

# P ntry News

May 2022 Issue #5

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, salmon and beef. The Canned meat and fish you will receive is fully cooked. It is best used as a substitution in recipes where shredded or slow cooked meats shine to begin with, such as finger foods, dips, casseroles, etc. An example of something simple that will benefit from these Canned products by adding flavor, nutrition and depth is a salad; shredded chicken and pork especially serve as quality, cost-effective additions. Premade soups can be kicked up by adding the extra meat of your choice and are even a great base for homemade soups. Boxed mac and cheese or even store-bought rice side dishes can benefit from the addition of Canned meats and fish. When in doubt, try adding an egg. Use a Canned meat of your choice in combination with any of the veggies or cheeses you would normally put in omelets or scrambles. Basically, any dish where a tortilla is normally involved is a good fit; especially if you combine cheese with the added meat.

## Hearty Beef & Noodles

### Ingredients:

- 1 can cooked beef, shredded, undrained
- 3 cans (27 oz) beef broth
- 16 oz bag egg noodles
- 2 TB flour
- ½ tsp garlic salt



### Directions:

- Bring beef with juices and broth to a boil in a large pan. Add 2 tablespoons of flour to a bag of noodles and shake through.
- Add noodles (with flour) to beef and broth and add garlic salt.
- Reduce heat, stir and simmer until noodles are tender.
- Season with salt and pepper if desired. Plate and serve.

## BBQ Pork Mac & Cheese

### You will need:

- 1 (24 oz.) Can Canned Pork
- 1 box Mac & Cheese
- 4 tbsp. butter or margarine
- 2 cups shredded cheddar cheese, divided
- ¾ - 1 cup barbecue sauce
- ¼ cup milk

\*For best results place can in refrigerator overnight to harden the fat for easier removal.

### Instructions:

1. Open Canned pork and remove excess fat. Remove juices if desired.
2. Cook the Mac & Cheese as instructed on the box. Add barbecue sauce, 1 cup shredded cheese, & pork.
3. Mix well. Pour mixture into baking dish. Sprinkle with additional cheese.
4. Bake for 15 minutes or until hot and bubbly.



## Salmon Patties

### Ingredients:

1 (14.75 oz) can salmon

1 egg

$\frac{1}{4}$  cup chopped onion

$\frac{1}{2}$  cup seasoned bread crumbs

1 TB olive oil



### Directions:

Drain and reserve liquid from salmon. Mix egg, onion, bread crumbs and salmon together.

Make into patties. If mixture is too dry to form patties, add reserved liquid from salmon.

In a frying pan, heat olive oil. Place patties in pan. Brown on each side, turning gently.

Drain on paper towels and serve.

## *One-Bowl Applesauce Walnut Snack Cake*

### **Ingredients**

2 cups all-purpose flour

1 cup sugar

2 tsp baking powder

1 tsp salt

1 tsp cinnamon

$\frac{1}{2}$  tsp nutmeg

$\frac{1}{4}$  tsp allspice

$\frac{1}{8}$  tsp ground cloves

1  $\frac{3}{4}$  cups applesauce

$\frac{1}{2}$  cup vegetable oil

1 large egg, lightly beaten

1 cup walnuts, toasted\* and chopped

$\frac{1}{2}$  cup raisins, optional



### **Instructions**

1. Pre-heat oven to 375°F.
2. Spray a 9x9 inch square baking pan with non-stick spray. Set aside.
3. In a large bowl, combine the flour, sugar, baking powder, salt, cinnamon, nutmeg, allspice and cloves, whisk to combine. Make a well in the dry ingredients and add the applesauce, vegetable oil and egg. Stir until just combined. Stir in the walnuts and raisins, if using, and spread into the prepared pan.
4. Bake for 55-65 minutes or until a toothpick comes out clean. Cool on a wire rack.
5. You can frost with your favorite cream cheese or buttercream frosting or just dust with powdered sugar.

\*Toasting the walnuts enhances the flavor. **Oven-** Roast in a 350-degree oven for 7-10 minutes. **Stove-** Roast in a skillet over medium heat for 2 to 5 minutes. Store raw and roasted walnut for a year or more in the refrigerator or the freezer (not the pantry). They spoil easily, especially when roasted.