

# P ntry News

July 2021 Issue # 6

We hope you are enjoying *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.

This month some of the items we have included are **canned beef, peaches and oatmeal**. Canned beef has been found to have higher levels of two omega-3s than fresh salmon. It also has as much calcium as a glass of skim milk. We have provided a recipe using the peaches and oatmeal in a sweet and tasty peach crisp along with a recipe for oatmeal raisin cookies.

## Beef Chili Mac

### Ingredients:

- 1 24 oz can beef w/ juices
- 1 14.5 oz can diced tomatoes, chili style
- 1 15 oz can light red kidney beans (any kidney bean will do)
- 1 medium onion, diced
- 6 oz rotini (any small pasta will do)

Scant amount of spices of your choice to taste- cumin, garlic powder, nutmeg, and/or cayenne- add slowly until desired taste is reached.

### Instructions:

1. Combine beef, tomatoes, and pasta. Add spices to your liking.
2. Heat and simmer until pasta is done (6-7 minutes); only then add canned beans.
3. Heat beans through and serve.

*\*Another great way to use the canned beef is to throw it in a crockpot with your favorite BBQ sauce. Yummy BBQ sandwiches.*

***Rice Casserole-*** *To 2 cups cooked rice add 1 can of meat with juices, 1 can cream of mushroom soup, and 2/3 cup sour cream. Mix together. Put in 2-quart greased pan. Top with ½ cup of grated cheese of your choice. Bake in a preheated oven for 20-30 minutes.\**

*\*For added flavor and nutrition- add any canned & drained vegetable of your choice before baking.*

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## Peach Crisp

### Ingredients

- 2 14.5 Cans sliced peaches, (about 5 cups of sliced peaches)
- 1 cup all-purpose flour
- 1 cup packed brown sugar
- 1 cup old fashioned or instant oats
- 1 tsp ground cinnamon
- ¼ tsp salt
- ½ cup softened butter
- Vanilla ice cream for serving, optional



### Instructions

1. Preheat oven to 350 degrees.
  2. Drain juice from one of the cans of peaches and discard. Pour both cans of peaches into a pie dish.
  3. In a bowl, combine flour, brown sugar, oats, cinnamon and salt.
  4. Mix butter into flour and oat mixture with a fork until mixture is crumbly.
  5. Sprinkle over peaches.
  6. Bake for 40 minutes or until topping is golden brown.
  7. Remove from oven and allow to cool 10 minutes before serving.
- \* Top with vanilla ice cream if desired.

This month's produce is being provided by Stan Bialecki and Willow Wisp Farms.

## Oatmeal raisin cookies

### Ingredients

- 1/2 cup unsalted butter, room temperature
- 3/4 cup brown sugar
- 1/4 cup granulated sugar
- 2 eggs, room temperature
- 1 teaspoon pure vanilla extract
- 2 cups pancake mix
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 cups old fashioned oats
- 1 cup raisins



### Directions

1. With a mixer, cream butter, brown sugar and granulated sugar until fluffy.
2. Add eggs and vanilla, beat until evenly incorporated.
3. Add remaining ingredients and mix until uniform. Using a heaping tablespoon, drop batter 2 inches apart on greased baking sheet (or lined with parchment paper)
4. Bake at 350 degrees F for 12-14 minutes or until golden brown. Allow to cool on rack.

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