

# P ntry News

November 2021 Issue # 10

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's bag contains dried pinto beans and dried blueberries/ cherries. These are very tasty and nutritious add-ins to any dish. The important part is knowing how to rehydrate them prior to using them in recipes.

**\*to rehydrate dried berries-** Put 1 cup of dried berries and 1 cup of water to a bowl. Mix well, cover the berries and refrigerate them overnight. Add the rehydrated berries to pancakes, cakes, muffins and any other recipes you wish to make tastier and healthier.

**\*to rehydrate dried (pinto) beans:** Begin by rinsing the beans and placing them in a large container with water to cover. You will need 4-5 cups of cold water per 1 cup of beans. One cup of dried beans will yield 2 ½ cups of cooked beans. Leave the beans soak for at least 6 hours or overnight, at room temperature. After soaking, drain the water and rinse thoroughly. Next, it's time to cook your beans.

## Spaghetti Pie

### Ingredients:

8 ounces spaghetti noodles

2 tsp basil

1 large egg

1 cup cottage cheese\*

(\*ricotta can be used if desired)



1 cup freshly grated parmesan cheese

3 TB butter

salt and pepper, to taste

1 ½ cups pasta sauce (12 oz jar)

### Directions:

1. Lightly grease a deep dish 9" or 10" pie plate with cooking spray. (an 8 inch square casserole dish will work)
2. Cook spaghetti noodles according to package directions. Drain and put hot noodles to a large bowl.
3. In a small bowl, beat the egg. Add the butter and the hot pasta. Toss until butter is melted. Add parmesan cheese, basil, and a little salt & pepper and toss everything gently to combine. Empty pasta mixture into prepared pie pan and pat down tight.
4. Spread cottage cheese evenly over the top of the pasta. Spoon spaghetti sauce over top and smooth into an even layer.
5. Bake in preheated 350 degree oven for 20 minutes. Allow to cool 5 minutes before slicing and serving.

# Quick Fruit Soup Recipe

## Ingredients

- 4 cups mixed berries, fresh, frozen or dried\*  
\* if using dried- need to rehydrate berries
- 1  $\frac{1}{2}$  to 2 TB sugar
- 2 TB corn starch
- 1  $\frac{1}{4}$  cup water
- 1 tsp butter
- Pinch of sea salt (fine salt can be used)



## Directions

1. Place the fruit in a pot, add the sugar, corn starch and a pinch of salt and cook for a few minutes, stirring often, until the mixture releases lots of juice and starts bubbling away. Add the water, cover and bring to a boil, then simmer for 5 minutes.
2. Remove the soup from the heat, Puree. Put the soup through a fine mesh sieve or small strainer stirring and squashing with the back of a spoon until all seeds have been separated. Stir in the butter and serve warm or chill before serving depending on your preference.

**This month's produce will be supplied by Willow Wisp Farms and Stan Bialecki.**

## *Smothered Cabbage and Potatoes*

### **Ingredients**

- 5 TB salted butter
- 1 medium onion thinly sliced
- 1 medium head cabbage, cut into 1-inch pieces
- 1  $\frac{1}{2}$  chicken broth
- 2 medium potatoes, peeled and cut into 1-inch chunks
- 1  $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp pepper
- $\frac{1}{4}$  tsp crushed red pepper flakes



### **Instructions**

In a Dutch oven, (or a large pot) melt butter over medium heat. Add onion and cook for 4 minutes, or until soft.

Add cabbage, potatoes, broth, salt, pepper, and red pepper flakes.

Cover, reduce heat to medium-low and simmer for 10 minutes, stirring occasionally.

# WAYNE COUNTY STRONG