

Pantry News

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Quick Harvard Beets

3 cups sliced raw beets or 2 cans sliced beets
1/2 cup sugar
1 TB flour
1/2 cup white vinegar
1/2 tsp salt
2 TB butter



In a saucepan, place raw beets and enough water to cover. Cook until tender, 15-20 minutes. Drain, reserving 1/4 cup liquid. (if using canned beets, drain and reserve 1/4 cup juice.)

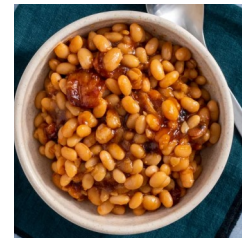
In another saucepan, combine sugar, flour, vinegar and reserved beet juice. Cover & cook over low heat until thickened. Stir in beets, salt & butter. Simmer for 10 minutes.

Boston Baked Beans

Baked beans are the perfect addition to any outdoor cookout or barbeque. These baked beans are slow-cooked in the oven with bacon, onions, and a sweet, syrupy sauce, resulting in an old-fashioned taste that everyone will enjoy.

Ingredients:

2 cups dry navy beans	1/2 lb uncooked bacon strips
1 medium onion, diced	1/2 cup ketchup
3 TB molasses, or maple syrup if you prefer	1/4 cup brown sugar
1 TB Worcestershire sauce	2 tsp salt
1/4 tsp ground black pepper	1/4 tsp dry mustard



Directions:

1. Transfer soaked navy beans* and soaking water to a saucepan. Bring to a boil. Reduce heat and simmer until nearly tender, approximately 1 to 2 hours. Drain and reserve the cooking liquid.
2. Preheat oven to 325 degrees.
3. Arrange 1/2 of the beans in the bottom of a 2-quart casserole dish. Place 1/2 of the bacon strips over the beans and sprinkle 1/2 of the onions over top. Repeat the layers once more.
4. Combine ketchup, molasses, brown sugar, Worcestershire sauce, salt, pepper, and dry mustard in a large saucepan over medium heat; bring to a boil.
5. Pour sauce over the beans. Pour in just enough reserved cooking liquid to cover the beans. Cover the casserole dish with a lid or aluminum foil.
6. Bake in the preheated oven for 1 1/2 hours. Remove the lid and continue to cook, checking every 1/2 hour or so and adding more cooking liquid if necessary to prevent the beans from getting too dry, until beans are soft and tender, 1 1/2 to 2 1/2 more hours.
7. Serve hot and enjoy

*** to soak navy beans overnight-** Rinse 1 pound (or the desired amount) dried beans in a colander and sort through to remove any debris. Transfer the beans to a stockpot and fill with clean water and add another 2 inches to the top. The beans will swell as they soak so the extra water is important. Cover the stockpot and let it sit overnight. The next morning, strain the beans (save the liquid) and proceed with our recipe.

Rice Pudding Recipe

Ingredients:

1 cup uncooked short-grain or long grain white rice or 3 cups cooked
3 to 4 cups milk
1/3 cup sugar, plus more as needed
1/4 tsp kosher salt; or 1/8 tsp table salt
1 1/2 tsp vanilla extract
1 TB unsalted butter (optional)
**Add-in options: 1/2 cups raisins, 1/4 tsp ground cinnamon*



Directions:

1. Place 1 cup uncooked rice or 3 cups cooked rice in a large saucepan. Add 4 cups milk for uncooked rice or 3 cups milk for cooked rice.
2. Add 1/3 cup sugar and 1/4 teaspoon kosher salt, and vanilla extract. *Add any desired add-ins at this time.
3. Bring the mixture to a vigorous simmer over medium-high heat, stirring frequently and scraping the bottom of the pan with a wooden spoon or rubber spatula so the rice doesn't stick.
4. Reduce the heat to maintain a bare simmer and cook uncovered, stirring occasionally, until the rice is very tender and the mixture starts to thicken, 20-22 minutes for uncooked rice, 10-12 minutes for cooked rice.
5. Remove from the heat and stir in butter if desired. Taste and add more sugar as needed.
6. The rice pudding will continue to thicken as it cools. Thin with more milk if desired. Serve warm or cold.

Weeknight Shepherd's Pie

Canned potatoes make wholesome, homemade meals like this classic Shepherd's Pie a reality any night of the week.

Ingredients:

- 1 TB vegetable oil
- 1 large onion, diced
- 1 large garlic clove, minced
- 1 lb ground beef
- 1 TB all-purpose flour
- 1 (14.5 oz) can stewed tomatoes
- 1/2 tsp dried thyme
- 1 (15 oz) can peas and carrots (can use just peas if preferred), drained
- 1 (15 oz) can sliced or diced white potatoes, drained
- 1 TB butter, melted



Directions:

- In a 12-inch skillet heat oil over medium heat. Add onion and garlic and cook 5 minutes or until softened, stirring occasionally. Remove to plate.
- In the same skillet, over medium-high heat, cook ground beef until well browned on all sides, stirring frequently. Add flour; cook 1 minute. Add stewed tomatoes and thyme. Over high heat, heat to boiling; reduce heat to low. Simmer uncovered 10 minutes to blend flavors, stirring occasionally. Stir in peas and carrots.
- Preheat oven to 450 degrees. Spoon mixture into greased deep-dish pie plate or baking dish. Toss the potatoes with butter. Arrange potatoes in center of casserole, overlapping slightly if using sliced potatoes; (spread evening if using diced potatoes). Bake 10 to 15 minutes or until potatoes are lightly golden.
- Serve hot and enjoy.

Canned Pinto Beans Recipe

Ingredients:

- 1 TB cooking oil
- 1/2 small, yellow onion, chopped
- 1 clove garlic, minced
- 1 slice bacon, cut into 1" pieces
- 1 can pinto beans
- 1/2 cup water
- 1 TB unsalted butter
- 1/2 tsp sugar
- 1/2 tsp hot sauce
- 1/2 tsp salt
- 1/2 tsp black pepper



Directions:

In a saucepan, heat cooking oil over medium heat. When the oil is shimmering on the top, add the chopped onion and garlic and sauté for about 2 minutes until soft and translucent.

Add the bacon and cook together until the bacon is soft and nearly done. Drain the liquid from the can of pinto beans. Now, add the pinto beans to the saucepan to the saucepan and continue to heat over medium heat.

Add the water to the pinto beans.

Put the butter, sugar, hot sauce, salt, and pepper in and heat until bubbly.

Taste before serving and add more salt and pepper if needed. Garnish with chopped onion and hot sauce.

Serve hot and enjoy!

WAYNE COUNTY STRONG