

# Pantry News



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We hope you are enjoying **Pantry News**. A newsletter designed with you in mind! You will have the opportunity to try out new recipes using food items that you receive in your bag.

This month we have included **dried pinto beans** , **canned beef and chicken in a pouch**. **Pinto beans** are loaded with nutrients and are an excellent source of protein. They are also rich in antioxidants and may improve blood sugar regulation by helping to support blood sugar control.

## Crockpot BBQ Pinto Beans

1 lb. dried pinto beans  
3 cups water  
1 onion, chopped  
18 oz. bottle barbecue sauce  
 $\frac{1}{4}$  cup molasses, honey, or brown sugar  
 $\frac{1}{4}$  tsp pepper



Instructions:

1. Sort beans, rinse and drain. Cover with water and let stand, covered, overnight.
2. The next morning, drain the beans again and rinse them.
3. Combine the beans, 3 cups water, onion, barbecue sauce, molasses, and pepper in a 4-quart crockpot.
4. Cover the crockpot and cook on low for 8 to 9 hours or until beans are tender.
5. Salt and pepper to taste. Serve hot.

\*Leftovers freeze very well.

This week's produce is from Willow Wisp Farms. They have supplied us with Japanese Turnips , Tuscan Kale & Spinach.

On the back page you will find some additional recipes to use your new pantry supplies and fresh produce .

## WAYNE COUNTY FOOD PANTRY 570-253-4262

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1 can cooked beef, shredded  
3 cans (27 oz) beef broth  
16 oz bag egg noodles  
 $\frac{1}{2}$  tsp garlic salt (optional)



2 TB flour

**Directions:**

Bring beef with juices and broth to a boil in a large pan. Add 2 TB of flour to a bag of noodles and shake through. Add noodles (with flour) to beef and broth. Reduce heat, stir and simmer until noodles are tender. Season with salt and pepper if desired. Plate and serve.

## Cheesy chicken Spinach Bake

2 10 oz pouches cooked chicken  
1 TB olive oil  
3 cloves garlic, minced  
1 tsp Italian seasoning  
6 ounces cream cheese, softened  
2 cups baby spinach leaves  
1 cup shredded mozzarella cheese



**Directions:**

Preheat oven to 350 degrees. Spray a 9x13 inch glass baking dish with cooking spray. In a large bowl, mix chicken and cream cheese. Spread chicken mixture onto the bottom of the pan. Sprinkle evenly with garlic and Italian seasoning.

Meanwhile, heat a small non-stick skillet with olive oil over medium heat. Add baby spinach. Cook and stir until spinach wilts. Place wilted spinach evenly over chicken. Sprinkle mozzarella cheese over the top. Bake 25-30 minutes until hot and bubbly. Serve and enjoy.

Wayne County Strong

