

Pantry News

October 2024 Issue # 10

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 month we are getting vegetables come from Willow Wisp Farms, Far Away Farms, and Lato Sud Farms. The eggs are from Valley View Farms, Dave Hauenstein and Leonard Hauenstein.

"I have not failed. I've just found 10,000 ways that don't work." - Thomas Edison

One Pot Chicken, Beans & Rice

This delicious and filling chicken, beans, and rice is made in one pot and ready in just 30 minutes.

Ingredients:

- 1 TB olive or vegetable oil
- 1 lb chicken, cut into 1 inch pieces
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1/2 tsp chili powder
- Salt & pepper to taste
- 1 can (14.5 oz) diced tomatoes
- 2 cans (15 oz) beans, rinsed & drained
- 2-3 cups chicken broth
- 2/3 cup rice, uncooked



Directions:

1. In a large pot, heat the olive oil over medium heat. Add in the chicken. Season with salt and pepper as desired. Cook chicken, stirring occasionally, until browned and cooked through, about 5-7 minutes.
2. Stir in the garlic and spices, followed by the diced tomatoes (liquid included), beans, two cups of the broth, and the rice. Stir until well-combined. Cover and lower the heat to medium low. Let the mixture cook until the rice is tender, stirring occasionally, about 15-20 minutes. Add the remaining cup of broth if needed for the rice. Season with more salt & pepper to taste.
3. Serve and enjoy.

How to quick soak beans

Clean and sort the beans. Rinse your beans in a colander with cool tap water. Then pick through and discard any little stones or debris that may be packaged with them accidentally.

Cover with water. Add the beans to a large pot and cover them with about 2 inches of water.

Bring the water to a boil over high heat, leave the pot uncovered and cook the beans for 5 minutes.

EASY FRIED RICE

Ingredients:

- 2/3 cup chopped carrot
- 1/2 cup canned (drained) or frozen green peas
- 2 TB vegetable oil
- 1 clove garlic, minced
- 2 large eggs
- 3 cups cooked rice
- 1 TB soy sauce
- 2 tsp sesame oil, optional



Directions:

1. Place carrots in a small saucepan and cover with water. Bring to a low boil and cook for 3-5 minutes, Stir in peas, then immediately drain in a colander.
2. Heat large skillet over high heat. Pour in vegetable oil, then stir in carrots, peas, and garlic; cook for about 30 seconds. Add eggs; stir quickly to scramble eggs with vegetables.
3. Stir in cooked rice. Add soy sauce and toss rice to coat. Drizzle with sesame oil, if using, and toss again.
4. Serve and enjoy!

CANNED DICED TOMATO SALSA

Ingredients:

2 cans (14.5 oz) diced tomatoes
1/4 cup finely diced onion
1/4 cup finely diced green pepper
2 cloves garlic
1 TB lime juice
1/2 tsp salt
1/4 tsp black pepper
3 TB fresh cilantro
Add pinch of red pepper flakes



Directions:

Place all ingredients into the food processor or blender and pulse a few times. Start out with 3 pulses and then decide what consistency you want from there. Pulse more for a very smooth salsa, pulse less for a chunky salsa.
Serve with tortilla chips and enjoy!

"No exact recipe for today. Gather all available ingredients and whip yourself up something delicious." - Lin-Manuel Miranda

Rice with Dried Cranberries & Toasted Pecans

Ingredients:

1/4 cup coarsely chopped pecans	1 TB extra-virgin olive oil
1 cup rice, uncooked	1 garlic clove, minced
2 cups water	1/2 tsp salt
2 TB dried cranberries, coarsely chopped	



Directions:

Preheat oven to 350 degrees. Spread the pecans in a small baking pan, place in the oven and toast until they are fragrant and have taken on color, about 15 minutes.
Pour onto plate and let cool.

Meanwhile, in a large, deep fry pan over medium-high heat, warm the olive oil until grain of rice sizzles upon contact. Add the rice and cook stirring, until the rice separates and turns golden, about 5 minutes. Add the garlic and cook for 1 minute until fragrant. Add the water and salt. Bring to a boil, reduce the heat to medium, cover and cook until the liquid is absorbed, 15 to 18 minutes. Uncover and continue to cook until any excess moisture is cooked off, about 1 minute.

Spoon the rice into a warmed serving dish. Top with the toasted pecans and cranberries. Serve & enjoy!

Trail Mix Granola Bars

*2 cups nuts (pecans, almonds, walnuts, etc)	*1/2 cup dried coconut, optional
*1/4 cup dried cranberries	*1/4 tsp sea salt
*1/4 cup maple syrup	*1 tsp vanilla extract



-Preheat oven to 325 and line an 8x8 inch baking pan with parchment paper.

Add all of the nuts, seeds, dried fruit and salt to a mixing bowl and give it a stir. In a separate small bowl, stir together the vanilla extract and maple syrup. Pour this on top of the nuts and stir everything together, until it's well coated. Pour into the baking pan and use the back of a large spoon or spatula to flatten into a single layer. Bake for 30-35 minutes, then cool for one hour in the pan. Once fully cooled, slice them into bars. Enjoy!

* **note**— can also add chia seeds, pumpkin seeds, dates— whatever you like! Make it your own!

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