

Disaster Relief Box Recipe: Peach Cobbler Oatmeal

Makes 4 servings

Prep+Cook Time: 10 mins



Ingredients:

- 2 1/2 cups water
- 1 cup shelf-stable low-fat milk
- 2 1/2 cups quick cooking oats
- 1/4 cup chopped nuts of choice
- 1 can peach slices
- Optional: 2 teaspoons cinnamon
- Optional: 2 tablespoons brown sugar

Preparation:

1. In a large saucepan over medium heat, add water and milk. Bring to a boil.
2. Add in oats and stir to combine (also add cinnamon if using)
3. Cook for 4 minutes or until oatmeal thickens
4. Add in peaches and cook 1 more minute (add brown sugar if using)
5. Garnish with nuts and serve!



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Adapted from: [spoonfulofflavor.com](https://www.spoonfulofflavor.com)

Disaster Relief Box Recipe: Mediterranean Tuna Salad with Pinto Beans



Makes 2 servings

Prep Time: 10 mins

Ingredients:

- 1 can tuna fish
- 1 cup pinto beans
- 1/4 cup jarred olives
- 1/2 cup tomatoes (fresh or canned)
- 2 tablespoons oil
- 1 tablespoon vinegar (if on-hand)
- Optional: 1/4 cup red onion
- Optional: 1/2 cup chopped cucumber or pepper

Preparation:

- Combine tuna, beans, olives, tomatoes, and optional ingredients in a bowl. Stir to combine.
- Add in oil and vinegar and stir to combine.
- Enjoy with crackers or on bread as a sandwich!



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