

Pantry News

March 2024 Issue # 3

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.

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 Lato Sud Farms. The eggs are from Valley View Farms, Far Away Farms, and Dave Hauenstein and Leonard Hauenstein.

Lentils with Ground Beef & Rice

Ingredients:

- 1 cup dry lentils
- 5 cups water
- 1 cube beef bouillon
- ½ cup uncooked white rice
- 3 TB vegetable oil
- 1 medium onion, chopped
- 2 TB chopped red bell pepper, optional
- 2 cloves garlic, minced
- 2 ½ tsp ground cumin
- Salt & pepper to taste
- 1 lb lean ground beef
- ½ tsp paprika



Instructions:

1. Place lentils in a bowl and cover with cold water. Soak for at least 4 hours.
2. Drain lentils and put in a large pot with 5 cups water and a bouillon cube; bring to a boil. Reduce heat to a simmer and cook for 15 minutes. Add rice and simmer until rice and lentils are tender, 15 to 20 minutes.
3. Meanwhile, heat oil in a skillet over medium heat. Add onion, red pepper, if using, garlic, cumin, salt & pepper; saute until onion is golden brown and tender, 5 to 7 minutes. Add ground beef, cook & stir until browned and crumbly, 7 to 9 minutes. Add paprika and cook for 1 minute more.
4. Add meat mixture to lentils and rice. Simmer over low heat for 5 to 10 minutes.
5. Serve and enjoy! 😊

How to Cook Dried Beans on the Stove

Cooking dried beans on the stove is the most popular method because it doesn't require any fancy gadgets or appliances. It does require some planning though, as you'll have to soak the dried beans before cooking them for best results.

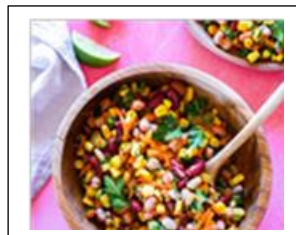
1. **Sort the Beans-** Bags of dried beans often have debris, shriveled, or broken beans mixed in with the rest. That's why it's important to first sort your beans. Start by arranging dried beans on a sheet pan or clean kitchen towel. Remove and discard any shriveled or broken beans, and any debris.
2. **Wash the Beans-** Place beans in a colander or strainer and rinse them under cold running water to wash away any dirt or dust.
3. **Soak the Beans-** Soaking your beans helps them cook faster and more evenly. You will need 4-5 cups of cold water per 1 cup of beans. One cup of dried beans will yield 2 ½ cups of cooked beans. Allow the beans to soak for at least 6 hours or overnight, at room temperature. After soaking, drain the water and rinse thoroughly. Next, it's time to cook.
4. **Cook the Beans-** Start by placing your beans in a pot. Cover them with at least two inches of water. Now is the time to add any salt or aromatics to the water. Turn the heat to low and cover, stirring the beans occasionally. Never let your beans reach a rolling boil. Cooking time depends on the type of bean: most pre-soaked beans will take between 45 minutes and 2 hours to cook. Periodically taste the beans or mash them against the side of the pot to test for doneness.

*"Sometimes we can only find our true direction when we let the wind of change carry us." -
Mimi Novic*

Bean & Corn Salad

Ingredients

2 (15 oz) cans or 3 cups cooked beans (any combination of black, kidney or pinto beans), drained & rinsed
1 (15 oz) can corn, drained and rinsed
½ small yellow onion, chopped
1 jalapeno, seeded & chopped, or 1 (4 oz) can diced green chiles, drained, optional
1/3 cup olive oil
¼ cup lime juice
1 tsp sugar
1 tsp chili powder
Salt & pepper to taste



Preparation

In a large bowl, mix beans, corn, onion and jalapeno or green chiles (if using).
In a jar with a lid, mix oil, lime juice, sugar and chili powder. Shake until well mixed.
Add oil mixture to bean mixture and stir gently.
Serve and enjoy. 😊

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