

Pantry News

June 2025 Issue # 6

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 you receive in your pantry box.

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.

Thank you to the farmers who support Wayne County Food Pantry— Willow Wisp Farm, Lato Sud Farm, Valley View Farm, Far Away Farms, Creamworks Creamery, Dave Hauenstein and Leonard Hauenstein.

Beans 101— Cheap, Nutritious, and Super Healthy Beans are highly nutritious, boasting at least a little bit of almost every nutrient you need. They may cause digestive discomfort, but that can usually be avoided with the right cooking and preparation methods. Beans contain protein, fiber, iron, calcium, magnesium, potassium, and folate. They also contain decent amounts of zinc, manganese, selenium, and vitamins B1, B6, E, and K. They are a nutritional powerhouse!

How to Cook Dry Beans from Scratch

Soaking Beans— Soaking beans allows the dried beans to absorb water, which begins to dissolve the starches that cause intestinal discomfort. While beans are soaking, they are also doubling to tripling in their size. (Note: Lentils, split peas and black-eyed peas do not need to be soaked.) **1.** Pick through the beans, discarding any discolored or shriveled beans or any foreign matter. **2.** Rinse the beans well. **3.** Soak the beans with one of these methods. **Hot Soak**— In a large pot, add 10 cups of water for each pound (2 cups) of dry beans. Heat to boiling, boil for 2-3 minutes. Remove from heat, cover and soak for up to 4 hours. Hot soaking is the preferred method since it reduces cooking time, helps dissolve some of the gas-causing substances in beans, and most consistently produces tender beans. **Quick Soak**— This is the fastest method. In a large pot, add 6 cups of water for each pound (2 cups) of dry beans. Heat to boiling; boil for 2-3 minutes. Remove from heat, cover and soak for at least 1 hours. **Traditional Overnight Soak**— This is the easiest method. Place dry beans in a large container; for each pound (2 cups) beans, add 10 cups of cold water. Cover and refrigerate 8 hours or overnight. **4.** Drain and rinse beans soaked by either method with fresh, cool water.

White Bean Chicken Chili

Ingredients:

1 lb dried navy beans
5 cups chicken stock
4 TB (1/2 stick) butter
1 TB minced garlic
3/4 cup diced onion
1 1/2 can chopped green chilies or jalapeno peppers, optional
1 lb finely chopped skinless, boneless chicken breast (can also use canned or pouch chicken, drained)
1 TB ground cumin
1 TB dried oregano
1-2 tsp ground black pepper
1 TB dried cilantro
Red pepper flakes, to taste

Directions:

1. Wash beans, cover with water, and soak for 2 hours. Drain.
2. Place beans in large pot with chicken stock. Bring to a boil.
3. In a saucepan, heat butter and sauté garlic, onion, and chilies for 5 minutes. Add to bean pot. Add chicken, cumin, oregano, black pepper, white pepper, red pepper, and cilantro.
4. Lower heat to medium and cook, stirring occasionally, for approximately 1 1/2 hours.
5. Serve and enjoy.



Roast Pork and Potatoes

Ingredients:

3-5 pounds boneless pork roast
2 TB vegetable oil
2 tsp salt
2 tsp black pepper
1 tsp garlic powder
1 tsp onion powder
1 tsp paprika
2 large onions, cut into chunks
1 1/2 pounds potatoes, cut into chunks
1 pound carrot, cut into chunks, optional
2 cups apple juice, water can be substituted for juice



Directions:

Preheat oven to 450 degrees. Rub pork roast with vegetable oil. In a small bowl, stir together salt, pepper, garlic powder, onion powder and paprika. Sprinkle seasoning mixture onto pork roast, Place fatty side up in a roasting pan or large cast iron dutch oven.

Roast, uncovered, in the 450 degree oven for 30 to 45 minutes. Reduce the oven temperature to 350 degrees and continue cooking an additional 1 hour.

Remove roast from the oven and the place the onion chunks, carrots, and potatoes around the meat. Pour 2 cups apple juice, or water, over vegetables. Season vegetables with salt and pepper.

Return to oven and cook and additional 1 to 1 1/2 hours, uncovered, or until vegetables are tender and meat shreds easily with a fork. Serve hot and enjoy!

The Best Mashed Potatoes

Ingredients:

2 lbs potatoes	1 large garlic clove, minced or 1 TB minced garlic
salt and pepper, to taste	3 TB butter
1/2 cup milk or cream	



Directions:

Peel and quarter potatoes. (if desired, you can leave the skins on the potatoes—for added flavor and nutrition) Place potatoes in a pot of cold salted water— enough water to cover potatoes by one inch.

Bring to a boil. Cook uncovered for 15 minutes or until fork-tender. Drain well.

Heat milk, butter and garlic in small pan on the stove top or in the microwave until warm and butter is melted.

Begin mashing potatoes. Pour in heated milk, butter and garlic mixture a little at a time, while using potato masher, to reach desired consistency.

Season with salt and pepper to taste.