



Northeast Iowa FOOD BANK



The Food Pantry Cookbook

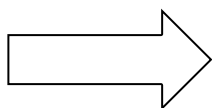
recipes for common food items found in food pantries

Northeast Iowa FB

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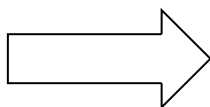
Picking Veggies for Health

Canned Veggies



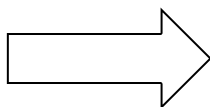
Choose more orange and red colored veggies that are canned.

Fresh Veggies



Choose your greens fresh to retain nutrients.

Frozen Veggies



For time and budget choose frozen. Often contains more nutrients than canned.

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Canned Applesauce

Oil Substitute for Baking

Applesauce replaces a 1:1 ratio in a baking recipe

Directions

1. If a recipe calls for 3/4 cup of oil use 3/4 cup of applesauce.

Sugar Substitute for Baking

Applesauce can also be used to replace a 1:1 ratio of sugar in a recipe. Only choose one substitute for a single baking recipe.



Canned Cranberry Sauce

Cran-Apple Crisp from USDA.gov/whatscooking

Ingredients

- 4 apples (center removed, thinly sliced)
- 1 can cranberry sauce (16 ounces)
- 2 teaspoons vegetable based butter
- 1 cup plain oats
- 1/3 cup sugar or brown sugar
- 1 teaspoon cinnamon

Directions

1. Preheat oven to 400 degrees. In a bowl combine cranberry sauce and apples. Pour in 8x8- inch pan.
2. Combine melted butter with the rest of ingredients. Sprinkle over cranberry apple mixture.
3. Cover and bake for 15 minutes.
4. Remove the cover and bake an additional 10 minutes.



Canned Mandarin Oranges

Breakfast Parfaits – Idea from Rachel Ray

Ingredients

- 2 cups vanilla yogurt
- 1 small can drained mandarin oranges
- 3/4 cup crisped rice cereal or plain oats
- 1 cup diced fresh pineapple
- 4 glass cups

Directions

1. For each glass cup, start by adding 2 tablespoons of yogurt at the bottom.
2. Top with 4 orange slices then a sprinkle of cereal. Repeat once more.
3. Top with diced pineapple. Serve.



Canned Peaches

The Wimbledon Peaches and Cottage Cheese

Ingredients

- 1 cup cottage cheese
- 2-3 peach halves In light syrup

Directions

1. Measure 1 cup of cottage cheese in a small bowl.
2. Place peach halves on cottage cheese. Serve.



Canned Pears

Mixed Fruit

Ingredients

- 1-2 cans of pears
- 1 can diced pineapple
- 1 can diced cherries or fruit cocktail

Directions

1. Open canned pears, pineapple, and cherries.
2. Drain fruit syrup in separate bowl and use for smoothies or other fruit recipe.
3. Stir together the fruit. Serve.



Canned Corn, Canned Black Beans

Black Bean Salsa– Serves 6

Ingredients

- 1 can drained black beans
- 1 can drained corn
- 1 (16 ounce) jar salsa
- 6 whole wheat tortillas or bag of tortilla chips

Directions

1. Drain canned beans and corn.
2. In a large bowl mix all ingredients together.
3. Serve on tortillas or with chips.



Canned Green Beans

Mushroom and Green Bean Casserole– Del Monte

Ingredients

- 1 tbsp. butter 1/2 cup milk
- 1/2 package (8 ounces) sliced mushrooms
- 1 can condensed cream of mushroom soup
- 3 cans (14 ounces) green beans
- 1 can prepared fried onions or sliced day old bread

Directions

1. Preheat Oven to 350 degrees.
2. Melt Butter in large skillet over medium-high heat for four minutes.
3. Stir in soup, milk, beans, and 2/3 onions or bread.
4. Bake for 25 minutes uncovered. Take out and sprinkle onions on top. Bake an additional 5 minutes.



Fresh Apples, Fresh Berries

Josh's Apple Crisp

Ingredients

- 4 sliced apples or layer of sliced berries
- 2 teaspoons margarine (melted)
- 1 cup old fashioned plain oats (uncooked)
- 1/3 cup brown sugar 1 teaspoon cinnamon

Directions

1. Preheat oven to 400 degrees. In a bowl lay out apples in a single layer in a baking pan.
2. Combine melted margarine with rest of ingredients.
3. Sprinkle mixture over apples.
4. Bake 15-20 minutes until topping is crisp and brown.



Fresh Apples

Applesauce

Ingredients

- Whole Apples
- Cinnamon and Brown Sugar
- Water

Directions

1. Peel apples and cut in small pieces.
2. Place apples in a sauce pan with water half way to the top.
3. Add 1 teaspoon of cinnamon and 1/4 cup brown sugar.
4. Cook apples on high until they are mushy.
5. Place apples in food processor or blender or boil until done.



Bananas

Banana Oatmeal Cookie

Healthy snack to be enjoyed anytime of the day

Ingredients

1 medium ripened banana

1 cup of quick or instant oats

optional: dried fruit, nuts, honey, and spices

Directions

1. Mash banana in peel or in a mixing bowl.
2. Stir in oats and other ingredients. Mix well. Form a ball and flatten to make a cookie. Can be eaten right away. Also can be cooked in the oven or placed in the refrigerator.



Bananas

Josh's Banana Bread

Ingredients

4 ripe bananas, smashed	1/3 cup melted butter
1/4 cup brown sugar	3/4 cup sugar
1 egg	1 teaspoon baking soda
1 teaspoon vanilla extract and cinnamon, 1/2 teaspoon ginger	
1.5 cups flour	1/2 cup oats

Directions

1. Preheat oven to 350°F .
2. With a wooden spoon and large mixing bowl, mash bananas and mix with butter. Mix in the sugar, egg, and vanilla. Sprinkle the baking soda and salt over the mixture and mix in.
3. Bake for one hour. Serve.



Fresh Kale

Kale Soup

Ingredients

2 cans of soup
 1 cup kale, chopped
 large microwave bowl

Directions

1. Pour soup cans in a large bowl.
2. Rinse Kale. Chop Kale. Add Kale to the bowl of soup.
3. Heat up soup according to the microwave or stovetop soup instructions on the can. Cover. Serve hot. If you want your Kale softer, cook soup longer.



Fresh Potatoes

Microwave Roasted Potatoes

Ingredients

4 red potatoes
 2 tablespoons of olive oil or canola oil
 Dried herbs Plastic Wrap

Directions

1. Cut potatoes into 1-inch cubes and place in microwave dish.
2. Drizzle 2 tablespoons canola oil over potatoes.
3. Sprinkle on herbs. Coat evenly.
4. Place plastic wrap over container. Poke one hole in top.
5. Microwave on high for 10-12 minutes. Serve.



Squash

Roasted Squash

Ingredients

1 squash

2 tablespoons olive or vegetable oil

Directions

1. Preheat oven to 450 degrees.
2. Slice squash in half and remove skin.
3. Slice squash in thin slices.
4. Place in baking pan.
5. Drizzle oil over squash and bake for 15-20 minutes uncovered until golden brown.



Canned Yams

Yampkin Pie

Blend Together

1.5-2 pounds canned Yams about 30 or 32 ounce can

6 tablespoons melted butter

2 beaten eggs

1/4 cup sugar

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

9-inch unbaked pie shell

Bake

1. Bake pie at 400 degrees for 40 minutes.



Canned Tuna

Blackened Tuna Patties from ISU Extension

Ingredients

- | | |
|---|------------------------|
| 1 can (5 ounces) tuna, drained | 1 egg, beaten |
| 1/4 cup diced onion | nonstick cooking spray |
| 1 teaspoon garlic powder | |
| 1/3 cup sliced veggies (like carrots, peppers, or zucchini) | |
| 1/3 cup bread crumbs or dry day old bread | |
| 2 tablespoons light ranch dressing | |

Directions

1. Beat egg. In a large bowl stir all ingredients together. Wash hands. Form 4 patties. Each patty about 1/3" thick and 3" wide. Heat a skillet to medium. Spray the pan with cooking spray when hot.
2. Cook the patties for 2-3 minutes. Turn over for 2-3 minutes more. Cook until patties are browned. Serve hot.



Canned Chicken

Chicken Burrito Rollups from Hormel Brand

Ingredients

- | | |
|--|-----------------------------|
| 1 cup sour cream | 1/3 cup salsa |
| 1/2 cup chopped onion | 1/4 teaspoon salt |
| 1 tablespoon of freshly chopped cilantro | |
| 1/8 teaspoon garlic powder | 3 (10-inch) flour tortillas |
| 1 (10ounce) can chicken breast, drained | |

Directions

1. In a bowl, combine salsa, onion, sour cream, cilantro, salt, and garlic powder; mix well.
2. Spread 1/2 cup sour cream mixture over each tortilla; top evenly with chicken. Roll tightly, wrap in plastic wrap. Refrigerate several hours.



Canned Cream of Mushroom Soup

Chicken and Noodle Casserole – Revised from Campbell's

Ingredients

- 1 can (10 ounce) condensed cream of mushroom
- 1/2 cup reduced fat milk 1/4 tsp black pepper
- 1 cup frozen or canned mixed vegetables
- 2 cups cubed cooked chicken or canned chicken
- 1-1/2 cups egg noodles, cooked and drained
- 1/2 cup shredded cheddar cheese 1/4 cup parmesan



Directions

1. Stir all ingredients into a 1 or 2 quart casserole dish.
2. Bake at 400 degrees for 25 minutes. When done, sprinkle with cheddar cheese. Serve.

Canned Chicken Noodle Soup

Veggiefied Chicken Noodle Soup

Ingredients

- 1 can condensed chicken noodle soup
- 1 soup can of water
- 1/2 cup cooked frozen or canned mixed vegetables
- 1/2 cup cooked chicken or canned chicken, drained

Directions

1. In a large bowl pour in all ingredients together.
2. Cover bowl, place in microwave for 3 minutes on high heat.
3. Serve hot with crackers or bread.



Canned Tomato Soup

Beautiful Tomato Soup

Ingredients

- 2-10 ounce cans condensed tomato soup
- 1 can beans, drained– preferably white beans
- 2 soup cans milk
- 1 jar (16 ounces) mild salsa
- Shredded cheese and crackers-optional



Directions

1. Blend everything together in a large saucepan over medium heat until mixture is boiling.
2. Pour into bowls and serve hot. Serve with crackers and cheese.

Day Old Bread

Josh's Croutons

Ingredients

- 6 slices of bread, whole grain is healthiest choice
- 1/4 cup olive oil
- 1/2 teaspoon dried Italian herbs like basil
- pinch of salt

Directions

1. Preheat oven to 400 degrees. Grease pan.
2. Place herbs and salt in olive oil and stir. Brush on bread.
3. Slice crusts and discard. Slice up bread in small 1/2" pieces.
4. Bake 400 degrees uncovered for 15 minutes or until golden brown.



Boxed Mac and Cheese, Outreach Mac and Cheese

Shauna's Southern style Chili Mac

Ingredients

- | | |
|--|--------------------------------|
| 1 pound hamburger | 1 teaspoon all-seasoning spice |
| 1 onion or onion powder | 1 can chili beans |
| 1 can pork and beans | 1 can tomato sauce |
| 1 can diced tomatoes and green chilies (Rotel brand) | |
| 1 teaspoon grape jelly (southern way of cooking) | |

Directions

1. Follow the instructions of mac and cheese package and begin to cook.
2. Fry a pound of hamburger, add onion and seasoning. Then drain grease. Add canned ingredients and grape jelly. Let it simmer.
3. When mac and cheese is cooked, combine everything. Stir together. Serve hot.



Plain Oats and Ground Beef

Josh's Meatloaf

Ingredients

- | | |
|-------------------------------|----------------------------|
| 1 pound ground beef-defrosted | |
| 1 white onion | 1/2 cup oats |
| 1/4 cup ketchup | meat loaf seasoning packet |

Directions

1. Preheat oven to 350 degrees.
2. Begin by chopping onion. Place in loaf pan. Blend with beef, oatmeal, ketchup, and seasoning.
3. Bake uncovered for around 60 minutes. Serve hot.



White Rice

Josh's Beans and Rice

Ingredients

- 2 cups white rice
- 3/4 cup canned Beans– preferably Black Beans
- 1/2 cup salsa
- 2 Tablespoons fresh chopped cilantro– optional

Directions

1. Cook White Rice according to package.
2. Drain canned beans
3. When Rice is finished stir the ingredients together.



Pasta and Tomato Sauce

Pasta with Bell Peppers

Ingredients

- 1 box pasta (whole grain or regular)
- 1 can sauce (your choice)
- 3-4 bell peppers chopped
- 2 Tablespoons Fresh Chopped Cilantro– Optional

Directions

1. Begin by making pasta according to package directions.
2. While pasta is cooking, chop peppers.
3. Drain pasta water and add sauce and peppers. Serve hot.



Eggs

Build your own Omelet– ISU Extension

Ingredients

Nonstick cooking spray

2 eggs, beaten

3-4 tablespoons total of one or more of the following:

Cheese Chopped Peppers Sliced Mushrooms

Salsa Sliced Tomatoes Chopped Onions



Directions

1. Heat a small frying pan over medium high heat. Spray with nonstick cooking spray.
2. Pour in beaten eggs. Lift edges of eggs with a spatula. Tip pan to let uncooked egg flow underneath cooked egg.
3. When eggs are almost cooked, add 3-4 tablespoons filling.
4. When eggs are firm, fold omelet over to form a half moon shape.
5. Slide onto a plate and serve hot.

Plain Greek Yogurt or Plain Yogurt

Ranch Dip

Ingredients

1 cup plain yogurt

1/2 dried ranch seasoning packet

Directions

1. Measure out 1 cup of yogurt into a bowl.
2. Open 1 packet of dried seasoning and pour onto yogurt.
3. Stir ingredients together in a bowl.
4. Now ready to be used for pouring over salads, used as veggie dip, or as a condiment.



Peanut Butter

Peanut Butter Energy Bites

Ingredients

- 1/2 cup peanut butter
- 1/3 cup honey
- 1/2 teaspoon vanilla extract
- 1 cup old-fashioned rolled oats

Directions

1. Blend together peanut butter, honey, and vanilla extract until smooth.
2. Pour in oats and mix until well.
3. Refrigerate for 1 hour and roll into one-inch balls.
4. Put into an airtight container and refrigerate for up to 2 weeks.



Peanut Butter

Apples Peanut Butter Snack - Smucker's – 2 servings

Ingredients

- 2 apples sliced
- 1/4 cup creamy peanut butter (read ingredients list and choose peanut butter without hydrogenated oils)
- 1/3 cup plain yogurt
- 1 tbsp. apple juice
- 1/4 tsp cinnamon
- 2 tbsp. dry roasted sunflower kernels

Directions

1. Place apple slices on serving plates.
2. In a small bowl, stir together peanut butter, yogurt, apple juice and cinnamon in a small bowl until blended. Spoon mixture over apples.
3. Sprinkle with sunflower kernels. Serve.

