt added)

1 cup cooked chicken

### Directions

Add remaining ingredients to prepared Meal Starter Mix and heat through.

Calories: 292

Total Fat: 4 g

Saturated Fat: 1 g

Trans Fat: 0 g

Cholesterol: 31 mg

Sodium: 1030 mg

Potassium: 790 mg

Carbohydrates: 47 g

Dietary Fiber: 1 g

Sugars: 3 g

Protein: 17 g