

Oregon State UNIVERSITY | Extension Service Lane County

Nutrition Education Program

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The Food Pantry Project and the “From the Pantry to the Kitchen, Fall 2008 Recipes” is a collaboration of the OSU/Lane County Extension Family Food Education Volunteers and Study Group Program Members, Extension Family and Community Development Staff and FOOD for Lane County.

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Materials will be made available in large print, Braille, on audiotape, computer disk, verbally, or other formats upon request. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact the OSU Extension Service at (541) 682-4281.

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From the Pantry to the Kitchen



Winter 2008 Recipes

Abbreviations & Substitutions

tsp. = teaspoon measure

oz. = ounce

Tbsp. = Tablespoon measure



lb. = pound

c. = cup measure

1 c. liquid milk = 1/2 c. evaporated milk + 1/2 c. water

1 c. liquid milk = 1/3 c. dry milk + enough water to make 1 c. liquid

1 c. buttermilk or sour milk = 1 Tbsp. vinegar or lemon juice + enough milk to make 1 c. liquid (let stand 5 minutes before using)

1 c. buttermilk or sour milk = 1 cup plain yogurt

1 c. honey = 1 c. molasses

1 c. honey = 1 1/4 c. sugar + 1/4 c. water or fruit juice

1 c. corn syrup = 1 c. sugar + 1/4 c. water or fruit juice

1 c. butter/margarine = 7/8 c. oil

1 oz. unsweetened baking chocolate = 3 Tbsp. cocoa + 1 Tbsp. margarine

1 Tbsp. instant minced onion = 1 small fresh onion

1 package dry yeast = 1 Tbsp. yeast

1 tsp. dry mustard = 1 Tbsp. prepared mustard

TVP = Textured Vegetable Protein



Oregon State University Extension Service in Lane County



- ◆ Stretch food dollars
- ◆ Make quick meals
- ◆ Shop for great food buys
- ◆ Make healthy snacks

Free classes if you receive:

- ⇒ WIC
- ⇒ Food Stamps
- ⇒ Food Boxes



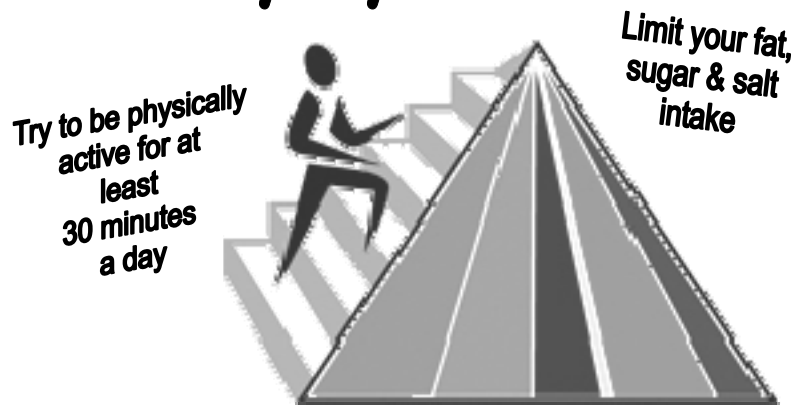
Call 682-4281

CLASS TOPICS INCLUDE:

- ◆ Food Safety
- ◆ Meal Planning
- ◆ Feeding Your Baby
- ◆ Feeding Young Children
- ◆ Low-Fat Meals & Snacks
- ◆ Smart Food Shopping
- ◆ Herbs and Spices
- ◆ Low-Cost Meals



MyPyramid



GRAINS: Make half your grains whole—eat 6 oz. every day

- Eat at least 3 oz. of whole grain cereals, breads, crackers, rice or pasta every day.

VEGETABLES: Vary your veggies—eat 2½ cups every day

- Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens. Eat more orange vegetables like carrots and sweet potatoes.

FRUITS: Focus on fruits—eat 2 cups every day

- Choose fresh, frozen, canned or dried fruit—go easy on fruit juices.

MILK: Get your calcium-rich foods—eat 3 cups every day (kids age 2-8, 2 cups)

- Go low-fat or fat-free when you choose milk, yogurt, and other milk products. If you can't consume milk, choose lactose-free products.

MEAT & BEANS: Go lean with protein—eat 5½ oz. every day

- Choose low fat or lean meats and poultry—vary your protein, choose more fish, beans, peas, nuts, and seeds. Eat more dry beans, and peas (pinto beans, kidney beans, and lentils).

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STEPS TO A HEALTHIER YOU

Website: MyPyramid.gov



Baking Powder Biscuits



Ingredients:

- 2 cups flour
- 1 Tablespoon baking powder
- ½ teaspoon salt
- ½ cup shortening
- ⅔ cup milk

Directions:

1. Preheat oven to 425 degrees.
2. Combine dry ingredients, mixing well.
3. Cut in shortening until mixture is crumbly. Add milk and stir dough will be soft. Do not over stir as baked biscuits will turn out tough.
4. Turn dough onto lightly floured board and knead (folding over and over lightly) about 10 times.
5. Pat or roll out dough to ¼ inch for crusty biscuits or to 1 inch for softer biscuits.
6. Cut with floured cutter or glass and place on an ungreased baking sheet. Biscuits placed close together will leave sides soft. For biscuits with crusty sides, place 1 inch apart.
7. Bake at 425 degrees for 12-15 minutes.

Makes 10—12 Biscuits

Mom's Baked Squash with Applesauce

Ingredients:

- 3 Acorn squash
- 4 Tablespoons cider jelly, apple jelly, or red currant jelly (optional)
- 4 cups applesauce
- 2 Tablespoons light brown sugar, packed
- ½ teaspoon cinnamon salt to taste (optional)



Directions:

1. Preheat the oven to 400 degrees.
2. Cut squash in half, from top to bottom and scoop out seeds.
3. Cut a small slice from each half on the outermost ribs so squash will sit flat and add to a casserole or baking dish with a lid.
4. Brush 1-Tablespoon jelly over the inside of each, squash half. If not using jelly then sprinkle each half lightly with salt (optional).
5. Cover and bake for about 50-55 minutes, until the squash flesh is tender. If liquid has settled in the cavities, spoon it out, then fill each cavity with applesauce almost to the top.
6. Mix together the brown sugar and cinnamon. Sprinkle over each half.
7. Bake about 10 more minutes to warm the applesauce.

Serves 6 or more

Recipes from the Pantry to the Kitchen

Turkey Skillet Casserole

Ingredients:

- 1 10 ounce package frozen broccoli, thawed
- 3 cups uncooked noodles
- 6-8 cups water
- 1 can cream of mushroom soup **or** 1½ cups white sauce with mushrooms
- 1 cup milk
- 2 cups cooked, chopped turkey or chicken
- 1 cup grated cheese

Directions:

1. Cook noodles in 6-8 cups of water, following package directions or 4 to 6 minutes.
2. Drain noodles and add back to pan.
3. Stir in soup, milk, broccoli, and turkey or chicken.
4. Heat over medium heat until bubbly and hot. Stir often to prevent sticking.
5. Take pan off heat, add cheese and heat until cheese is melted.

Serves 8



Recipes from the Pantry to the Kitchen

Microwave Hash



Ingredients:

- 1 lb. ground meat
- 2 medium onions, chopped
- 2 green peppers, chopped
- 1 15 ounce can diced tomatoes (undrained)
- ½ cup uncooked rice
- ½ cup water
- 1 teaspoon chili powder
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ cup uncooked macaroni

Directions:

1. Crumble ground meat into 2-quart microwave safe casserole dish. Add onions and peppers.
2. Cook in microwave (high) uncovered cook for 5 to 6 minutes, stirring once, or until meat is no longer pink and vegetables are softened.
3. Stir in tomatoes, rice, water, chili powder, salt & pepper. Cover with a casserole lid or microwave safe plastic wrap.
4. Microwave (high) 15 minutes, stirring once or twice. Stir in macaroni. Cover.
5. Cook in Microwave (high) 8 to 10 minutes, stirring once, or until rice and macaroni are tender.

Serves 6—8

Ground Meat Stroganoff

Ingredients:

- 1 lb. ground meat
- 1 small onion, chopped
- 2 cloves garlic or 1 teaspoon garlic powder
- ½ teaspoon instant beef bouillon
- ¼ can cream of mushroom soup
- ¼ cup water
- ½ cup light sour cream



Directions:

1. Crumble ground meat into 1 ½ quart glass casserole dish, add onion & chopped garlic or garlic powder.
2. Cook in microwave uncovered 5 to 6 minutes or until meat is no longer pink.
3. Drain fat. If desired Rinse cooked meat under hot water to remove extra fat. Return meat to casserole dish.
4. Stir in remaining ingredients.
5. Microwave covered 7 to 8 minutes or until heated through. Serve over hot cooked noodles or rice.

Serves 4—5



Rice~Meat Porcupines

Ingredients:

- 1 pound ground meat
- ½ cup uncooked rice
- ½ cup diced onion
- 1 teaspoon salt
- ½ teaspoon pepper
- 2½ cups tomato juice **or**
- 2 cups tomato sauce plus ½ cup water



Directions:

1. Mix together ground meat, rice, onion, salt and pepper.
2. Form meat mixture into 1½ inch balls.
3. In skillet, brown meat-rice balls on all sides. Drain off fat.
4. Place meat balls in covered baking dish, add tomato juice.
5. Bake at 350 degrees about 1 hour or simmer in covered skillet until rice is tender.

Serves 4



Rice~Raisin Pudding

Ingredients:

- 2 cups water
- 1 cup uncooked rice
- ½ teaspoon salt
- ½ cup raisins
- 1½ teaspoons margarine or butter (optional)
- 1 cup water*
- 1 teaspoon vanilla
- ¾ cup instant nonfat dry milk
- ¼ cup sugar
- ½ teaspoon cinnamon



Directions:

1. Heat water to boiling.
2. Stir in rice, salt, raisins, and butter or margarine.
3. Lower heat, cover, and cook 15 minutes.
4. Remove from heat.
5. Add 1-cup water or milk and vanilla to rice.
6. Mix together sugar, cinnamon and if necessary dry milk. Add to rice.
7. Stir over low heat until rice is hot and tender.
8. Cool and store in refrigerator.

*1 cup fluid milk can be substituted for water and dry milk.

Serves 12

Seasoned Party Mix

Ingredients:

- 8 cups mixed cereals, such as O's, wheat bran, rice and corn squares
- 2 cups mixed nuts
- 3 cups small pretzels
- ½ cup butter or margarine, melted
- ¼ cup Worcestershire or soy sauce
- 1½ teaspoons garlic powder
- 1 teaspoon onion powder (optional)
- Other seasonings to taste

Directions:

1. Mix Worcestershire or soy sauce, melted butter and seasonings together.
2. In a large bowl, mix together cereal, pretzels and nuts.
3. Pour the butter mixture over the cereal and stir.
4. Spread mixture in a thin layer on a large cookie sheet or baking pan.
5. Bake in 300 degree oven for 45 minutes, stirring every 15 minutes. When cool store in airtight container.

**MAKES A
GREAT GIFT**



Butternut Squash Soup with Apples

Ingredients:

- 3 cups light vegetable or chicken broth
- 1 Tablespoon light olive oil
- 1 medium size yellow onion, thinly sliced
- 4 pounds butternut squash, peeled, seeded, and cut into large cubes, or prebaked
- 1 Tablespoon butter or margarine
- 3 McIntosh or other flavorful, not too tart apples, peeled, cored, and sliced
- ½ cup apple juice (optional)
- salt & pepper to taste



Directions:

1. Heat broth and keep warm over low heat.
2. Heat olive oil in a soup pot and add the onion, salt, and a pinch of pepper.
3. Sauté onions over medium heat until they are slightly caramelized, about 15 minutes. Add a little broth to onions and scrape pan to keep them from sticking .
4. Add apples, squash and salt (optional) to onion. Add just enough stock to cover squash.
5. Cover the pot and cook over medium heat for 20 to 30 minutes, until the squash is very soft.
6. Pureé the soup in a blender or use a potato masher to breakdown squash chunks. Add remaining broth to pot. Stir. Return the pureed soup to the pot. Cover and cook over low heat for 30 minutes.

Serves 4

Cooking with Rice

White rice does not get stale, but brown rice should be used within 6 months. You can keep brown rice fresh longer if you store it in the freezer or refrigerator.

Always refrigerate cooked rice within 2-hours. Freeze leftovers if you will not eat them within a few days.

Rice: Preparation & Cooking

1. Combine 1 cup rice, water (1¾ for white/long grain, 1¼ for white short grain or 2¼ for brown), and 1 teaspoon salt (optional) in medium saucepan.
2. Heat to boiling. Reduce heat; cover and simmer. Cook white rice for about 15 minutes; brown rice for 45 minutes.
3. If rice is not tender or you still see liquid, replace lid and cook 2 minutes longer.

Uses & Tips

- Add leftover rice to soups, salads and casseroles
- Add cooked beans, salsa, and shredded cheese to hot, cooked rice
- Add steamed vegetables and parmesan cheese to hot, cooked rice
- Add frozen peas, raisins, walnuts, and dressing to cold rice for a tasty salad
- Rice casserole: mix with cream soup, canned or frozen veggies, tuna, and bake
- Fried rice: stir-fry with frozen peas, celery and onion; add rice and soy sauce.
- Hot rice for breakfast—add raisins, milk, and a little cinnamon or vanilla



Skillet Tamale Pie

Ingredients:

- 1 pound ground meat
- 1 envelope taco seasoning*
- 1 onion, chopped
- 4 ribs of celery, chopped
- 1 5 ounce can black olives, sliced
- 1 cup corn meal
- 1 14-ounce can whole corn, undrained
- 1 28-ounce can chopped stewed tomatoes
- 1 16-ounce container light sour cream or yogurt
- 1 cup cheddar cheese grated



Make your own taco seasoning: combine 3-T. chili powder 1-t. garlic powder, ½-t. salt, ½-t. ground pepper, and ½-t. ground black pepper, and ½-t. ground cumin.

Directions:

1. In a medium sized bowl, combine chopped onion, celery, bell pepper, and black olives. Set a side.
2. In a 10-12 inch skillet, over medium heat cook meat until lightly brown.
3. Add the taco seasoning to meat in skillet, stir well.
4. Add vegetable mixture to skillet and stir well.
5. Add cornmeal to skillet then add corn, tomatoes and sour cream. Stir thoroughly. Simmer covered for 20 minutes. Serve topped with cheese.

Serves 8-10



Pumpkin Dip

Ingredients:

- 1 15 ounce can pureé pumpkin
- 2 cups powdered sugar
- 1 8 ounce light cream cheese
- 2 teaspoons pumpkin pie spice **or**
- 1½ teaspoons cinnamon and
- ½ teaspoon nutmeg



Directions:

1. In a large bowl add pumpkin powdered sugar, cream cheese and pumpkin pie spice or cinnamon & nutmeg.
2. Blend ingredients with a hand held blender/mixer or just stir by hand until smooth.

Serve with:

- ◆ **Fresh Fruit**
- ◆ **Whole Grain Crackers**

By Master Food Preserver: Geri Johnson
(Douglas/Lane County)



Crustless Pumpkin Pie

Ingredients:

- ¾ cup sugar
- ½ cup biscuit mix
- 2 Tablespoons canola oil
- 1 13 ounce can evaporated milk, nonfat
- 2 eggs
- 1 16 ounce can pumpkin
- 3½ teaspoons pumpkin pie spice
- 2 teaspoons vanilla extract



Directions:

1. Preheat oven to 350 degrees and lightly grease a 9 or 10 inch pie plate.
2. Combine all ingredients in a medium mixing bowl or blender.
3. Beat 2 minutes with a mixer until smooth, or blend in the blender on high for one minute.
4. Pour pumpkin mix into pie plate.
5. Bake until a knife inserted in the center comes out clean, about 50-55 minutes.

Serves 8

Shepherd's Pie

Ingredients:

- 1 pound potatoes, any variety
- 1½ cups cooked black beans
- 1 cup tomato sauce (or more if needed)
- 1 cup onion, diced
- ½ cup low fat mozzarella, shredded
- 2 Tablespoons nonfat sour cream
- 1 Tablespoon butter or margarine, softened
- 1 Tablespoon dried oregano, crumbled
- black pepper to taste



Directions:

1. In a skillet combine black beans, tomato sauce, diced onions, tomato paste, oregano and black pepper.
2. Cook the mixture about 20 minutes or until onion is translucent and mixture is thickened.
3. Spread the bean mixture in a shallow 1½ quart casserole dish.
4. Peel and quarter 1-pound of potatoes cover with cold water. Bring to a boil cover with lid turn down to medium temperature and cook until potatoes are tender.
5. Mash the potatoes and add mozzarella, sour cream and butter or margarine. Blend well.
6. Spread potatoes over bean mixture. Bake 350 degree oven until browned.

Tips:

May use less mozzarella, sour cream, butter/margarine or may use additional spice to taste.

Serves 6

Enchiladas

Sauce:

- 1 8 ounce can tomato sauce
- 3 cups water
- 3 Tablespoons chili powder
- 1 teaspoon salt
- 2 Tablespoons flour
- 1 teaspoon onion powder
- ½ teaspoon ground cumin

Combine ingredients in saucepan. Stir until flour is blended.

Simmer over medium heat for 10 minutes.

Chicken Enchilada Filling:

- 2 cups cooked chicken, diced
- 1 medium onion, chopped
- ¼ cup slivered almonds (optional)
- 1 cup grated cheese

Bean/Cheese Filling:

- 1 cup grated cheese
- 1 medium onion, chopped
- 16 ounce refried beans

Meat Enchilada Filling:

- 1 pound ground meat, cooked
- 1 onion chopped
- 1 teaspoon garlic powder

Directions:

1. Dip corn tortilla in heated sauce, remove.
2. Top tortilla with favorite filling.
3. Roll tortilla and place in the casserole dish, repeat.
4. Pour extra sauce over rolled tortillas and top with grated cheese if desired.
5. Bake at 350 degrees for 30 minutes or until heated through.

Optional Toppings:

- Green onions, chopped
- Sour cream
- Olives, chopped

Serves 6



Ground Meat Stew

Ingredients:

- ½ lb. ground beef, ground turkey, or venison
- ½ teaspoon salt to taste
- ¼ teaspoon pepper
- 1 10¾ ounce can condensed tomato soup or 1-15 ounce can diced tomatoes with liquid
- 1 cup water
- 1 can green beans with liquid or 2 cups peas (frozen or canned)
- 6 medium diced or sliced carrots
- 2 medium diced or sliced potatoes
- 1 cup diced onion
- 2 cloves garlic, minced or 1 teaspoon garlic powder



Directions:

1. In frying pan. Brown meat. Drain fat, if any. Season lightly with salt and pepper to taste.
2. Add soup, vegetables and 1 cup water to frying pan.
3. Bring to a boil, reduce heat and simmer, covered, about 25 minutes or until vegetables are tender. Remove from heat, let stand for 10 minutes to thicken.
4. Serve. Refrigerate leftovers.

Serves 4



Making Chili? Look at all the ways you can use chili in a meal:

- Chili burger/dog:** pour chili over a ham-burger bun or top a hotdog in a bun with chili.
- Chili spaghetti:** top spaghetti with chili; sprinkle with cheese.
- Chili mac:** mix plain macaroni in chili.
- Chili soup:** tomato juice, canned corn, and peppers in chili.
- Chili potato:** bake a potato and stuff with chili.
- Chili taco:** fill a tortilla with chili and add cheese.
- Chili omelet:** spoon chili over an omelet or scrambled eggs.
- Chili salad:** top a green salad with chili, cheese, and tortilla chips.

Quick Chili



Ingredients:

- ½ pound ground meat
- ½ medium onion chopped
- 2 15 ounce cans kidney or pinto beans with liquid
- 1 14.5 ounce can diced tomatoes with liquid
- 1 Tablespoon chili powder
- ½ teaspoon cumin powder
- 1 teaspoon garlic powder

Directions:

1. Brown meat and onions in a large skillet over medium-high heat.
2. Drain fat and rinse meat under hot water to remove extra fat.
3. Add meat back to skillet, adding beans, tomatoes & seasonings.
4. Reduce heat to low. Cover and cook for 10 minutes over low heat.

Serves 7

Veggie Spanish Rice

Ingredients:

- 2 Tablespoons canola oil
- 1 cup uncooked rice
- 1 cup water
- ½ cup onion, chopped
- ½ cup celery thinly, sliced
- ½ cup carrots, thinly, sliced
- ½ teaspoon salt
- 1 8 ounce can tomato sauce



Directions:

1. In a heated skillet or saucepan add oil.
2. Add rice and stir constantly over medium heat until rice is golden brown .
3. Measure 1 cup water, add ½ teaspoon salt, stir. Pour over rice.
4. Add rest of ingredients to rice. Stir to combine.
5. Bring to a boil over medium heat. Cover and reduce heat to low.
6. Cook for 20-25 minutes.

Serves 6