

Pantry News

August 2025 Issue # 8

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.

Hearty Spaghetti with Lentils and Marinara

Ingredients:

1/2 cup dry lentils
1 bay leaf
1 large garlic clove, peeled but left whole
1/4 tsp salt
2 cups broth or water
2 cups marinara **see below for simple marinara recipe*
8 oz spaghetti, or any pasta of your choice
Parmesan cheese, for garnish; optional



Directions:

To cook lentils, first pick through the lentils for debris and then rinse them in a fine mesh colander. In a small saucepan, combine the lentils, bay leaf, garlic, salt and broth.

Bring the mixture to a simmer over medium-high heat, then reduce heat to maintain a gentle simmer. Simmer until the lentils are cooked through and tender, which will take somewhere between 20-35 minutes, depending on the age and variety of the lentils. Drain the lentils, discard bay leaf and garlic, and set the pot aside, uncovered.

Meanwhile, bring a large pot of salted water to boil. Cook the pasta until al dente, according to package directions. Drain, then return the pasta to the pot and set it aside.

Stir the marinara into the lentils and warm them together over medium heat. Divide pasta into bowls, top with warm marinara and lentils, and garnish with Parmesan cheese if desired. Serve warm and enjoy!

*Awesomely Easy Marinara Sauce

Ingredients:

1 (16oz) can tomato sauce
1/2 cup chopped onion
1 tsp minced garlic
2 tsp Italian seasoning
1 tsp sugar
2 TB olive oil
Salt & pepper to taste



Directions:

Heat olive oil over medium heat in a medium-sized saucepan.

Saute onions and garlic until brown.

Add tomato sauce and stir.

Lower heat to medium-low.

While stirring, add rosemary, basil and oregano.

Allow sauce to bubble.

Sprinkle with sugar and mix again.

Season to taste with salt and pepper.

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.

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.

CHICKPEA SALAD

Ingredients

- 2 cans garbanzo beans (aka chick peas), drained & rinsed, or 3 cups cooked garbanzo beans, if using
- 1 small can of sliced black olives, optional
- 1 small onion, finely diced
- 2-3 celery stalks, finely diced
- 1 small red or green pepper, finely diced
- 3 TB dried parsley, or 1/3 cup chopped fresh parsley, optional
- Extra virgin olive oil or vegetable oil, just enough to coat ingredients— you can always add more if desired
- Splash (about a teaspoon) of red wine or white vinegar



Directions:

Pat dry the drained & rinsed chick peas with a towel. Combine all ingredients in a large mixing bowl. Mix very well. Refrigerate for 10 minutes and then mix well again. Add salt & pepper to taste. Can be served chilled or at room temperature. Best if made the day before. Enjoy!

Classic Coleslaw

Ingredients:

- 1 medium head cabbage, 6-7 cups shredded
- 3 medium carrots, peeled & shredded
- 1/2 cup mayonnaise
- 2 TB vinegar
- Salt & pepper to taste
- 1 tsp sugar, optional to taste, if you like it a little sweeter



Directions:

In a large mixing bowl, whisk together mayonnaise and vinegar to combine. Add salt and pepper to taste. If a sweeter taste is desired, add a little sugar to taste. Stir well until combined.

Cut cabbage into wedges, then cut crosswise to create shreds. Place the shreds in the bowl with the dressing and stir to mix well.