

mighty meals

JUNIOR LEAGUE OF TALLAHASSEE

Official Cookbook



WHAT'S IN THE BOX

Alfredo Sauce

Apples

Bread

Broccoli

Brown Rice

Carrots

Cereal

Cheese, Sliced

Cheese, Shredded

Chicken

Chili

Deli Meat

Egg Noodles

Eggs

Garlic Bread

Ground Beef

Jelly

Lettuce

Milk

Mixed Vegetables

Oats

Orange Juice

Pasta Sauce

Peanut Butter

Potatoes

Soup

Spaghetti Noodles

Taco Sauce

Taco Seasoning

Taco Shells

Tortillas

Tomato

Tuna



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BREAKFAST

Cereal

Oatmeal

LUNCH

Peanut Butter & Jelly Sandwich

Deli Sandwich

DINNER

Macaroni & Cheese

Tacos

Chili Topped Potatoes

Spaghetti with Meat Sauce

Easy Tuna Casserole

Veggie Stir-Fry

Sheet Pan Chicken & Veggies



CEREAL

INGREDIENTS

1 cup dry cereal

1 cup milk

Fruit (optional)



DIRECTIONS

Serve cereal with milk, top with fruit if desired.



OATMEAL

INGREDIENTS

1 cup old-fashioned rolled oats

1 cup milk

1 cup water

1/8 teaspoon kosher salt

1/2 teaspoon ground cinnamon (optional)

1 teaspoon honey (optional)

Toppings: sliced almonds, peanut butter, fruit

DIRECTIONS

Combine oats, milk, water, salt, and cinnamon in a medium saucepan. Bring to a boil, then reduce heat to low OR microwave on high for 2.5-3 minutes. //

Simmer uncovered for 3 to 5 minutes until thickened, stirring occasionally. Remove from heat and let cool slightly. // Divide equally between two bowls. Drizzle each serving with 1/2 teaspoon honey. Add additional desired toppings.

PEANUT BUTTER & JELLY SANDWICH

INGREDIENTS

1 tbsp. peanut butter
1 tbsp. jelly
2 slices of bread
1 apple

DIRECTIONS

Spread peanut butter evenly on one slice of bread. //
Spread jelly evenly on a second slice of bread. //
Place slices of bread together and serve with an apple.

DELI SANDWICH

INGREDIENTS

3 oz. deli meat
1 piece of sliced cheese
Lettuce & Tomato
1 can soup

DIRECTIONS

Place deli meat and cheese between two slices of bread. Add any desired toppings. Heat soup and serve.

MAC & CHEESE

INGREDIENTS

12 oz egg noodle, uncooked
½ tsp. sea salt

Cheese Sauce

2 cups shredded cheddar cheese
1 cup milk
2 tbs. all-purpose flour
2 tbs. butter

DIRECTIONS

Cook egg noodles according to package instructions with ¼ tsp salt added to the water // Drain, and set aside // Mix flour and sea salt together in a small bowl. Set aside. // In a medium saucepan over medium heat, melt the butter. // Add flour mixture and whisk to combine. // Cook for 1 minute until mixture is slightly brown. // Add 1 cup milk and whisk until mixture is smooth. // Cook on medium heat until the mixture is thickened (about 3-5 minutes). // Once mixture is thick (sticks to the back of the spatula), reduce heat to low and add cheese. Whisk until cheese is melted and mixture is smooth. Taste and add more salt/seasoning if desired. // Add cooked pasta to the pot of cheese sauce and stir until the sauce is evenly distributed. // Let cool for 3-5 minutes. Serve warm!



TACOS

INGREDIENTS

1 taco seasoning
1 packet Taco Sauce
2 tbsp. olive oil
1 lb ground beef
Tortillas Hard taco shells
Desired toppings (shredded lettuce, cheese, tomatoes)

DIRECTIONS

Spread peanut butter evenly on one slice of bread. //

Spread jelly evenly on a second slice of bread. //

Place slices of bread together and serve with an apple.

BAKED POTATO WITH CHILI



INGREDIENTS

1 can of chili

1 potatoe per person

1 package of broccoli

Toppings: cheese, sour cream, chives

DIRECTIONS

Cook chili and broccoli according to the packages. //

Scrub potatoes; prick several times with a fork. //

Microwave potatoes 1 inch apart on paper towels on HIGH for 14 minutes or until done, turning after 5 minutes. Let stand for 2 minutes. // Split potatoes, and top evenly with chili and broccoli. // Top with shredded cheese and any other desired toppings.

SPAGHETTI WITH MEAT SAUCE



INGREDIENTS

- | | |
|--------------------------------|----------------------------|
| 1 tbsp. extra-virgin olive oil | 1 jar of pasta sauce |
| 1 lb. lean ground meat | 1 box of Spaghetti noodles |
| ½ teaspoon salt | Garlic bread, frozen |

DIRECTIONS

Cook spaghetti noodles according to package directions. **//** While pasta is cooking, heat the oil in a large skillet over medium heat. **//** Add beef and salt; cook, crumbling the beef with a spoon and stirring until the beef is no longer pink, about 10 minutes. **//** Cook garlic bread according to the package. **//** Increase heat to medium-high. Stir in pasta sauce and cook, stirring occasionally, until thickened, about 5 minutes. **//** Drain the spaghetti noodles and top with meat sauce.



EASY TUNA CASSEROLE

INGREDIENTS

8 oz. egg noodles

1 jar, alfredo sauce

2 ½ tbsp. butter

2 ½ tbsp. all-purpose flour

2 ½ c. milk, room temperature

1 tsp. salt

Pepper, to taste

Shredded cheddar cheese

2 cans tuna, drained and flaked

DIRECTIONS

Bring a large pot of salted water to a boil over high heat. Add the egg noodles and cook per package directions. **//** Once the noodles are cooked, drain the noodles and set aside. **//** Heat up the alfredo sauce over low-medium heat. Once it's heated through, stir in the tuna. **//** Stir the drained noodles into the sauce and mix until everything is covered.

VEGGIE STIRFRY

INGREDIENTS

2 tbsp. olive oil, divided
1 package of frozen vegetables
3 large eggs, beaten
Salt and pepper, to taste
3 c. cooked and cooled brown rice
¼ c. low-sodium soy sauce (optional)

DIRECTIONS

Cook the veggies according to the directions on the package. Transfer them to a plate and set aside. **//** Cook the brown rice. **//**

Scramble the eggs: Heat 1 tablespoon of oil in the same wok or skillet over high heat. Add the beaten eggs and scramble quickly, just about 1 minute. When they are cooked through, slide them out onto the plate with the vegetables. **//**

Stir fry the rice: Return the skillet to the burner over high heat, add 1 tablespoon of oil, then add the cooked rice. Cook, stirring occasionally, until it is lightly browned in spots, about 5 minutes. **//** Return the vegetables and eggs to the wok with rice. Cook, stirring often, until everything is combined and hot and the vegetables are tender, about 3 minutes.

SHEET PAN CHICKEN & VEGGIES



INGREDIENTS

4 chicken breasts

1 lb. carrots, peeled and chopped (sub for any vegetable)

2 lb. potatoes, chopped into 1-inch pieces

3 tbsp. olive oil

Salt and pepper to taste

Optional seasonings: Garlic powder, thyme, basil,
parmesan cheese

DIRECTIONS

Preheat the oven to 400 degrees. // Arrange potatoes in a single layer on one third of a greased sheet pan, chicken on one third of the pan, and carrots on the remaining third. // Drizzle oil over the potatoes, chicken, and carrots. Season potatoes, chicken, and carrots with salt and pepper to taste. // Bake for 20-25 minutes until chicken is cooked through (165 F) and carrots and potatoes are tender.



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meals**

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no break
for food.**



