Pasta Primavera

- **Ingredients: **
- 1 box (16 oz) pasta (spaghetti or penne)
- 1 can (15 oz) mixed vegetables
- 1 can (14.5 oz) diced tomatoes
- 1 can (8 oz) tomato sauce
- 1 packet Italian seasoning mix
- 1 small bottle of olive oil (optional)



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**Recipe Instructions: **

- 1. Cook pasta according to package instructions and drain.
- 2. In a large pan, heat the olive oil (if included) over medium heat.
- 3. Add the mixed vegetables (drained), diced tomatoes (with juice), and tomato sauce to the pan.
- 4. Stir in the Italian seasoning mix.
- 5. Simmer for 10 minutes, stirring occasionally.
- 6. Mix the cooked pasta with the vegetable sauce.
- 7. Serve warm.

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Chicken and Rice Casserole

- **Ingredients:**
- 2 cups instant rice
- 2 cans (10.5 oz each) cream of chicken soup
- 1 can (15 oz) mixed vegetables
- 1 can (12.5 oz) canned chicken
- 1 packet dried onion soup mix
- **Recipe Instructions:**
- 1. Prepare the instant rice according to package instructions.
- 2. In a large bowl, combine cream of chicken soup, mixed vegetables (drained), canned chicken (drained), and dried onion soup mix.
- 3. Stir in the cooked rice.
- 4. Serve warm. If you have access to an oven, bake at 350°F for 20 minutes for a more cohesive casserole.

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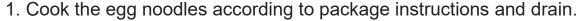
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Tuna Noodle Casserole

- **Ingredients:**
- 1 box (12 oz) egg noodles
- 2 cans (5 oz each) tuna in water
- 1 can (10.5 oz) cream of mushroom soup
- 1 can (8 oz) peas
- 1 small can (2.8 oz) French fried onions
- **Recipe Instructions:**



- 2. In a large bowl, combine the tuna (drained), cream of mushroom soup, and peas (drained).
- 3. Mix in the cooked egg noodles.
- 4. Spread the mixture evenly in a baking dish.
- 5. Top with French fried onions.
- 6. Serve warm. If you have access to an oven, bake at 350°F for 20 minutes for a crispy topping.

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