




Drayton Area
COMMUNITY FOOD
BANK SOCIETY

Cookbook

May 2026

Here are **easy, low-effort** recipes using your ingredients – great for quick meals with pantry staples:

Recipes include the following ingredients from the Food Bank Shelves

Canned Ham Flakes	Hamburger	Rice
Canned Tuna	Pasta Sauce	Soup – Mushroom
Canned Vegetables	Ramen (Dry Soup Noodles)	Soup – Vegetable
Eggs	Pasta Noodles	

The following recipes are sorted by **MAIN INGREDIENTS**

The **NUMBERS** refer to **Recipe Number** in Booklet.

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SOUPS

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TUNA

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- 29 Tuna Ramen Bowl
- 30 Tuna Tomato Pasta

1 Baked Ramen Casserole (optional)

Ingredients:

- Cooked ramen (no seasoning packet needed)
- Mushroom soup
- Canned vegetables

Steps:

1. Mix everything together.
2. Put in a baking dish.
3. Bake at 375°F (190°C) for ~ 20 minutes.

☛ Turns scraps into a proper meal.

2 Creamy Ham & Mushroom Pasta

Ingredients:

- Pasta
- Ham Flakes
- Mushroom Soup
- Optional: canned vegetables

Instructions:

1. Cook pasta and drain.
 2. Heat mushroom soup in a pan.
 3. Add ham flakes and veggies.
 4. Toss pasta in sauce and warm through.
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3 Creamy Mushroom Egg Pasta

Ingredients:

- Pasta
- Mushroom soup
- 1 egg
- Canned vegetables (optional)

Steps

1. Cook pasta and drain.
 2. Heat mushroom soup in pot.
 3. Stir pasta back in.
 4. Beat egg separately, then mix in quickly (make it creamy).
 5. Add vegetables if you want.
- ☛ Feels like creamy Alfredo without the extra ingredients.

4 Creamy Mushroom Hamburger Pasta

Ingredients:

- Pasta
- Ground Hamburger
- 1 can mushroom soup

Steps:

1. Cook pasta and drain.
2. Brown hamburger.
3. Stir in mushroom soup (add a splash of water or milk if thick).
4. Mix with pasta.

👉 Creamy comfort food with only 3 main ingredients.

5 Creamy Ramen Egg Bowl

Ingredients:

- Ramen noodles (any flavor)
- 1 egg
- Mushroom soup or vegetable soup

Instructions:

1. Cook ramen (do not drain all the water).
2. Stir in half a can of soup.
3. Crack in an egg and stir quickly for a creamy texture.
4. Simmer 1-2 minutes.
5. Creamy comfort food with only 3 main ingredients.

👉 Comfort food, very filling.

7 Creamy Ramen Soup Upgrade

Ingredients:

- Ramen
- Mushroom soup or vegetable soup
- Canned vegetables

Instructions:

1. Cook ramen with less water than usual.
2. Stir in soup for a creamy broth.
3. Add vegetables and heat through.

8 Creamy Rice Bowl with Egg

Ingredients:

- Flavored rice
- Mushroom soup
- Egg

Steps:

1. Cook rice.
2. Heat mushroom soup and mix into rice.
3. Top with a fried or soft-boiled egg.

☛ Super cozy and cheap.

9 Creamy Veggie Rice Soup

Ingredients:

- Mushroom soup
- Cooked rice
- Canned vegetables

Steps:

1. Heat mushroom soup with 1 can water.
2. Add rice + veggies.
3. Simmer 5-10 minutes.

☛ Cozy and great for colder days.

10 Egg & Veggie Soup Bowl

Ingredients:

- Vegetable soup or mushroom soup
- 1 egg
- Canned vegetables

Steps:

1. Heat soup.
2. Slowly drizzle in beaten egg while stirring.
3. Add extra vegetables

☛ Turns basic soup into a protein-rich meal.

11 Egg Drop Soup (Shortcut Version)

Ingredients:

- Vegetable soup
- 1-2 eggs

Steps:

1. Heat soup until simmering.
2. Slowly pour in beaten eggs while stirring.
3. Cook 1 minute.

☛ Light but satisfying.

12 Egg Ramen Stir Bowl

Ingredients:

- Ramen noodles
- 1-2 eggs
- Canned vegetables
- Optional: a bit of pasta sauce or mushroom soup

Steps:

1. Cook ramen (drain most of the water).
2. Crack eggs and stir quickly (scramble into noodles).
3. Add canned vegetables.
4. Stir in a spoon of mushroom soup or a splash of pasta sauce for flavor.

☛ Cheap, filling, and ready in ~10 minutes.

13 Everything Pantry Pasta

Ingredients:

- Pasta
- Pasta sauce
- Ground hamburger or ham flakes
- Canned vegetables

Steps:

1. Cook pasta.
2. Brown meat (if using hamburger).
3. Add sauce & veggies & meat.
4. Toss with pasta.

☛ Uses almost everything you have.

14 Ham & Rice Skillet

Ingredients:

- Cooked rice
- Ham flakes
- Canned vegetables
- Optional: a bit of pasta sauce for flavor

Instructions:

1. Heat everything in a pan.
 2. Stir fry until hot and slightly crispy.
 3. Add a little pasta sauce if you want a tomato flavor.
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15 Hamburger Vegetable Soup Bowl

Ingredients:

- Ground hamburger
- 1 can vegetable soup
- Extra canned vegetables (optional)

Steps:

1. Brown hamburger in a pot and drain fat.
2. Add vegetable soup and ½ can water.
3. Toss in extra canned veggies if you want.
4. Simmer 10-15 minutes.

👉 Hearty, filling, and super simple.

16 Lazy Baked Pasta Mix (No Oven Needed)

Ingredients:

- Pasta
- Pasta sauce
- 1 egg
- Canned vegetables

Steps:

1. Cook pasta and drain.
2. Mix with pasta sauce and vegetables.
3. Stir in beaten egg and cook on low until thickened.

👉 Gives a “baked pasta” texture on the stovetop.

17 Loaded Ramen Upgrade

Ingredients:

- Ramen noodles
- Ground hamburger or ham flakes
- Canned vegetables

Steps:

1. Cook ramen (use seasoning packets).
2. Add cooked hamburger or ham flakes.
3. Stir in drained canned vegetables.
4. Simmer 2-3 minutes.

☛ Way better than plain ramen.

18 Pasta & Vegetable Tomato Soup Mix

Ingredients:

- Pasta
- Vegetable soup
- Canned vegetables (optional extra)

Steps:

1. Cook pasta separately.
2. Heat vegetable soup.
3. Mix pasta into soup.

☛ Kind of like chunky minestrone shortcut.

19 Pasta with Creamy Veggie Sauce

Ingredients:

- Pasta
- Mushroom soup
- Canned vegetables

Steps:

1. Cook pasta and drain.
2. Heat mushroom soup and a splash of water.
3. Add drained canned vegetables.
4. Mix with pasta.

☛ Like a quick creamy casserole without baking.

20 Quick Pasta with Tomato Sauce & Veggies

Ingredients:

- Pasta
- Pasta sauce
- Canned vegetables

Steps:

5. Cook pasta.
6. Heat pasta sauce and add vegetables.
7. Combine and serve.

☛ Classic and simple.

21 Quick Vegetable Pasta Soup

Ingredients:

- Vegetable soup (canned)
- Pasta (small shapes or broken spaghetti)
- Canned vegetables

Steps:

1. Heat soup and add extra water if thick.
 2. Add pasta and cook until tender.
 3. Add extra veggies for bulk.
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22 Ramen “Casserole” Style

Ingredients:

- Ramen (broken up)
- Ground hamburger
- Mushroom soup

Steps:

1. Brown hamburger.
2. Mix with uncooked broken ramen, mushroom soup, 1 can water.
3. Simmer until noodles soften (or bake at 350°F / 175°C for ~20 min).

☛ Feels like a casserole without much effort.

23 Ramen Veggie Soup Upgrade

Ingredients:

- Ramen
- Vegetable soup
- Canned vegetables

Steps:

1. Cook ramen in water.
2. Add vegetable soup and veggies.
3. Simmer together 3-5 minutes.

👉 Turns ramen into a hearty soup.

24 Savory Beef & Rice Mix

Ingredients:

- Flavored rice
- Ground hamburger
- Canned vegetables

Steps:

1. Cook rice according to package.
2. Brown hamburger.
3. Mix rice, beef, and veggies together.

👉 One pan style, super filling.

25 Savory Egg & Veggie Scramble

Ingredients:

- Eggs
- Canned vegetables
- Optional: flavored rice (leftover or cooked)

Steps:

1. Heat vegetables in a pan.
2. Add beaten eggs.
3. Scramble together.
4. Serve over rice if you want.

👉 Great for breakfast or dinner.

26 Savory Egg Fried Rice (Flavored Rice Upgrade)

Ingredients:

- Cooked flavored rice
- 1-2 eggs
- Canned vegetables

Steps:

1. Heat rice in a pan.
2. Push rice aside, scramble eggs in the same pan.
3. Mix everything together.
4. Add a bit of soup or seasoning if needed.

👉 Great for leftovers.

27 Simple Ham & Pasta Sauce Skillet

Ingredients:

- Pasta
- Pasta sauce
- Ham flakes

Steps:

1. Cook pasta.
2. Heat pasta sauce and add ham flakes.
3. Combine and serve.

👉 Quick and kid friendly.

28 Tuna & Rice Casserole

Ingredients:

- Cooked rice
- Tuna
- Mushroom or vegetable soup
- Canned vegetables

Instructions:

1. Mix everything in a pot or baking dish.
2. Heat on stove or bake at 350°F (180°C) for ~20 minutes.
3. Stir and serve.

29 Tuna Ramen Bowl

Ingredients:

- Ramen noodles
- Canned tuna
- Canned vegetables
- Optional: mushroom or vegetable soup (for creaminess)

Instructions:

1. Cook ramen noodles (keep a bit of the broth or discard the seasoning if too salty).
 2. Stir in drained tuna and canned vegetables.
 3. Optional: add a spoonful of mushroom soup to make it creamy.
 4. Heat through and serve.
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30 Tuna Tomato Pasta

Ingredients:

- Pasta
- Tuna
- Pasta sauce
- Optional: add a spoonful of mushroom soup to make it creamy.

Instructions:

1. Cook pasta.
 2. Heat pasta sauce and add tuna and veggies.
 3. Mix together and serve.
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Happy Cooking!

