

Pantry News



March 2020 Issue # 1

We hope you enjoy our first ever *Pantry News*. A newsletter designed with you in mind! You will have the opportunity to try out new recipes using food items that you receive in your bag. In the future look for upcoming and special events to be announced. Many of the anticipated events will be held just for our pantry consumers. We hope you will enjoy new things that will be coming our way!

Split Pea and Pear Soup

Yield 6 Servings

Ingredients.

2 cups chopped onions (1 large onion)	1 tsp ground ginger	2 cups peeled & cubed sweet potato (1 large potato)
1 Tbsp canola or vegetable oil	1/2 tsp cinnamon	1 can pears (15 oz.), drained
1/2 tsp ground cumin	1 1/2 cups split peas	7 cups chicken stock or water
1 tsp turmeric		

Directions

In a large pot, sauté the onions in oil for about 5 minutes until golden, stirring frequently.
Add the cumin, turmeric, cinnamon and ginger and cook for another minute.
Add the split peas, stock or water, sweet potato, pears, and bring to a boil.
Lower the heat and simmer for 35-45 minutes, or until the split peas are tender, stir frequently to keep solids from burning on the bottom & add more stock or water if needed. Taste for salt and pepper and serve hot.

Spiced Walnuts

Yield 2 Cups

Ingredients

1/2 teaspoon salt	1/2 tsp cinnamon	2 cups walnut halves, 1 lb bag
1/4 teaspoon ground black pepper	1/8 tsp ground cloves	1 TB sugar
1/2 teaspoon ground cinnamon	2 TB unsalted butter	

Directions

Combine salt, pepper, cinnamon, cloves, and ginger in a small bowl
Melt the butter in a large nonstick skillet over medium-low heat; add the spice mixture, followed by the walnuts.
Toast the nuts, stirring often, until the color of the nuts deepens slightly, 6 to 8 minutes.
Transfer the nuts to a bowl and toss with the sugar. Spread the coated nuts on a plate to cool.

Pumpkin Brown Rice Pudding with Walnuts and Raisins

Yield 6 servings

Ingredients

3 eggs	1 tsp vanilla extract	1/2 tsp ground ginger
1 1/2 cups milk	1/2 tsp cinnamon	1 1/2 cups brown rice *
1/3 cup brown sugar	1/2 tsp nutmeg	1/2 cup raisins
1/4 cup pumpkin	1/8 tsp ground cloves	1/2 cup chopped walnuts

Directions

Combine eggs, milk, sugar, pumpkin, vanilla and spices in a mixing bowl. Beat until well combined (but not foamy). Stir in rice, raisins and walnuts. Pour into a 1 1/2 quart ovenproof dish. Place dish in a larger baking dish or pan. Pour boiling water into the backing dish (being careful not to get water in the pudding mixture) to a depth of approx. 1 inch.
Bake in preheated 350 degrees oven for 35 to 45 minutes, until a knife inserted near center comes out clean. Serve warm or at room temperature. Garnish with whipped topping or ice cream.

* *Instructions on how to best cook the brown rice are on the back*

* Brown Long Rice

Yields 3 cups / 4 Servings

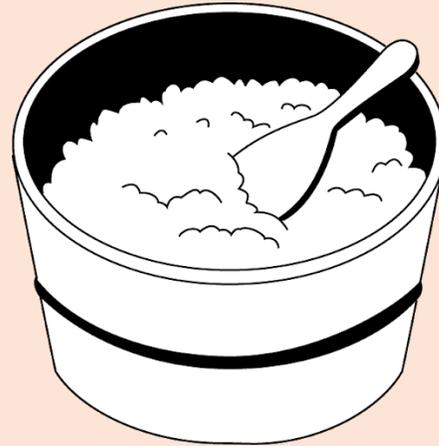
INGREDIENTS

1 cup medium- or long-grain brown rice

1 teaspoon olive oil (optional)

2 cups water

1 teaspoon salt



EQUIPMENT

1-quart (or larger) pot with tight-fitting lid

INSTRUCTIONS:

Rinse the rice. Place the rice in a fine-mesh strainer and rinse it thoroughly under cool water. There is no need to dry the rice before cooking; a bit of moisture on the rice is fine.

Place the rice , oil , salt and water in saucepan.

Bring to a boil, then reduce the heat so that the liquid is just barely simmering, then cover the pan.

Cook for about 30 minutes.

Check the rice. Uncover and check to see if all the water has been absorbed; a little water on the very bottom is fine, but if there's more than a tablespoon, drain off the excess. At this point, the rice should also be chewy and tender, and no longer crunchy. If it's still crunchy, add a little more water (if needed) and continue cooking; check every 10 minutes until the rice is done.

Take the rice off the heat and cover again. Let the rice sit 10 to 15 minutes. This last step prevents the rice from becoming overly sticky and helps it lose that wet, "just-steamed" texture.

Fluff and serve. Use a fork to fluff the rice, then transfer it to a serving dish. Serve while warm.

Cooking Made Easy

