

Pantry News

February 2024 Issue # 2

Welcome to the *Pantry News*. A newsletter designed with you in mind and giving you the opportunity to try out new recipes using food items that you receive in your pantry bag.

To view previous issues of the *Pantry News*—go to www.waynecountypa.gov and you'll find the tab under *Popular Resources*. You will find many useful and tasty recipes. ☺

This week's vegetables come from *Willow Wisp Farms* and *Bialecki Farms*. The eggs come from *Valley View Farms*

Life isn't about what happens to you, it's about how you react to it. Life is 10% what happens to you and 90% how you react to it.—Charles Swindoll.

Canned Pinto Beans with Rice

Ingredients:

For the Rice:

- * 1 cup uncooked rice
- *pinch salt
- *water as directed to cook rice

For the pinto beans:

- *2 cans pinto beans (or any canned bean combination of your choice)
- *1 TB oil
- *1 onion, chopped
- *2 garlic cloves, minced
- *3-4 pieces cooked sausage, optional
- 1/4 cup tomato sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1 cup water



Directions:

1. Cook the rice according to package directions.
2. Heat up a medium-sized pan with the oil and stir in onion first. Sauté until the onions appear a bit soft.
3. Stir in garlic and continue to sauté for a minute or two over a medium heat setting.
4. Pour in pinto beans and mix it all up. Keep over a high to medium heat setting.
5. Pour in tomato sauce, season with salt and pepper, and pour in water. (at this point you can add any additional seasoning of your choice— onion powder, garlic powder, paprika, etc.) If using cooked sausage, add at this time.
6. Mix well and cover and cook over a medium-high heat setting for about 10 minutes. Uncover, and cook for another 5 minutes over medium heat.
7. Stir occasionally and remove from heat when satisfied with the thickness.
8. Serve over rice and enjoy! ☺

CHICKEN NOODLE CASSEROLE

Ingredients:

- 2 cans chunk chicken breast, drained
- 2 cans cream of chicken soup
- 1 cup mayonnaise
- 1 cup milk
- 1/2 onion, finely chopped
- 2 cups shredded cheddar cheese
- 1 1/2 cups frozen or canned vegetables of your choice, if canned, drain
- 12 oz package egg noodles, cooked and drained
- 1 cup bread crumbs
- 1 stick butter (1/2 cup), melted



Directions:

1. Preheat oven to 350. Spray a 9x13 baking dish with non-stick cooking spray.
2. In a large bowl, combine 2 cans chunk chicken breast, drained, 2 cans cream of chicken soup, mayonnaise, milk, onion, cheddar cheese and vegetables.
3. Stir until combined. Gently stir in cooked egg noodles.
4. Pour mixture into prepared baking dish. Sprinkle the top with the bread crumbs.
5. Pour melted butter evenly over top of the bread crumbs.
6. Bake uncovered for 30-35 minutes until bubbly & golden brown.
7. Dig in and enjoy!

Bean & Rice Veggie Burger

Ingredients:

2 cups cooked & drained chickpeas or beans of your choice, if using canned beans, 1-2 cans drained
1 cup cooked rice
1 small onion, minced
1 clove garlic, minced
1 TB dried parsley
Salt & Pepper to taste
1 egg, whisked
2 TB olive or vegetable oil
Whole grain mustard & red onion slices, as desired
Green leaf lettuce for wrapping or hamburger rolls, if desired



Directions:

Mash chickpeas or beans. Mix with rice until well blended. (will be like a paste) Stir in onion, garlic, and parsley. Season with salt & pepper. Stir in beaten egg. Form into four 1/2-inch-thick patties.
Heat olive oil in a large skillet over medium-high heat. Add patties and cook until golden brown, about 4 minutes per side. Spread with mustard and top with onion slice if desired, and wrap in lettuce or serve on hamburger bun.
Enjoy!

"Be the reason someone smiles. Be the reason someone feels loved & believes in the goodness of people." -

Roy T. Bennett

No-Bake Walnut Granola Bars

Simple no-bake granola bars requiring few ingredients and ready in less than 15 minutes.

Ingredients:

*3/4 cup pitted Medjool dates
*1 1/2 cup rolled oats
1/2 cup walnuts, chopped
*1 tsp vanilla extract
*1/4 tsp cinnamon
*Pinch of salt
*3 TB water, as needed
*Dark or semi-sweet chocolate, for drizzling (optional)



Directions:

Add dates to a food processor or blender and pulse a few times until chopped.
Add your oats, walnuts, vanilla and cinnamon. Process until the mixture sticks together when pressed, adding water as needed. It will depend on how dry your dates are. (usually requires about 3 tablespoons)
Press the mixture at the bottom of a dish. Cut into approximately 8 bars. Drizzle with melted chocolate, if desired.
* You can replace walnuts with pecans or hazelnuts if you prefer. You can also add chia seeds or ground flax seeds for extra flavor and fiber.

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