

Pantry News

September 2025 Issue # 9

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— Creamworks Dairy, Willow Wisp Farm, Lato Sud Farm, Valley View Farm, Far Away Farms, Dave Hauenstein and Leonard Hauenstein.

Cowboy Caviar

Ingredients:

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| 1 (15oz) can diced tomatoes, drained | 1 (15 oz) can black beans, drained and rinsed |
| 1 (15 oz) can blackeye peas (or pinto beans), drained and rinsed | 1/3 cup diced red or yellow onion |
| 1 can corn, drained (or 1 1/2 cups fresh or frozen corn) | 1 chopped bell pepper, can use green, red or yellow |
- *optional add-ins: diced & seeded jalapeno, diced avocado, chopped cilantro*

Dressing:

- 1/3 cup extra virgin olive oil or vegetable oil
- 2 TB lime juice
- 2 TB red wine vinegar
- 1 tsp granulated sugar
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp garlic powder

Directions:

1. In a medium size bowl, combine tomatoes, black beans, blackeye peas, bell pepper, onion, and corn. Toss well to blend all ingredients.
2. In separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper and garlic powder.
3. Pour dressing over tomato and bean mixture. Blend well. Serve & enjoy!



Skillet Fried Potatoes

Ingredients:

- 2 cans diced potatoes, drained
- 1 TB olive oil and 1 TB butter
- 1/2 chopped onion
- Salt & pepper to taste
- 1 tsp minced garlic
- 1 tsp dried rosemary, minced optional

Directions:

1. Add butter and oil to a skillet over medium heat. Add chopped onion and cook until translucent.
2. Add the potatoes and stir to coat. Season to taste with salt & pepper.
3. Cover and cook for 10 minutes.
4. Uncover and raise the heat to medium high. Cook for 10 more minutes, stirring occasionally.
5. Add garlic and rosemary and cook for 5 more minutes or until desired crispness! Serve & enjoy!



WALNUT RICE

Ingredients

1 cup uncooked rice
3 TB butter, divided
1/2 onion, diced
4 cloves garlic, minced
2 cups chicken stock, or water
1/2 cup roughly chopped walnuts
Salt to taste (about 1 tsp per cup of dry rice)



Directions:

In a medium sauce pan, melt 1 TB of butter. Add the onion and let it sauté until transparent, then, add garlic and sauté until fragrant and light gold.

Then, add the rice, season with salt, give a little stir, and add in the stock (or water, if using).

Bring to a gently boil, cover and let simmer.

No peaking! Leave that lid closed the whole time, and let it cook until all the liquid has been absorbed.

While the rice is cooking, lightly roast the walnuts in a frying pan over medium heat. Toss a few minutes until they are fragrant and begin to toast. Set aside.

When the rice is done cooking, quickly open the pan, add in the last bit of butter, and the toasted walnuts and cover the pot again for the rice to rest in the steam and to finish cooking. Let it sit covered for about 10 minutes.

After 10 minutes of resting time, open the pan and stir to combine. Serve and enjoy!

Ground Pork and Rice Skillet

Ingredients:

1 lb ground pork
1 bell pepper, diced
Salt & pepper, to taste
2 cups chicken broth, or water
1 cup rice, uncooked
sauce

1 medium onion, diced
2 cloves garlic, minced
1 can diced tomatoes
1 packet taco seasoning
1 TB Worcestershire



Directions:

In a large skillet over medium-high heat, add the ground pork and taco seasoning. Cook, breaking it apart with a spoon until it is fully browned and no pink remains, about 5-7 minutes. Drain any excess fat from the skillet.

Add the diced onion and bell pepper to the skillet with the pork. Cook, stirring occasionally, until the vegetables begin to soften, about 3 minutes. Add the minced garlic, salt, and pepper, and cook for another minute, until fragrant.

Stir in the undrained diced tomatoes, chicken broth, white rice and Worcestershire sauce. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 18-20 minutes, or until the rice is tender and most of the liquid has been absorbed.

Remove skillet from the heat. Sprinkle the shredded Cheddar cheese over the top of the rice mixture. Cover the skillet for a few minutes to let the cheese melt.

Serve hot and enjoy!