

# Recipes Using Canned Mixed Vegetables



## Easy Vegetable Beef Soup

### You will need:

1 (15 oz.) can mixed vegetables, drained      1 lb. ground beef      1 onion, chopped  
1 (14.5 oz.) can diced tomatoes      1 tbsp. Worcestershire sauce, optional      salt and pepper to taste  
1 (32 oz.) box beef broth **OR** 8 cubes beef bouillon, crumbled and 2 quarts of water

### Instructions:

- In a large pot over medium heat, cook beef until browned; drain. Add Worcestershire sauce; optional.
- In a large pot over medium heat, combine cooked beef, water, tomatoes, onion & mixed vegetables.
- Bring to a boil, then reduce heat and simmer for 45 minutes.

## Salsa and Red Rice

### You will need:

1 (15 oz.) can mixed vegetables, well drained      2 cups cooked rice      3 cloves garlic, minced  
 $\frac{3}{4}$  cup prepared salsa      2 tbsp. vegetable oil       $\frac{1}{2}$  cup sliced green onions  
1 (16 oz.) can red or pinto beans, rinsed and drained       $\frac{1}{2}$  cup chopped cilantro (optional)

### Instructions:

- Cook rice according to package instructions. Set aside. Heat oil in a large skillet over medium heat.
- Add garlic and cook for 30 seconds, stirring constantly. Add vegetables and cook for 30 minutes.
- Stir frequently until vegetables are heated through. Add rice to skillet. Rinse and drain beans.
- Add salsa and beans. Cook 5 - 6 minutes, stirring constantly. Serve with green onions or cilantro.

## Slow Cooker Beef and Veggies

### You will need:

2 (15 oz.) cans mixed vegetables, well drained      2 tbsp. vegetable oil      1 large onion, coarsely chopped  
1  $\frac{1}{2}$  lb. extra lean boneless chuck roast      2 tbsp. tomato paste      1 tbsp. chili powder  
1 (14.5 oz.) diced tomatoes, undrained      2 tbsp. chopped parsley      salt and pepper to taste  
hot cooked egg noodles, optional      chopped fresh parsley, optional

### Instructions:

- Heat oil in a medium skillet over medium-high heat. Brown beef 3 minutes on each side.
- Combine onion, tomatoes, tomato paste and chili powder in a 5 quart slow cooker. Place beef on top.
- Spoon some sauce over the beef. Cover and cook for 5 hours on HIGH or until beef is tender.
- In slow cooker, pull beef apart into smaller pieces using 2 forks. Gently stir in mixed vegetables.
- Cover and heat 5 minutes on HIGH. Season to taste with salt and pepper.
- To serve, ladle stew over hot egg noodles and sprinkle with parsley.

### Chicken Pot Pie with Biscuits

**You will need:**

1 (15 oz.) can mixed vegetables, drained	1 (10.5) can cream of chicken soup	2 tsp. minced garlic
2 cups cooked shredded chicken	1 cup shredded mild cheddar cheese	$\frac{1}{2}$ tsp. black pepper
1 cup shredded mozzarella cheese	1 (12 oz.) tube refrigerated biscuits	$\frac{1}{2}$ cup butter

**Instructions:**

- Preheat oven to 375 degrees F. Drain vegetables. Spray a baking dish with nonstick spray.
- In a large bowl, combine chicken, soup, canned vegetables and cheeses. Mix until combined.
- Pour mixture into greased baking dish. Melt butter. Open can of biscuits.
- Cut each biscuit into quarters. Place cut biscuits into a bowl. Drizzle biscuits with melted butter.
- Toss biscuits and melted butter. Top the chicken mixture with biscuits.
- Bake uncovered for 20 - 25 minutes. Let cool until it is safe to eat.

### Spruced-Up Canned Veggies

**You will need:**

1 (15 oz.) can mixed vegetables, well drained	1/2 cup mayonnaise	1 small onion, diced
18 buttery round crackers (Ritz), crushed	$\frac{1}{2}$ cup shredded cheddar	$\frac{1}{2}$ stick butter

**Instructions:**

- Preheat oven to 350 degrees F. Use some of the butter to grease the baking dish.
- Melt the remaining butter. Crush crackers into crumbs. Add the melted butter to the crumbs.
- In a medium bowl, combine mixed vegetables, onion, mayonnaise and cheese. Mix well.
- Spread mixture into the greased baking dish. Top with crushed cracker crumbs.
- Bake about 30 minutes, or until bubbly and brown.

### Pasta Bake with Vegetables

**You will need:**

2 (15 oz.) cans mixed vegetables, drained	1 lb. Italian sausage or ground beef, cooked and drained
1 (24 oz.) jar prepared pasta sauce	8 oz. uncooked pasta, such as penne or rotini
2 cups shredded mozzarella cheese, divided	1/3 cup grated parmesan cheese

**Instructions:**

- Preheat oven to 350 degrees F. In a skillet, cook meat. Drain and set aside.
- Cook pasta according to package instructions in a large saucepan. Drain and return to pan.
- Stir in meat, pasta sauce, vegetables, 1 cup mozzarella and 1/3 cup grated Parmesan cheese.
- Spoon mixture into a greased 13x9-inch baking dish and top with remaining mozzarella cheese.
- Cover loosely with foil and bake 30 minutes. Remove foil and bake 10 - 15 minutes longer.
- When cheese is bubbly, remove from oven. Cool 10 minutes before serving.

### Chicken, Veggie and Rice Casserole

**You will need:**

1 (15 oz.) can mixed vegetables, drained	4 chicken breasts, drumsticks or thighs	1 cup uncooked rice
1 (10.5) can cream of mushroom soup	1 can of water	1 tsp. paprika
		salt and pepper to taste

**Instructions:**

- Preheat oven to 375 degrees F.
- In a baking dish, mix together everything except the chicken. If desired brown chicken.
- Place the chicken on top of mixture. Sprinkle with additional paprika, salt and pepper, if desired.
- Bake for 60 minutes until chicken is completely cooked and casserole is browned.