

Pantry News

November 2022 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.

On this Thanksgiving let us all remember-

Acknowledging the good that you already have in your life is the foundation for all abundance. -Eckhart Tolle

Beef Stroganoff

Ingredients:

- 2 Cups noodles, or pasta of your choice
- 1 Can of beef w/ juices
- 1 Can Cream of mushroom soup
- ¼ - ½ Cup milk
- 1 small Can mushrooms; optional
- ¾ Cup Greek yogurt or sour cream
- ¼ Cup Chopped onion
- 1 TB butter
- Salt and Pepper to taste



Directions:

1. Cook noodles, or pasta if using according to package directions.
2. In a medium size pan, melt butter over medium heat and add onions. Sauté until tender, 2-3 minutes.
3. Add beef, mushrooms, soup and milk. Mix together.
4. Season with salt and pepper to taste. You can also add onion and/or garlic powder if you like.
5. Heat through.
6. Just before serving, add the Greek yogurt OR sour cream. Stir until just heated through.
7. Serve on top of noodles or combine noodles with the mixture to serve.

Enjoy 😊

Easy Turkey Gravy



Ingredients:

- Turkey drippings
- 3 to 3 ½ cups chicken broth, divided
- ½ Cup all-purpose flour
- ½ tsp dried thyme*
- ½ tsp rubbed sage*
- ½ tsp pepper

***You can easily switch up seasonings to fit your own preferences.**

Directions:

- Pour turkey drippings and loosened brown bits from roasting pan into a 4-cup measuring cup. Skim fat, reserving 2 tablespoons. Add enough broth to the drippings to measure 3 cups.
- In a large saucepan, whisk flour, ¾ cup broth and reserved fat until smooth. Add thyme, sage and pepper: gradually whisk in the drippings' mixture. Bring to a boil, stirring constantly; cook & stir for 2-3 minutes or until thickened.

Green Bean Casserole



Ingredients:

- 2 Cans French-style green beans, drained
- 1 Can condensed cream of mushroom soup
- ¼ Cup milk
- 1 container (2.8 oz) crispy fried onions

Directions:

Heat oven to 350. In 1 ½ quart Casserole or glass baking dish, mix green beans, soup and milk.

Bake 20 to 25 minutes, topping with onions during the last 5 minutes of baking, until bubbly.

Italian Hazelnut Cookies

These crispy cookies are made with very few ingredients but pack a powerful, sweet, nutty burst of flavor, making them welcome at any table.

Ingredients

- 2 Cups hazelnuts, toasted and skinned (see Tip)
- 1 ¾ Cups sugar
- 4 large egg whites
- ½ teaspoon salt
- 1 teaspoon vanilla extract



Instructions

1. Position 2 racks as close to the center of the oven as possible; preheat to 325. Line 2 baking sheets with parchment paper.
2. Pulse nuts and sugar in a food processor or blender until finely ground. Scrape into a large bowl.
3. Beat egg whites and salt in another bowl with an electric mixer on high speed until stiff peaks form. Using a rubber spatula, gently fold the egg whites into the nut mixture. Add vanilla and gently but thoroughly mix until combined.
4. Drop the batter by the tablespoonful 2 inches apart on the prepared baking sheets.
5. Bake the cookies until golden brown, switching the pans back to front and top to bottom halfway through, 25-30 minutes. Gently transfer the cookies to a wire rack to cool completely. When the baking sheets are thoroughly cooked, repeat with the remaining batter.

**Tip: Toast whole hazelnuts on a baking sheet in a 350-degree oven, stirring occasionally, until fragrant, 7 to 9 minutes. Let the nuts cool for a few minutes, then rub together in a clean kitchen towel to remove most of the papery skins.*

When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in. - Kristin Armstrong