

# Pantry News

October 2025 Issue # 10

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](http://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.

## Yellow Split Pea Tortilla Soup

This soup is such a fun twist on traditional tortilla soup. Top it with cheese and sour cream and enjoy it with lots of chips.

### Ingredients:

- 1/2 lb ground beef
- 1/2 cup onion, chopped
- 1/2 cup green or yellow peppers, chopped
- 2 15 oz cans tomato sauce
- 1 15 oz can diced tomatoes
- 1 15 oz can black beans, undrained
- 1 15 oz can kidney beans, undrained
- 1 cup salsa
- 1 cup yellow split peas
- 2 tsp salt
- 2 tsp chili powder
- 2 tsp cumin

### Suggestions for topping the soup:

- Shredded cheddar cheese
- Green onions
- Sour cream tortilla strips
- Roasted split peas\* (see recipe below)



### Directions:

In a large pot or sauté pan, brown the ground beef along with your chopped onions and chopped peppers over medium heat. Continue cooking until ground beef is cooked thoroughly and onions are translucent. Drain the grease out of the pan.

Add the ground beef, onions, peppers, tomato sauce, diced tomatoes, black beans, kidney beans, salsa, split peas, and seasonings to a large pot. (if already using a large pot to brown the ground beef, just drain grease and add all ingredients to the pot with the browned beef.)

Simmer the soup until the split peas are tender, about 60-70 minutes. (add broth or water as needed if the soup gets too thick.)

Serve with your favorite toppings.

**\*For Roasted Split Peas—** Pour 1 cups split peas into a large bowl. Cover with about 3 cups of water— enough to cover the peas plus about 3/4 more, cover bowl. Soak for a minimum of 6 hours or overnight. Pre-heat oven to 400 degrees. Line a cooking sheet with parchment paper. Drain and rinse the split peas. Pat dry with a paper towel. Return split peas to the bowl and add the olive oil, stir. Add all the spices and stir to coat the peas completely. Spread the peas over the parchment paper and put into the oven to roast. Stir after 10 minutes. Stir every 5 minutes for another 10-20 minutes of roasting. Check consistency after 15 minutes for amount of crunch you want, the longer you roast the crunchier the peas become.

# FROZEN STRAWBERRY FLUFF

## Ingredients

1 1/4 cup cookie crumbs  
1/3 cup butter, melted  
2 egg whites  
1 TB lemon juice  
1 1/3 sugar  
2 cup fresh or frozen (thawed) strawberries, chopped  
1 cup heavy whipping cream



## Directions:

Preheat oven to 350. Grease a 9 inch square baking pan.

Mix cookies crumbs & butter together in a medium bowl. Press into the bottom of prepared baking pan.

Bake for 8 minutes. Remove from oven & let cool.

Add egg whites and lemon juice to a large bowl. Beat with a mixer until combined and fluffy. Gradually add in sugar and strawberries. Continue to beat until fluffy and increased in volume.

Fold in whipped cream. Spread mixture over cookie crust. Cover and freeze overnight.

When ready to serve, cut into squares. Serve & enjoy!

## Easy Strawberry Milkshake

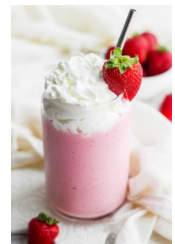
**Ingredients:** (for 1 milkshake) *can be doubled, tripled, etc. as desired.*

1 1/2 cups frozen strawberries  
1 cup vanilla ice cream or 2 large frozen bananas\* (for a healthier option)  
1/2 cup milk plus a few splashes more as desired/ needed to help your blender to get going

## Directions:

Combine all ingredients in a blender & blend until creamy and smooth. Add a splash more liquid as needed to get your blender going or if you want a less thick milkshake.

Serve & enjoy! For an extra treat– top with whipped cream!



## Easy Everyday Baked Chicken Drumsticks

### Ingredients:

8 chicken drumsticks, skin-on– about 2 lbs total	2 TB olive oil
1 tsp salt	1/2 tsp black pepper
1 tsp each– garlic, onion, paprika	1/4 tsp cayenne pepper, optional

### Instructions:

Preheat oven to 400. Line a rimmed baking sheet with parchment paper and arrange the drumsticks in a single layer on the baking sheet. In a medium bowl, make a paste by combining olive oil and all spices.

Using a pastry brush or your hands, coat the chicken pieces with seasoning paste.

Bake the drumsticks uncovered for about 40 minutes, until they are cooked through and internal temperature of 165 degrees. Baste the drumsticks using a clean pastry brush. Serve immediately and enjoy!