

Pantry News

August 2022 Issue # 8

We hope you have been enjoying the *Pantry News*. A newsletter designed for you! We like to share information to our pantry members regarding the items you will receive in your pantry bag and some wonderful recipes to help you enjoy them.

This month's vegetables came from Willow Wisp Farms and Bialecki Farms.

Two of the items you will receive are ground pork and dried pinto beans. Pinto beans are extremely nutritious. They're an excellent source of protein, fiber, vitamins, and minerals. These nutrients may provide several benefits, including improved blood sugar control and heart health. Pinto beans are also rich in various antioxidants and may help lower your risk of chronic disease. Don't avoid cooking dry beans from scratch because "it takes too long," consider the actual "hands on" time can be just minutes! All it takes is a little planning ahead for a time to soak the beans. Below you will see a couple different ways to prepare them for additional flavor and nutrition to your meals.

Ground pork is a great substitute for ground beef and also lower in fat content, with less calories than beef while still being an excellent source of protein. We have included a few recipes using the ground pork. It is very versatile and can be seasoned any way you like to match the foods around it.

How to Cook Dry Beans from Scratch

Soaking Beans— Soaking beans allows the dried beans to absorb water, which begins to dissolve the starches that cause intestinal discomfort. While beans are soaking, they are also doubling to tripling in their size. (Note: Lentils, split peas and blackeyed peas do not need to be soaked.) **1.** Pick through the beans, discarding any discolored or shriveled beans or any foreign matter. **2.** Rinse the beans well. **3.** Soak the beans with one of these methods. **Hot Soak**— In a large pot, add 10 cups of water for each pound (2 cups) of dry beans. Heat to boiling, boil for 2-3 minutes. Remove from heat, cover and soak for up to 4 hours. Hot soaking is the preferred method since it reduces cooking time, helps dissolve some of the gas-causing substances in beans, and most consistently produces tender beans. **Quick Soak**— This is the fastest method. In a large pot, add 6 cups of water for each pound (2 cups) of dry beans. Heat to boiling; boil for 2-3 minutes. Remove from heat, cover and soak for at least 1 hours. **Traditional Overnight Soak**— This is the easiest method. Place dry beans in a large container; for each pound (2 cups) beans, add 10 cups of cold water. Cover and refrigerate 8 hours or overnight. **4.** Drain and rinse beans soaked by either method with fresh, cool water.

Chili with Pinto Beans and Ground Pork

Ingredients:

- 4 cups cooked (soaked) pinto beans
- 1 lb ground pork
- 3 cloves garlic, minced
- 1/2 cup chopped carrot
- 1/2 cup chopped onion
- 2 TB chili powder
- 1 TB ground cumin
- 4 cups canned tomatoes



Directions:

Brown pork with carrot, onions and garlic; drain well. Add chili seasoning, cumin, tomatoes, and beans. Bring to a boil and cook 20-30 minutes or until desired consistency.

Ladle into bowl. Top with sour cream if desired. Enjoy!

Baked Pork and Apple Meatballs

Ingredients:

- 2 lbs ground pork
- 2 apples, peeled and finely diced
- 2 tsp garlic powder or 2 large cloves garlic, finely diced
- 2 tsp onion
- 1 tsp pepper
- 2 TB ground sage
- 1 tsp cinnamon
- 1 tsp sea salt



Instructions:

1. Preheat the oven to 425. Prepare a rimmed baking sheet with parchment paper. You will most likely need more than one pan for the entire recipe.
2. Combine all of your spices into a large bowl. Add in the ground pork. Using your hands, spread the spices onto all of the meat. Then, you can add in the diced apples, season with sea salt and combine thoroughly.
3. Create 30-40 meatballs. Spread them evenly over the parchment lined baking sheet.
4. Bake meatballs in the oven for 25-30 minutes until they appear golden brown.

One-Bowl Apple Yogurt Cake with Pistachios

Ingredients:

- 3 apples, peeled and thinly sliced
- 8 TB (1 stick) unsalted butter
- 1 1/2 cups sugar
- 2 eggs
- 2 TB lemon juice
- 1 1/4 cup Greek yogurt (full-fat is best)
- 2 1/4 cup all-purpose flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/2 cup shelled and chopped pistachios
- 1 TB unsalted butter, melted
- 1 TB honey, or maple syrup
- 1/2 tsp cinnamon



Directions:

Preheat the oven to 325 degrees. Prepare a 9 inch round cake pan and spray with non-stick spray.

Combine flour, baking powder and baking soda. Set aside.

Combine the melted butter with honey (or syrup) and cinnamon in a small bowl.

In a medium bowl, cream the butter with sugar until light and fluffy, using a hand mixer. Add eggs, one at a time, and beat until each is incorporated. Add salt, vanilla, cinnamon and lemon juice. Mix until combined.

Sift 1/2 of the flour mixture, followed by 1/2 of the Greek yogurt. Beat until just combined. Add the rest of the flour, followed by the remaining Greek yogurt. Beat just until batter is smooth. Gently fold in the chopped pistachios with a rubber spatula.

Transfer batter to the prepared pan and smooth it out. Place the apples on top. Brush the apples with the honey butter mixture. Transfer to the oven and bake for 60-70 minutes or until a toothpick inserted in the center comes out clean. Let cool in the pan on a rack.

Prepare the glaze by mixing the confectioners sugar and lemon juice in a small bowl. Drizzle over the cake. Enjoy!

Glaze:

- 1/3 cup confectioners sugar
- 1 TB lemon juice

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