

P ntry News

December 2021 Issue # 11

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.

Easy Lentil Shepherd's Pie

For the mashed potatoes:

- 2 cups potato flakes
- 2 $\frac{1}{4}$ cups water
- $\frac{3}{4}$ cup cold milk- can use shelf stable milk

Shepherd's Pie Filling:

- 1 cup dry lentils (green or brown)
- 3 cups water or low-sodium broth
- 1 yellow med/large onion, chopped
- 2 cups frozen mixed vegetables- can use
Canned & drained mixed vegetables
- 1 TB garlic powder
- 1 tsp smoked paprika
- $\frac{1}{2}$ cup ketchup
- 2 TB soy sauce
- 2 tsp Worcestershire sauce
- 2 TB corn starch
- Salt & pepper to taste



Instructions:

Make the mashed potatoes- Bring water to boil in a medium saucepan. Remove from the heat and mix in milk. Add the potato flakes and gently stir, but do NOT whip. Taste and season with salt & pepper. Set aside.

Prepare the lentils. Combine the lentils and water or broth in a saucepan and bring to a boil. Reduce the heat to a simmer, cover, and cook for 20-25 minutes or until the lentils are tender.

Make the lentil filling. Preheat a nonstick skillet over medium heat and sauté the onions for 2-3 minutes until they're soft. Then, add frozen vegetables and cook for 5 minutes giving them time to defrost and cook a bit.

Reduce the heat to low and add the cooked lentils to the onion and veggie mixture. Gently mixed until it's well combined. Add the garlic powder, smoked paprika, ketchup, soy sauce, Worcestershire sauce, and stir to combine.

Sprinkle the cornstarch evenly over the mixture and stir until it's thoroughly mixed into the filling. Continue stirring 1-2 minutes until it has thickened a bit. It will have a gravy consistency. Taste and season with salt & pepper if necessary.

Assemble the Shepherd's Pie. Preheat the oven to 375. Transfer the lentil filling into a 2-quart baking dish and smooth out. Spread the mashed potatoes carefully over the top. Bake for 20-25 minutes. Turn oven to broil. Broil dish until potatoes get brown and crispy. Enjoy

Sandy's Chicken Casserole

Ingredients:

- 1 cup uncooked elbow macaroni, or any small pasta
- 1 5 oz can chunk chicken
- 1 cup shredded cheddar cheese
- 1 cup milk
- 1 can cream of chicken soup
- 1 can sliced mushrooms, optional
- ¼ cup chopped onion



Directions:

Preheat oven to 350 degrees.

In a large bowl combine the macaroni, chicken, cheese, milk, soup, mushrooms and onion. Mix together and transfer mixture to a 9x9 inch baking dish or 2- quart casserole dish.

Bake at 350 for 35-45 minutes, or until bubbly and golden brown.

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

Quick & Easy Chicken Cheese Steak

Ingredients

- 1 5 oz can chicken chunks, drained
- 1 TB hot pepper sauce, such as Franks Red Hot Sauce
- 1 slice Cheddar or American cheese
- 1 hot dog bun, split



Directions

1. Cook chicken and hot sauce together in a non-stick skillet over medium heat, stirring to coat chicken.
2. Scrape chicken into center of pan to form a shape similar to a hot dog bun. Cut cheese slice in half and place on top of chicken; cook until cheese is melted, 1 to 2 minutes. Place bottom half of hot dog bun over chicken & cheese mixture, slide spatula underneath, and invert onto plate. Place top half of hot dog bun over cheese. Enjoy

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