

# Pantry News

December 2024 Issue # 12

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](http://www.waynecountypa.gov) and you'll find the tab under Popular Resources. You will find many useful and tasty recipes.** □

The eggs that you will receive this month come from Valley View Farms, Dave Hauenstein and Leonard Hauenstein and Far Away Farms. The fresh produce comes from Willow Wisp Farms.

## Easy Bean Soup for Two

### Ingredients:

- \*2 tsp olive oil
- \*1 small jalapeno, seeded & diced, optional
- \*1 tsp ground cumin
- \*3 (15.75 oz) cans pinto beans, divided—you can also use black beans, kidney, navy, chickpeas, cannellini, or even black-eyed peas if you prefer
- \*1 1/2 cups water or broth (vegetable, beef, or chicken can be used)
- \*Shredded cheese, optional for garnish
- \*1/2 cup chopped onion
- \*1 tsp chili powder
- \*1/4 tsp dried oregano



### Directions:

1. Heat oil in a large pan over medium-high heat. Add onion and jalapeno. Cook until onions are translucent, about 5 minutes.
2. Stir in chili powder, cumin, and oregano. Blend one can of beans in a blender until smooth and add to pot.
3. Rinse and drain the other 2 cans of black beans and add to pot. Add water or broth. Bring pot to a boil. Reduce heat and simmer for 20 minutes.
4. Ladle into bowls; season with salt & pepper to taste.
5. Serve and enjoy! ☺

## Best Green Bean Casserole

### Ingredients:

- 2 (14.5 oz) cans green beans, drained
- 1 (10.5 oz) can condensed cream of mushroom or cream of chicken soup
- 1 cup shredded Cheddar cheese, divided
- 1 (6 oz) can French-fried onions



### Directions:

1. Preheat oven to 350 degrees.
2. Mix green beans and condensed soup together in a large microwave-safe bowl until well combined. Microwave on high until warm, 3-5 minutes. (this can be done on the stove-top in a medium pot—heat over medium-high until warm.)
3. Stir in 1/2 cup Cheddar cheese into the green bean mixture. Microwave on high for 2-3 minutes. (or continue to cook on stove-top on medium high for 2-3 minutes.)
4. Transfer mixture to a greased casserole dish and spread evenly over the bottom. Sprinkle with remaining cheese on top and French-fried onions, if using.
5. Bake in preheated oven until cheese is melted & the onions are just turning brown, about 10 minutes.

### 3 Ingredient Peanut Butter Cookies with Pistachios

#### Ingredients:

**3/4** cup creamy peanut butter  
**1** large egg, beaten  
**1/4** cup chopped pistachios, shelled & roasted\*



#### Directions:

1. Preheat oven to 350 degrees
2. In a medium bowl, whisk together the peanut butter and egg.
3. Fold in the pistachios. Roll into balls (about 1 Tablespoon each) and arrange evenly on a parchment lined baking sheet.
4. Using a fork, press down on each dough ball to form lines and flatten.
5. Bake for 9-10 minutes.
6. Remove from oven and let cook completely before eating.
7. Enjoy!

**\*To roast pistachios**– After shelling pistachios, add to heated pan on the stove-top. Roast on medium-high, stirring often, until they turn light brown and give off a nutty smell.

### Easy Mashed Potatoes and Corn

#### Ingredients:

1 (15.25 oz) can corn, undrained  
2 cups milk  
3 TB butter  
1/2 tsp salt  
1/8 tsp pepper  
2 cups mashed potato flakes (dry)  
1/2 cup sour cream  
2 TB grated Parmesan cheese, optional  
2 TB bacon bits, optional



#### Directions:

1. In a medium sauce, combine corn, milk, butter, salt and pepper; mix well. Cook over medium heat until mixture is hot and bubbly.
2. Remove from heat. Stir in potato flakes and sour cream until well blended. Sprinkle with Parmesan cheese and bacon bits, if using.

## Easy Creamed Corn Casserole Recipe (Just like Grandma Made!)

#### Ingredients:

**1/2** cup butter  
**1/4** cup all-purpose flour  
**1/4** cup sugar  
**2** eggs, well beaten  
**1** cup milk  
**2** (15.25 oz) cans whole kernel corn, drained  
**1/2** tsp salt  
**1/2** tsp ground black pepper



#### Directions:

1. Preheat oven to 350 degrees
2. In a sauce pan, heat the butter slowly over medium-low heat, swirling the pan until it's just melted. Set it aside while you measure out the rest of the ingredients.
3. Whisk the flour into the melted and cooled butter until well incorporated. Then whisk in the sugar, eggs and milk.
4. Stir in the creamed corn into the butter mixture, along with the drained corn. Season with salt & pepper.
5. Pour into a 8x8 baking dish.
6. Bake on the middle oven rack uncovered at 350 for approximately 1 hour and 15 minutes, until center is set and the corn casserole is brown and caramelized on top. It can be moved to the top rack toward the end of cook time if more caramelization is desired. Let stand for 5 minutes, serve warm.

## A Must-Try Buffalo Chicken Dip Recipe

### Ingredients:

8 ounces cream cheese (softened)  
1/2 cup blue cheese (or ranch) salad dressing  
1/2 cup any flavor Frank's Red Hot Sauce  
1/2 cup crumbled blue cheese (or shredded mozzarella or cheddar cheese)  
2 cups shredded cooked chicken or 2 (10 oz) pouch chicken, drained



### Directions:

1. Heat the oven to 350F. Place 8 oz softened cream cheese into a deep baking dish.
2. Mix in 1/2 cup blue cheese or ranch salad dressing, 1/2 cup any flavor red hot sauce and 1/2 cup crumbled blue cheese or shredded mozzarella cheese. Stir in the chicken.
3. Bake it for 20 minutes or until the mixture is heated through. Stir and garnish as desired.

\*Can also be done in the microwave— Prepare as above, using a microwave safe dish. Microwave, uncovered for 5 minutes or until hot, stirring halfway through.

Nutritious and delicious, **nuts** are perfect alone or in a wide variety of dishes. But thanks to their high oil content, nuts can become rancid and go bad fairly quickly. To extend the shelf life of nuts, freeze them—they'll stay fresher much longer. Freezing nuts is easy! Put them in a plastic freezer bag, label them and put them in the freezer. It's that easy. You don't have to thaw nuts before using them, but if you're eating them as is, as compared to using them while cooking, you might want to let them get to room temperature. For cooking or baking, you can use frozen nuts. A quick way to reheat nuts is to roast them slightly in a pan or in the oven. Most nuts can last for six months to a year in the freezer.

## Surprising Reasons Why Instant Potato Flakes are Magic

Potato flakes are for more than just quick and yummy mashed potatoes. They can be used as binding for meatballs and meatloaf in place of bread crumbs to help keep them moist while still keeping their shape. Instantly thicken soups and stews by just stirring in a spoonful of potato flakes and adding a teaspoon at a time until you reach the desired thickness. Give a crispy crust to chicken or fish by combining equal amounts of potato flakes and flour for your dry dredging mixture and bake or fry as usual.

**\*to rehydrate dried (pinto) beans:** Begin by rinsing the beans and placing them in a large container with water to cover. 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. Leave the beans 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 your beans.

## Sandy's Chicken Casserole

### Ingredients:

- 1 cup uncooked elbow macaroni, or any small pasta
- 1 5 oz can chunk chicken, drained
- 1 cup shredded cheddar cheese
- 1 cup milk
- 1 can cream of chicken soup
- 1 can sliced mushrooms, optional
- ¼ cup chopped onion



### Directions:

Preheat oven to 350 degrees.

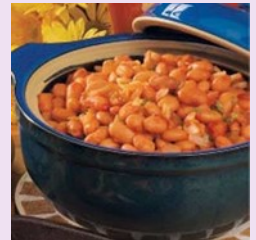
In a large bowl combine the macaroni, chicken, cheese, milk, soup, mushrooms and onion. Mix together and transfer mixture to a 9x9 inch baking dish or 2-quart casserole dish.

Bake at 350 for 35-45 minutes, or until bubbly and golden brown.

## Salsa Navy Beans

### Ingredients:

- 1 small onion, chopped
- 1 TB oil, vegetable or olive
- 1 garlic clove, minced
- 1 cup dried navy beans— soak 1 cup dried beans overnight in 4-5 cups cold water to hydrate before using— will make **2** cups beans after soaking)
- 2/3 cup salsa



### Directions:

After soaking beans overnight—rinse and drain. Heat oil in a large skillet over medium-high, add oil and sauté onion until tender. Add garlic, cook 1 minute longer. Stir in beans and salsa; heat through. Serve and enjoy!

*\* This is a zippy alternative to refried beans. This easy side dish is so homey and hearty. For an extra zing, top with shredded cheese or a dollop of sour cream.*