

Pantry News

April 2024 Issue # 4

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.

Easy Weeknight Lentils & Rice

Ingredients:

- *1 medium yellow onion, sliced
- *2 TB olive oil
- *2 medium carrots, peeled & chopped
- *1 cup dry lentils
- *3 1/2 cups water
- *2 bay leaves
- *1/2 tsp ground cumin
- *Salt & pepper, to taste
- *3/4 cup chopped nuts, almonds or walnuts, toasted (for flavor & protein)
- *1 1/2 cups rice, rinsed and prepared according to package directions
- *plain yogurt, sour cream, halved cherry tomatoes, chopped chives (optional topping)



Instructions:

1. Saute sliced onion in olive oil in a heavy skillet or Dutch oven over medium-high heat. Season with salt & pepper.
2. Add chopped carrots. Cook for 5 minutes.
3. Add lentils, water, bay leaves, cumin, salt and pepper. Stir everything to combine.
4. Cook covered for 20 minutes, stirring occasionally, until lentils are soft.
5. Uncover and cook for another 5-10 minutes. Season with salt & pepper to taste.
6. Serve over cooked rice. Sprinkle with toasted nuts.
7. Top with yogurt or sour cream, cherry tomatoes and chopped chives if desired.

*** for 3 cups cooked rice-** 1 1/2 cups dry rice, rinsed and debris removed, 1 tsp kosher salt, 3 cups water (or broth for extra flavor), 2 TB unsalted butter, optional- Bring rice and water and butter, if using, to a boil. Once it starts to boil, cover with a lid, reduce heat, and simmer for 18-20. When all the water is absorbed, fluff rice with a fork and serve.

WAYNE COUNTY FOOD PANTRY 570-253-4262



Zesty Mexican Corn

Easy pan-toasted corn, spices, and lime juice create an authentic-tasting, versatile side dish for tacos or grilled burgers, chicken, steak or fish.

Ingredients:

2 cans (15.25 oz each) corn, well-drained
1 TB butter
1 1/2 to 2 tsp chili powder, to taste
1/2 tsp cumin
1 TB fresh lime juice
1 TB dried cilantro, optional



Directions:

1. Cook corn and butter in a large skillet over medium-high heat, 8 to 10 minutes, stirring frequently, until kernels are well-toasted and snap during the last 2-3 minutes.
2. Stir in chili powder and cumin, cook 30 seconds. Remove from heat and stir in lime juice. Season to taste with salt and pepper, if desired. Sprinkle with cilantro, if using.

* Variation- For a Salta-Style Mexican Corn, add 1 can petite cut diced tomatoes, well drained, in Step 2; heat through.

Cheesy Tomato Ground Beef and Rice

Ingredients:

1 1/2 cups rice, uncooked
1/2 cup onion, chopped
1 can spaghetti sauce
1 tsp each salt & pepper
2 1/2 cups cheddar cheese



1 lb ground beef
1 can corn, drained
1 TB olive oil or butter
2 tsp minced onion or onion powder

Directions:

Prepare the rice according to package directions and set aside.
In a large frying pan over medium-high heat, brown the ground beef with the olive oil or butter. While the beef is cooking, add in the diced onions.
Once the ground beef is fully cooked, drain the excess grease from the pan.
Reduce heat to medium and add in the corn, spaghetti sauce, and cooked rice. Stir well.
Add the salt, pepper and minced onion. Stir again. Allow the mixture to simmer for about 10 minutes and then stir in 2 cups of the shredded cheddar.
Sprinkle the remaining 1/2 cup of cheese on top and don't stir.
Allow the cheese to melt. Serve and enjoy! ☺

WAYNE COUNTY STRONG