

Pantry News

December 2022 Issue #12

We hope you have been enjoying the *Pantry News*. A newsletter designed for you! We like to share information to our pantry members regarding the items you will receive in your pantry bag and some wonderful recipes to help you enjoy them.

This month's vegetables came from Willow Wisp Farms and Bialecki Farms.

This month some of you will receive Rosemary and Mustard Spinach. Rosemary is a very aromatic herb used to flavor soups, casseroles, salads and stews and is often paired with poultry, lamb, pork, steaks, and fish. Rosemary can be used fresh or dried and is usually crushed or chopped. Mustard spinach is a flavor-full Asian green that is neither mustard nor spinach but has the best characteristics of both. The leaves are smooth and dark green, with a mild mustard flavor and are great for salads or sautéing.

Applesauce Cake

Ingredients:

1 cup sugar
1/2 cup butter
1 cup chilled applesauce
2 cups all-purpose flour
1 tsp baking soda
1 tsp ground cinnamon
1/4 tsp ground cloves
1/2 cup chopped walnuts
1/2 cup raisins, or raisins if you prefer



Directions:

Preheat the oven to 350 degrees. Grease and flour an 8 inch cake pan.

Beat sugar and butter together in a large bowl with an electric mixer until creamy. Add applesauce; beat well. Stir in flour, baking soda, cinnamon, and cloves until just combined. Fold in walnuts and raisins (or raisins, if using); spoon cake batter in the prepared pan.

Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 40 minutes. Serve warm.

Easy Pot Roast

Ingredients:

1 2-3 lb boneless beef roast
3 med– large potatoes, peeled & cut into large chunks
2 carrots, chopped
1 onion, cut into wedges
2 stalks celery, chopped
1 (1 oz packaged dried onion soup mix)
1 TB Worcestershire sauce
1 tsp garlic powder
1/4 tsp black pepper
2 cups water

Directions:

Preheat oven to 350 degrees.

Score roast on top and sides, and place in a roasting pan or a 13x9 baking dish.

Sprinkle roast with garlic powder and black pepper.

Combine water, soup mix, and Worcestershire sauce: pour over roast.

Arrange vegetables around meat.

Cover with foil.

Bake at 350 for 2 to 2 1/2 hours or until beef and vegetables are tender.

Let roast rest for 5 minutes before carving. Serve with pan juices.

WAYNE COUNTY STRONG

Beef or Pork Tacos (using canned meats)

Ingredients:

1 tsp salt
2 tsp garlic powder
1/2 tsp black pepper
1 /2 cup water
2 TB chili powder
1 tsp cumin
1 tsp onion powder
1 tsp paprika
2 (24oz each) cans beef or pork with juices
Taco shells or soft tortillas

Toppings:

Chopped onion, lettuce, tomatoes, olives, salsa, shredded cheese, and/or any other topping of your choice.



Directions:

In a small bowl, combine salt, garlic powder, pepper, chili powder, cumin, onion powder, paprika and red pepper flakes, if using.

Remove fat from undrained canned beef or undrained canned pork.

Heat large skillet over medium-high heat, add beef or pork to the pan and stir in seasonings. Bring to a boil. Reduce heat and simmer for 25-30 minutes. Stirring periodically. Mixture should thicken while simmering.

To assemble:

Fill corn soft or hard shell with seasoned meat. Next add cheese and salsa, if using. Then top with lettuce, tomato, onion, etc.

Enjoy!

Amish Fried Pears

Ingredients:

- ◇ 2 cans pears, drained
- ◇ 2 TB brown sugar
- ◇ 2 TB butter
- ◇ 1/2 tsp cinnamon
- ◇ 1/4 cup chopped, toasted walnuts*

**To toast walnuts– Use a large frying pan over medium-high heat. Add walnuts to dry pan, only adding enough for a single layer. Cook for 5 minutes, stirring frequently. Transfer to a plate to cool.*

Directions:

In a small saucepan, melt the butter until bubbling. Add the pears, sugar and cinnamon.

Cook the mixture, stirring occasionally to prevent sticking.

The pears are done when fully coated with the other ingredients, and browned until crispy.

Sprinkle with toasted walnuts. Serve warm and enjoy!



Split Pea Tortilla Soup

Ingredients:

1/2 lb ground beef
1/2 cup onion, chopped
1/2 cup green or yellow peppers, chopped
2 (15oz) cans tomato sauce
1 (15oz) can diced tomatoes
1 (15oz) can black beans, undrained
1 (15oz) can kidney beans, undrained
1 cup salsa
1 cup split peas, rinsed
2 tsp salt (to taste)
2 tsp chili powder
1 tsp cumin

Soup toppings (optional) : shredded cheddar cheese, green onions (chopped), sour cream, tortilla chips

Directions:

1. In a large sauté pan, brown the ground beef along with your chopped onions and chopped peppers over medium heat. Continue cooking until ground beef is cooked thoroughly and onions are translucent. Drain the grease from the pan.
2. Transfer the beef mixture to a large pot. Add tomato sauce, diced tomatoes, black beans, kidney beans, salsa, split peas, and seasonings.
3. Simmer until the split peas are tender, about 30-40 minutes.
4. Serve with your favorite toppings.

