

Pantry News

July 2025 Issue # 7

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 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.

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.

How to make better tasting burgers!

When it comes to making mouthwatering burgers, the key lies in the ingredients you mix into your ground beef. While ground beef itself provides a rich and savory base, adding a variety of seasonings, binders, and flavor enhancers can take your burger to the next level.



What to put in ground beef for burgers:

The possibilities are endless, but here is a partial list of ingredients that can enhance the flavors of your burgers: Chopped onions for a sweet & tangy flavor; Garlic brings a delightful pungency to the meat; Worcestershire sauce enhances the ground beef flavor; Dijon mustard adds depth and tanginess; Beaten eggs act as a binder, ensuring the patties hold their shape during cooking; Breadcrumbs—just a handful— help to bind the ingredients together and retain moisture; Salt & pepper is quintessential for flavorful burgers; Ranch seasoning mixed in the ground beef prior to making patties is a simple and easy way to kick up those burgers. Make sure you test some of the ideas out — you might be very surprised by how much better your burgers can be!

Homemade Dried Fruits Dipped in Dark Chocolate

Making homemade dried fruits dipped in dark chocolate is so easy and nutritious. Sure, you can buy them, but making them at home allows you to know exactly what goes into them. It also saves you so much money!

Ingredients:

1 cup dark chocolate melting chips
20 pieces dried fruit— dried plums, apricots, dates, figs
Sea salt, optional

Directions:

Line a baking sheet with parchment paper. Set aside. Start by melting the chocolate in the microwave or over the double boiler. The chocolate does not need to be melted all the way when you remove it from the microwave, as it will continue to melt as you stir it. Start with 45 seconds and use 10 second increments until ready. Dip the dried fruit in the chocolate. You can cover them all the way or partially, as you prefer. Place on parchment-lined baking sheet. If you are using sea salt— be sure to do this while the chocolate is still wet. If your house is cool enough, you won't need to chill them. If not, put them in the fridge for a few minutes to set the chocolate.



How to Cook Rice with Cream of Chicken Soup

Ingredients:

- 1 cup of rice
- 1 can cream of chicken soup
- 2 cups chicken broth, water can be used if broth unavailable
- 1 TB butter
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt & pepper to taste



Optional add-ins:

Make your rice healthier and more satisfying with cooked chicken or any vegetable i.e. carrots, broccoli, beans, etc., or any shredded cheese of your choice.

Directions:

1. Start by rinsing the rice under cold water to remove any excess starch. This step helps to prevent the rice from becoming sticky.
 2. In a large saucepan, melt the butter over medium heat. Add the rinsed rice and cook for a couple of minutes until lightly toasted.
 3. Add the chicken broth, (or water if using), cream of chicken soup, garlic powder, onion powder, salt & pepper to the saucepan. Stir well to combine all the ingredients.
 4. Bring the mixture to a boil, then reduce the heat to low. Cover the saucepan with a lid and let it simmer for about 20 minutes or until the rice is tender and has absorbed the liquid.
- Once the rice is cooked, remove the saucepan from the heat and let it sit for a few minutes then fluff it with a fork.
- Serve the rice hot and enjoy!

RICE PUDDING

Ingredients:

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| 1 1/2 cups cooked rice * | 1 beaten egg |
| 2 cups milk | 2/3 cups raisins or dried cranberries, optional |
| 1/3 cup sugar | 1 TB butter |
| 1/4 tsp salt | 1/2 tsp vanilla |
| Nutmeg and cinnamon to taste | |

Directions:

Combine the cooked rice, 1 1/2 cups milk, sugar and salt in a heavy saucepan. Cook over medium heat, stirring occasionally until thickened, about 15-20 minutes. Blend the remaining 1/2 cup milk with the beaten egg and stir into rice mixture. Add raisins, if using. Cook 2 minutes longer, stirring constantly. Remove from heat, add butter and vanilla. Sprinkle with nutmeg and cinnamon. Serve and enjoy!



***How to cook rice–** The ratio of water to rice is usually 2 cups water to 1 cup dry rice with 1/2 tsp salt and 1 tablespoon butter or oil. This recipe can easily be double or tripled as necessary.

Bring water to boil in a medium saucepan, uncovered. Add rice, salt & butter and turn heat down to low, cover with lid, and leave for 13 minutes. With lid still on remove saucepan from stove and let stand for 10 minutes. Remove lid, fluff rice with fork. Serve as desired. Enjoy!