

# Pantry News

February 2023 Issue # 2

Welcome to the **Pantry News**. A newsletter designed with you in mind and giving you the opportunity to try out new recipes using food items that you receive in your pantry bag.

To view previous issues of the **Pantry News**— go to [www.waynecountypa.gov](http://www.waynecountypa.gov) and you'll find the tab under **Popular Resources**. You will find many useful and tasty recipes. ☑

This week's vegetables come from **Lato Sud Farms** and **Bialecki Farms**.

We have included 2 different kinds of nuts this month. Eating nuts as part of a healthy diet may be good for the heart. Nuts contain unsaturated fatty acids and other nutrients. They are a great snack food—easy to store and easy to pack when you're on the go. Research has shown that frequently eating nuts lowers levels of inflammation related to heart disease and diabetes. One drawback is that some may be high in calories, so it's important to limit portion sizes.

## Crock Pot Spicy Chili Nuts

### INGREDIENTS

- 2 cups unsalted, dry roasted walnuts (or any nut of your choice)
- 1/4 cup butter, melted
- 1 (1 1/4 oz) package chili seasoning

### PREPARATION

1. In a bowl, combine nuts, butter and seasoning mix.
2. Place in crock pot on low for about 2 hours.
3. Remove the lid and turn heat to high and cook for about 10 more minutes.

\*Can be eaten warm or cold. Enjoy!

## Doctored Up Canned Baked Beans

Canned baked beans are a staple and you can modify additional ingredients to your taste for sweeter or more savory.

### Ingredients:

- 2 cans (baked) beans
- 1 TB yellow mustard
- 2 TB brown sugar
- 2 TB molasses (optional)
- 1 tsp dried minced onion or onion powder
- \* can also add BBQ sauce, ketchup, Worcestershire sauce, pepper, etc. to your liking.

### Directions:

Pour beans in saucepan. Add other ingredients. Mix together thoroughly. Heat and simmer for 5 minutes. Enjoy!

*Strength doesn't come from what you can do. Strength comes from overcoming the things you thought you couldn't — unknown*

## Creamed Peas with Canned Peas

### Ingredients:

- 1 (15 oz) can peas, undrained
- 2 TB butter
- 2 TB flour
- 1/4 cup milk
- 1/4 tsp salt
- 1/8 tsp pepper

### Preparation:

Heat undrained peas in a small saucepan. In a second small saucepan, melt butter. Add flour and whisk for 30 seconds. Add the milk into the butter mixture, stirring over medium heat until thickened. Pour the mixture into the peas, and continue to cook until thickened to your desired consistency. Add salt and pepper to taste. Stir. Serve and enjoy!



## Asparagus Soup in Seconds

Made with canned asparagus, this soup is easy, quick and delicious. The milk and butter are optional, as the soup is surprisingly rich without them.

### Ingredients:

- 1 (15 oz) can asparagus spears, undrained
- 1 (14.5 oz) can chicken broth
- 1/2 cup milk (optional)
- 1 TB butter (optional)
- Salt & pepper to taste

### Directions:

Blend asparagus and liquid in blender until completely smooth.  
Pour blended asparagus into a medium saucepan. Stir in broth and milk and bring to a low simmer over medium heat. Stir in butter and season with salt and pepper to taste.



## Easy Baked Pollock

### Ingredients:

- 1 lb pollock fillets (make sure to thaw the fish if it's frozen)
- 1 TB minced garlic
- 2 TB butter, melted
- 1/2 tsp dried parsley
- 1 tsp lime juice
- Salt & pepper to taste

### Directions:

Preheat oven to 400.  
In a small mixing bowl, whisk together garlic, melted butter, parsley, lime juice, salt and pepper.  
Place pollock fillets in a baking dish. Arrange in a single layer.  
Pour the season mixture over the pollock fillets.  
Bake for 25 to 30 minutes or until the pollock fish is cooked through.



## Easy Pork Roast in the Oven

### Ingredients:

- 1 boneless pork roast (3-5 lbs)
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp cumin
- 1/2 tsp salt
- 1/2 tsp pepper

### Directions:

1. Preheat oven to 300 degrees.
2. Combine garlic powder, onion powder, paprika, cumin, salt and pepper. Rub mixture onto the outside of the pork roast.
3. Place the pork roast (fat side up) into large roasting pan with 1 cup water in the bottom.
4. Roast for 4-5 hours until desired tenderness and an internal temperature of 145 degrees. (Add water as needed during cook time to prevent burning on the bottom of the pan.)
5. Remove from oven, tent loosely with foil and let rest for 10-15 minutes before slicing. Enjoy!

