

Pantry News

June 2023 Issue #6

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 produce was supplied by Bialecki Farms-

The Easiest Rice Pudding

Ingredients:

- ◇ 1 cup uncooked white rice
- ◇ 4 cups milk
- ◇ 1/3 cup sugar, plus more as needed
- ◇ 1/4 tsp salt
- ◇ 1 1/2 tsp vanilla extract
- ◇ 1 TB butter
- ◇ *Add-in options: 1/3 cup chopped walnuts or any nut of your choice- 1/2 cup raisins, 1/4 teaspoon*

Directions:

Place 1 cup uncooked rice in large saucepan. Add 4 cups milk. Add 1/3 cup sugar and 1/4 teaspoon salt. Mix well. Stir in any desired add-ins at this time.

Bring the mixture to a vigorous simmer over medium-high heat, stirring frequently and scraping the bottom of the pan with a wooden spoon or rubber spatula so that the rice does not stick.

Reduce the heat to maintain a bare simmer and cook, uncovered, stirring occasionally, until the rice is very tender and the mixture starts to thicken, 20 to 22 minutes.

Remove from the heat and stir in 1 1/2 teaspoons vanilla extract and 1 tablespoon of butter until melted. Taste and add more sugar as desired.

The rice pudding will continue to thicken as it cools. Thin out with more milk if desired. Can be served warm or cold. Store leftovers in airtight container in the refrigerator.



"Rise above the storm and you will find the sunshine" - Mario Fernandez

Easy Baked Pork Chops and Rice

Ingredients:

- * 4-6 bone-in pork chops
- * 1 tsp salt
- * 1 tsp onion powder
- * 1/2 tsp garlic powder
- * 1/2 tsp black pepper
- * 2 10oz cans cream of mushroom soup or 1 can each cream of mushroom and cream of chicken
- * 1 1/2 cups chicken broth
- * 1 cup long grain rice

Directions:

1. Preheat oven to 350 degrees and lightly grease a 9x13 inch baking dish.
2. Pat pork chops dry with a paper towel then evenly season both sides with salt, pepper, onion powder, and garlic powder.
3. Place the mushroom soup, chicken broth, and white rice in a large bowl and mix together then transfer to the baking dish.
4. Top rice mixture with the pork chops in an even layer then cover with aluminum foil and bake for 45-50 minutes or until pork chops are cooked through and rice is tender. Enjoy!



Healthy Baked Oatmeal Cups

Ingredients:

- *1 1/2 cups milk
- *2 large eggs
- *1/2 cup maple syrup or honey
- *1/2 cup unsweetened applesauce
- *3 cups old-fashioned oats
- *1 tsp baking powder
- *1 tsp ground cinnamon
- *1/2 tsp vanilla extract
- *1/2 tsp salt

Apple Oatmeal Cups:

- *1 cup peeled, chopped apple
- *1/2 tsp cinnamon (additional)
- *1/2 cup chopped walnuts, hazelnuts, etc.

Blueberry Oatmeal Cups:

- *1 cup fresh or frozen blueberries

Banana Oatmeal Cups:

- *Substitute mashed banana for applesauce

Instructions:

1. Preheat oven to 350. Generously coat muffin pan with nonstick spray.
2. Whisk oatmeal base ingredients together in a large bowl. Then fold in fruit of choice: apples, blueberries, and nuts, if using. If you're making Banana Oatmeal Cups, substitute the mashed banana for the applesauce. If making plain, skip the fruit additions.
3. The batter will be liquid-y. Spoon evenly into muffin cups filling all the way to the top. Be sure there is both liquid and oats and fruit, if using, in each cup.
4. Bake for 25-30 minutes or until edges are lightly browned and top appears to be set. If the muffin cups brown too quickly, tent a piece of aluminum foil on top.
5. Cool for 5 minutes before serving. Store leftovers in a sealed container in the refrigerator for up to 1 week. Enjoy!



"To Plant a Garden is to Believe in Tomorrow!" - Audrey Hepburn

Salmon Mac

Ingredients:

- * 1 pkg Mac + Cheese
- * 1/4 cup butter
- * 2 TB Chopped onion
- * 1 Can diced tomatoes, drained
- * 1 Can salmon, drained, with bones and skin removed, flaked
- * 1/4 Cup milk
- * 2 TB Chopped fresh parsley, or
- * 1 TB dried parsley, optional

Directions:

Boil 6 cups water in medium saucepan. Stir in macaroni; boil 7-10 minutes or until macaroni is tender. Remove macaroni from saucepan; drain.

Meanwhile, melt butter in same saucepan. Add onion; cook and stir until tender.

Add macaroni, Cheese sauce mix and remaining ingredients; mix well. Cook until heated through, stirring occasionally.

Enjoy.



"Sunshine is the best medicine."

WAYNE COUNTY STRONG