



# CHEVRON FAMILY KITCHEN

Food Bank friendly recipes from our local Team Chevron



# TIMELESS TUNA SALAD



## INGREDIENTS

- 12 oz pasta
- 5 oz can of tuna
- 1 can sweet peas
- 2 stalks celery
- 1/2 cup diced onion
- 3/4 cup mayo
- 1 medium lemon
- 1/2 tsp salt
- black pepper to taste

**RECIPE C/O JORDAN E.**

## DIRECTIONS

- 1** Cook pasta according to package, drain and let cool.
- 2** Combine the other ingredients (salt, pepper & lemon juice to taste).
- 3** Once pasta is cooled, combine with other ingredients until pasta is well coated.
- 4** Refrigerate until ready to serve



**FOODBANKCCS.ORG**

# HAWAIIAN LOCO MOCO



## INGREDIENTS

- 3 cups of cooked rice (save rinse water for use in step 2)
- 1 lb ground beef or 2 cans of spam
- brown gravy mix
- chopped mushrooms and onions (optional)
- 4-8 eggs
- pepper and garlic to taste

**RECIPE C/O ANGELA B.**

## DIRECTIONS

- 1 While rice is cooking, brown ground meat or sliced spam and season with pepper/garlic to taste. Add mushrooms and/or onions if using.
- 2 Once meat is browned, sprinkle enough powdered brown gravy mix for 2 cups of gravy and mix well. Slowly add appropriate amount of rice rinse water.
- 3 Bring mixture to a boil, then immediately turn off and gravy will thicken. If necessary, add small dashes of milk to loosen.
- 4 Cook eggs as desired (any style- scrambled, over easy, etc), place on top of rice and cover all with saucy meat. Top with soy sauce, furikake, and/or hot sauce. Serve with vegetables on the side!



**FOODBANKCCS.ORG**

# TASTY TACO SOUP



## INGREDIENTS

- 1 lb ground meat
- 1 onion
- 2 cans diced tomatoes (with added chilis if you like a kick!)
- 1 can pinto beans
- 1 package taco seasoning
- 1 package ranch seasoning
- 2 chicken bouillon cubes
- 2 cups water
- Shredded cheddar (optional)

**RECIPE C/O JORDAN E.**

## DIRECTIONS

- 1 Chop onion and drain pinto beans from can.
- 2 Brown the ground meat and onion with some black pepper.
- 3 Combine meat and onion mixture with all the other ingredients in a large pot.
- 4 Cook for 30 mins and enjoy! Top with cheddar cheese if desired.



**FOODBANKCCS.ORG**



# CUSTOMIZABLE CASSEROLE



## DIRECTIONS

- 1 Cook pasta as directed and drain
- 2 Combine soup, milk, peas/carrots and tuna/chicken in pot with cooked pasta
- 3 Grease a 10"x13" baking dish and add the mixture. Top with cheese (optional).
- 4 Cover with foil and bake at 350 for 30 minutes.
- 5 Remove foil, top with breadcrumbs, and bake for an additional 5 to brown

## INGREDIENTS

- 2 (10 oz) cans cream of celery or cream of mushroom soup
- 1/2 cup milk
- 1-2 cups green peas, cubed carrots or broccoli florets
- 10 oz canned tuna or chicken
- 1 lb dry pasta
- 1/2 cup dry breadcrumbs or crushed potato chips
- 1 cup grated cheese (optional)
- garlic and pepper to taste

**RECIPE C/O ANGELA B.**



**FOODBANKCCS.ORG**

# SPANISH SPICED RICE



## INGREDIENTS

- 1 cup rice (white or brown)
- 1 tbsp oil or butter
- 1 (6oz) can unsalted corn
- 1 (15oz) can tomato paste
- 1 yellow onion (optional)
- 2 cloves garlic (optional)
- salt and pepper to taste

**RECIPE C/O LAURA L.**

## DIRECTIONS

- 1 Sauté dry rice in oil (or butter) on the stove at medium high heat, stirring constantly to avoid burning. You want a nice toasted look and smell.
- 2 If adding onion or garlic sauté these along with the rice.
- 3 Once rice is toasty and onions are translucent, add appropriate amount of water based on the rice package instructions.
- 4 Bring to a boil, cover and simmer until rice is done.
- 5 Remove from heat, stir in tomato paste, corn and salt/pepper to taste. Add additional toppings (cilantro, green onions, jalapenos) as desired and serve!



**FOODBANKCCS.ORG**

# CLASSIC GREEN BEAN CASSEROLE



## DIRECTIONS

- 1 Drain beans and place in the bottom of a casserole dish.
- 2 Mix the milk with cream of mushroom soup.
- 3 Pour milk mixture over the beans and top with fried onions.
- 4 Bake at 350 for 30 minutes.

## INGREDIENTS

- 2 (15 oz) cans French style green beans
- 3/4 cup milk
- 1 can cream of mushroom soup
- 1 (3 oz) can crispy fried onions

**RECIPE C/O LAURIE M.**



**FOODBANKCCS.ORG**

# TRADITIONAL TUNA CASSEROLE



## INGREDIENTS

- 12 oz dry pasta
- 2 cans of tuna
- 1 can of green peas and/or carrots
- 1 can cream of mushroom soup
- Cheese (optional)

**RECIPE C/O NAOMI W.**

## DIRECTIONS

- 1** Cook pasta in boiling water per instructions on package.
- 2** In a large bowl, mix pasta, drained tuna, drained green peas and/or carrots, and cream of mushroom soup.
- 3** Transfer into 9x13 baking dish or 2 quart casserole dish and add optional cheese on top.
- 4** Bake for 15 minutes at 400 degrees. Feel free to spice it up with garlic powder, pepper, or spice of your choice and enjoy!



**FOODBANKCCS.ORG**



# SWEET CINNAMON VANILLA OATMEAL



## INGREDIENTS

- Oatmeal
- 1/2 banana
- 1 tbsp. of peanut butter
- 1 tbsp. of butter
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract
- Sweetener to taste (optional)

**RECIPE C/O JAMIE A.**

## DIRECTIONS

- 1** Cut 1/2 banana into slices
- 2** On the stove top, heat 1 tbsp. of butter in a non-stick skillet over medium heat. Add banana slices, ground cinnamon and vanilla extract to skillet and sauté for 3 minutes.
- 3** In a separate pot on the stove top cook oatmeal according to package.
- 4** Add 1 tbsp. of peanut butter, sautéed banana slices and cinnamon/vanilla mixture to bowl and stir. Enjoy!



**FOODBANKCCS.ORG**

# VEGGIE QUESEDILLAS



## INGREDIENTS

- 12 small corn or flour tortillas
- 1 can low-sodium black beans, washed and drained
- 1 can low-sodium canned corn, washed and drained
- 1 can diced tomatoes, drained
- 1 small yellow onion, chopped
- 1 green pepper, chopped
- 2 tbsp. taco seasoning
- 1 ½ cups shredded cheese

**RECIPE C/O ANNA C.**

## DIRECTIONS

- 1** In a large pan, sauté chopped onion and pepper until just done, about 2 minutes on medium heat.
- 2** Add black beans, corn, diced tomatoes, and taco seasoning to pan. Cook until added vegetables are warm, about 1 minute, and remove from heat.
- 3** In a small frying pan, place a tortilla on low heat. Sprinkle 2 tbsp. cheese evenly across the tortilla, followed by 4+ tbsp. of vegetable and bean mixture. Cover and cook until cheese melts.
- 4** Fold tortilla in half with spatula and transfer to plate. Serve with sour cream and/or salsa. Repeat for remaining tortillas.



**FOODBANKCCS.ORG**

# BEAN, CHICKEN & TOMATO PASTA



## INGREDIENTS

- 1 lb. whole grain pasta
- 2 (14 oz) cans crushed or diced tomatoes or tomato sauce
- 1 can white beans, drained
- 1 - 2 cans chicken, drained
- Basil (optional)

**RECIPE C/O TINA H.**

## DIRECTIONS

- 1 Boil pasta per instructions on box.
- 2 In sauce pan, bring crushed tomatoes to a simmer.
- 3 Add beans and chicken to the sauce, mix together and enjoy!



**FOODBANKCCS.ORG**

# NO FUSS FRIED RICE



## INGREDIENTS

- 1 onion, diced
- 1 can mixed vegetables (peas, carrots, corn)
- 1 can of chicken
- 2 tbsp cooking oil
- 1 cup brown rice
- 2 tbsp soy sauce
- Optional (for garnish): sesame seeds, lime, cilantro, peanuts

**RECIPE C/O ANDREW W.**

## DIRECTIONS

- 1 Cook rice per package instructions.
- 2 Fry onion in 1 tbsp oil until translucent, about 4 minutes. Add drained vegetables and cook for additional 2-3 minutes. Then add chicken, broken up into bite-sized pieces and cook 2-3 minutes longer. Remove vegetables and chicken from pan.
- 3 Add 1 tbsp oil to pan and fry rice for 5-6 minutes before mixing in soy sauce.
- 4 Add vegetables and chicken back to pan with rice and mix thoroughly. For extra crispy rice, leave over high heat for 2-3 minutes without stirring.



**FOODBANKCCS.ORG**



# BAKED PB&J CRUMBLE BARS



## DIRECTIONS

- 1 Preheat oven to 350F. Lightly grease an 8x8" or 9x9" baking dish.
- 2 Mix oats, eggs, milk, sugar, salt, and peanut butter. Press oat mixture base into prepared baking dish.
- 3 Chop fruit into bite-sized pieces and spread evenly over the top of the oat mixture.
- 4 In a small bowl, mix ingredients for crumble topping. Sprinkle topping evenly over fruit and gently press down.
- 5 Bake 25 minutes and let cool before cutting into bars.

## INGREDIENTS

For the base:

- 2 cups rolled oats
- 2 eggs
- 1 cup milk (can sub nut milk)
- 1/4 cup sugar (can sub honey or maple syrup)
- 3/4 cup peanut butter
- 1.5 cups fruit, drained (can sub fresh or frozen for canned)

For the crumble topping:

- 1/4 cup rolled oats
- 1 tbsp peanut butter
- 2 tbsp chopped peanuts

**RECIPE C/O MICHELLE W.**



**FOODBANKCCS.ORG**

# PEANUT BUTTER COOKIES



## DIRECTIONS

- 1 Preheat oven to 350 F
- 2 Mix together all ingredients.
- 3 Bake for 10-12 minutes on lightly greased cookie sheet.

## INGREDIENTS

- 1 cup peanut butter
- 1 cup sugar
- 1 egg

**RECIPE C/O RACHAEL J.**



**FOODBANKCCS.ORG**

Every year Chevron employees give hundreds of hours in volunteer time. With company COVID-19 protocols, in-person shifts were out of the question in 2020.

In addition to generous sponsorships and care packages for our frontline staff, the team at Chevron wanted to find new ways to help.

This is their contribution—a collection of family and favorite recipes to share with our clients and supporters.

We hope you enjoy these recipes and share photos of your meals with us on Instagram **@foodbankccs**.

Visit our website for more easy recipe ideas.

**[FOODBANKCCS.ORG/RECIPES](https://FOODBANKCCS.ORG/RECIPES)**

