

P ntry News

February 2022 Issue # 2

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.

Makeover Potato Cheese Soup

Ingredients:

4 cups water
1 ½ cups chicken broth
5 cups diced peeled potatoes
2 large carrots, finely chopped
1 large onion, finely chopped
2 celery ribs, chopped
1 large sweet red pepper, finely
Chopped
4 oz Velveeta, cubed
1/3 cup mayonnaise
2 cups shredded cheddar cheese
½ cup swiss cheese, shredded
¼ cup potato flakes
¼ tsp pepper

Directions:

1. In a Dutch oven, combine first six ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until vegetables are tender.
2. Stir in celery and red pepper; simmer for 10 minutes or until tender. Reduce heat to low, stir in Velveeta and mayonnaise until blended, add cheddar and swiss cheeses; stir until melted. Stir in the potato flakes and pepper.
3. Remove from the heat; let stand for 15 minutes.



Surprising Reasons Why Instant Potato Flakes are Magic

Potato flakes are for more than just quick and yummy mashed potatoes. They can be used as binding for meatballs and meatloaf in place of bread crumbs to help keep them moist while still keeping their shape. Instantly thicken soups and stews by just stirring in a spoonful of potato flakes and adding a teaspoon at a time until you reach the desired thickness. Give a crispy crust to chicken or fish by combining equal amounts of potato flakes and flour for your dry dredging mixture and bake or fry as usual.

Beef & Lentil Soup

Ingredients:

Spice mix:

- 1 tsp allspice
- 2 tsp cumin powder
- 2 tsp paprika
- $\frac{3}{4}$ tsp pepper
- $\frac{1}{2}$ tsp salt

Soup:

- 1 TB olive oil
- 2 garlic cloves, finely chopped
- 1 onion, finely chopped
- 1 lb ground beef
- 1 $\frac{1}{4}$ cup dried lentils
- 2 carrots, diced
- 2 celery stalks, chopped
- 2 potatoes, chopped
Into small cubes
- 1 28 oz can crushed tomatoes
- 1 can green beans, drained
- 3 cups water



Directions:

1. Mix spices in a small bowl.
2. Heat oil in a large pot over medium high heat. Cook onion and garlic for 3 minutes until golden on the edges.
3. Turn heat up to high, add beef and cook until it's no longer red, breaking it up as you go. Add $\frac{1}{2}$ of the spice mix and cook it for another 2 minutes- it will smell so good!
4. Add carrot and celery, then stir for 1 minute.
5. Add water, beef stock, potatoes, canned tomatoes, lentils and remaining spice mix. Give it a stir, bring to simmer, the place lid on and reduce to medium low so it's simmering gently. Lentils will take 25-30 minutes to cook until soft.
6. Simmer 15 minutes then add green beans.
7. Simmer 10 minutes longer or until lentils are soft.
8. Taste & add more salt if desired. Ladle & serve.
9. Enjoy!

This month's produce will be supplied by Lato Sud Farm & Stan Bialecki.

Pistachio Apple Bread

Ingredients

- 2 cups + 2 TB all-purpose flour
- 2 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- $\frac{2}{3}$ cup sugar
- 1 cup shelled pistachios, chopped
- 1 cup heavy cream or 1 cup sour cream
- 2 apples peeled and diced
- $\frac{1}{2}$ cup applesauce
- 2 $\frac{1}{2}$ tsp vanilla extract



Directions

1. Preheat oven to 375.
2. Grease 9 x 5 inch loaf pan.
3. Whisk together flour, baking powder, baking soda, salt, sugar and pistachios in large mixing bowl. Set aside.
4. Whisk together heavy cream (or sour cream), milk, applesauce and vanilla in a separate bowl.
5. Fold wet ingredients into dry ingredients with spatula until just combined. Do not over mix. Spoon batter into prepared pan.
6. Bake 40-45 minutes or until toothpick inserted in the center of the loaf comes out clean.
7. Cool in pan on wire rack 5 minutes.