

Pantry News



October 2021 Issue # 9

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 includes canned fish and chicken, which can add quick nutrition and flavor to your meal. Just a few ingredients in addition to something as simple as pasta can make a tasty and healthy dish. We are also including some basics like peanut butter and jelly. Most of us have grown up eating this classic comfort food. Most probably don't realize that this treat provides amazing nutritional benefits. A PB & J sandwich has as much as 15 grams of protein and around 5 grams of fiber per serving. This keeps you full and helps you build muscle. Plus, the sugar provides the quick release of energy that we could all use more of. You can even add bananas or strawberries, honey, chocolate chips, or even bacon if you are feeling adventurous. When the rest of the world is in chaos, we can always rely on the comfort of a PB & J. 😊

Spicy Shepherd's Pie



Ingredients:

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| 3 cups mashed potato flakes | 1 can (2 ¼ oz) sliced olives, drained |
| 1 lb ground beef or venison | 1 envelope taco seasoning |
| 1 medium onion, chopped | 1 ½ tsp chili powder |
| 1 can (14 ½ oz) diced tomatoes, undrained | ½ tsp salt |
| 1/8 tsp garlic powder | |
| 1 can Mexicorn, drained | 1 cup shredded cheddar cheese, divided |

Directions:

1. Prepare mashed potatoes according to package directions, Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add the tomatoes, Mexicorn, olives, taco seasoning, chili powder, salt and garlic powder. Bring to a boil; cook and stir for 1-2 minutes.
2. Transfer to a greased 2 ½ qt baking dish. Top with ¾ cup cheese. Spread mashed potatoes over the top; sprinkle with remaining cheese. Bake,

Ground Beef and Bean Casserole

Ingredients

- 1 lb ground beef or venison
- $\frac{1}{4}$ cup minced onion or 1 tsp onion powder
- 2 cans baked beans (can use vegetarian beans)
- 6 TB ketchup
- $\frac{1}{4}$ cup packed brown sugar
- 1 TB Dijon or yellow mustard
- 1 $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp ground black pepper
- 5 slices precooked bacon



Directions:

Preheat oven to 350. Coat a 2-quart casserole dish with cooking spray and set aside.

In a large skillet, cook the beef about 10 minutes or until brown, breaking up with a fork as it cooks.

In a large bowl, combine the beef with the remaining ingredients except the bacon; mix well. Pour beef mixture into casserole dish; arrange the bacon slices on top.

Cover and bake 45 minutes until thick and bubbly.

Peanut Butter Pecan Oatmeal Cookies

Ingredients

- ½ Cup Peanut Butter
- 2 Sticks Butter
- 1 Egg
- $\frac{3}{4}$ Cup Brown Sugar, packed
- ½ Cups Sugar
- 1 Teaspoon Vanilla
- 1½ Cups All-purpose Flour
- 1 Teaspoon Baking Soda
- $\frac{3}{4}$ Teaspoon Cinnamon
- ½ Teaspoon salt
- 3 Cups Oats, uncooked
- 1 Cup Pecans, toasted and chopped



Instructions

1. Pre-heat oven to 375°F.
2. Cream butter, peanut butter and sugar until creamy. Add in the egg and vanilla and mix well.
3. Add the flour, baking soda, cinnamon, and salt. Mix well.
4. Add in the oats and pecans and mix well.
5. Scoop dough with a cookie scoop or tablespoon and place onto parchment paper lined cookie sheets.
6. Bake 8 to 10 minutes.
7. Place cookies on wire rack to cool completely. When cool, store in an airtight container.