

Pantry News



September 2021 Issue # 8

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.

Pantry Milks- Dry Milk Powder and shelf-stable UHT milk:

Both of these milks can be used interchangeably with fresh milk. Dry milk powder is concentrated milk with all liquid removed. It is done through a drying and heating process which ultimately removes or evaporates away the liquid. Dry milk powder is simple to reconstitute. Just add water, mix well and chill. Be sure to store reconstituted milk in an air tight container in the fridge (because it is real milk after all.) Shelf-stable milk is real milk that has been pasteurized at an ultra-high temperature (UHT), that comes in sterilized, aseptic containers. It's real milk, but its special pasteurization and packaging process gives it a shelf life of several months without requiring refrigeration.

Can Beef Chili Mac

A good way to use those cans of delicious USDA Beef to make a great chili with secret spices! This is the cowboys trail recipe.

Ingredients:

- 1 24 oz can beef w/ juices
- 1 14.5 oz can diced tomatoes
- 1 15 oz can Light Red Kidney Beans, drained and rinsed
- 1 pouch chili, no beans
- 1 medium onion, diced
- 6 oz uncooked elbow pasta or egg noodles (any pasta will do)

Instructions:

1. Combine beef, tomatoes, and pasta. Secret spices to add as desired: Cumin, Cayenne pepper, garlic, nutmeg, or even cocoa-all in scant amounts to taste. Heat and simmer until pasta is almost done; 10-15 minutes. Add canned beans and chili pouch.
2. Serve warm and enjoy.

WAYNE COUNTY FOOD PANTRY
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WAYNE COUNTY, PA
NORTHERN POCONO MOUNTAIN

Peach Pecan Cobbler

Ingredients

- 1 ½ Cups all-purpose flour
- 1 ¾ tsp baking powder
- ½ tsp salt
- 1 Cup granulated sugar
- ½ Cup pecans, toasted and cooled
- 2 Cups peaches- canned, fresh, or Frozen only, no syrup
- ½ Cup butter
- 1 Cup milk
- 1 tsp Vanilla extract
- 1 1/3 Cups brown sugar
- 1 ½ Cups hot water



Instructions

1. Preheat oven to 350 degrees.
2. Melt butter in 9x13 pan in oven.
3. In a mixing bowl, combine flour, baking powder, salt, sugar, milk and vanilla extract.
4. Stir to combine, but do not overmix.
5. Remove pan from oven and spread peaches evenly over butter.
6. Sprinkle pecans over peaches.
7. Pour flour mixture carefully over peaches and pecans.
8. Sprinkle brown sugar over top of batter.
9. Heat water until it's hot to the touch, but not boiling.
10. Carefully pour hot water over ingredients in pan. Do not stir.
11. Cook 35 to 45 minutes until golden brown.

This month's produce is being provided by Stan Bialecki and Willow Wisp Farms.

Easy Canned Tuna Pasta

Ingredients

- 2 TB olive oil
- 2 large cloves garlic, minced
- 1 5 oz can tuna, drained
- 1 tsp lemon juice
- 1 TB parsley
- Salt & Pepper to taste
- 4 oz uncooked spaghetti (any pasta will work)



Directions

1. Bring a pot of salted water to boil for pasta and cook it al dente according to package directions. Prep your other ingredients while it cooks.
2. When the pasta is close to being ready, add the oil to a small pan over medium heat. Once the oil is hot, add the garlic and cook it for 30 seconds.
3. Stir in the tuna, lemon juice, and parsley. Let it heat through.
4. Once the pasta is done, add some of the pasta water to the sauce then drain the pasta and toss with the sauce. Season with salt & pepper as needed.