

# Pantry News



September 2022 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 produce is being provided by Stan Bialecki and Willow Wisp Farms.

## Zucchini and Ground Beef Casserole

### Ingredients:

- 2 zucchini (medium, fresh cut in ¼ inch chunks)
- 1 lb lean ground beef
- ½ onion (medium, chopped)
- 2 garlic cloves (chopped)
- Salt & Pepper to taste
- 1 cup salsa (jarred with tomatoes, onions and chilies)
- 1 tsp ground cumin



### Directions:

- Brown ground beef with chopped onions, chopped garlic, salt and pepper.
- Cook over medium heat for about 10 minutes or until meat is well cooked.
- Add jarred salsa and cumin. Cover and simmer on low heat for another 10 minutes until flavors blend.
- Add the zucchini chunks. Cover and cook for 10 minutes more until zucchini is cooked, but not too soft.
- NOTE: this is a versatile casserole with 6 basic ingredients for a budget or low-calorie dish, but depending on what you like, you can add some other ingredients like ground turkey, corn, carrots, or cheese. It can also be served over rice, spaghetti or any other pasta, in tacos or burritos, etc. Hope you enjoy it in any way you can make it.

## Cranberry Walnut Chicken Salad

### Ingredients:

- 1 can chicken, drained (about 2 cups)
- ½ cup chopped celery
- ½ cup dried cranberries
- ¼ cup chopped walnuts
- ½ tsp pepper
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp salt
- ½ cup mayonnaise, or can use plain yogurt
- 2 TB Dijon mustard

### Directions:

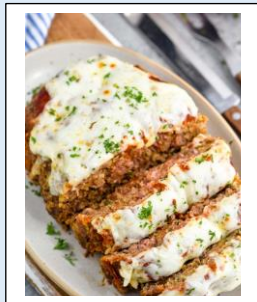
1. Stir together all ingredients.
2. Serve on bread for sandwiches or over a bed of spinach or lettuce for a light and tasty meal.



# Italian Meatloaf

## Ingredients:

- 1 lb ground beef
- 1 lb ground pork
- 2 eggs, beaten
- 1 cup Italian seasoned bread crumbs
- $\frac{1}{4}$  cup grated parmesan cheese
- 2 garlic cloves, minced
- 1  $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp black pepper
- 2 tsp dried parsley
- $\frac{1}{4}$  cup spaghetti sauce, divided
- 1 cup mozzarella cheese, shredded



## Directions:

Preheat oven to 350 and spray a baking dish with cooking spray.

Combine the meat, eggs, and parsley in a large bowl. Add the dry bread crumbs, parmesan, garlic, salt and pepper.

For the meat mixture into a loaf shape and place in prepared baking dish. Top with  $\frac{1}{4}$  cup of the spaghetti sauce.

Bake for 55 minutes, top with mozzarella cheese and bake for 15 more minutes or until it reaches and internal temperature of 160 degrees. Let stand for 5 minutes before slicing and serving.

# *Pancake Mix Cinnamon Rolls*

## **Ingredients**

- 1  $\frac{1}{4}$  cup pancake mix
- 1 TB sugar
- $\frac{1}{3}$  cup milk

## **Cinnamon Filling**

- 1 TB butter, softened
- 2 TB brown sugar
- $\frac{1}{2}$  tsp cinnamon

## **Vanilla Icing**

- 2 TB butter
- $\frac{3}{4}$  cup powdered sugar
- $\frac{1}{2}$  tsp vanilla
- $\frac{1}{2}$ - 1 TB milk



## **Instructions**

1. Pre-heat oven to 350°. In a medium bowl, blend the pancake mix with the 1 tablespoon of sugar and the milk. In a small bowl, mix the brown sugar and the cinnamon together.
2. Pour the dough out onto a floured surface and begin to knead the dough. Shape it into a rough ball and then knead until the dough is nicely incorporated. (Knead by gently pressing the dough down and away from you with the heel of your hand).
3. Press out into a long rectangle, spread the softened butter on top of the dough followed by the brown sugar/cinnamon mixture. Spread evening across the dough using your fingers.
4. Gently roll the dough into a log and then cut into  $\frac{3}{4}$  to 1 inch rolls. (Dental floss works great for cutting the rolls apart to get a clean cut). You will be able to make about 8-9 rolls. Place in an oven safe dish sprayed with non-stick cooking spray. Bake for 13-15 minutes. Let cool for 20 minutes.
5. While the rolls are cooling, combine the butter, powdered sugar, vanilla and milk in a small bowl. Mix until smooth and then spread over the rolls.