

# School Street Food Pantry Cookbook







## Banana Pancakes

1 ripe banana

2 large eggs, lightly beaten

Butter or oil, for cooking (optional)

Maple syrup, powdered sugar, or any other  
toppings



## Instructions

1. Mash the banana.
2. Add flavorings if desired. 1/8 teaspoon of baking powder for fluffier, lighter pancakes.
3. Stir in the eggs.
4. Heat a pan over medium heat.
5. Drop batter on the hot griddle.
6. Cook for 1 min.
7. Sprinkle with toppings like nuts or chocolate chips.
8. Flip the pancakes.
9. Cook for another minute or so.
10. Serve warm.



# Brown Sugar Blueberry Muffins

## Ingredients

1 1/4 cup packed brown sugar

1 egg

2 1/2 cups flour

1/2 tsp salt

1 1/2 cups blueberries

1 cup buttermilk

2/3 cup vegetable oil

1 tsp vanilla extract

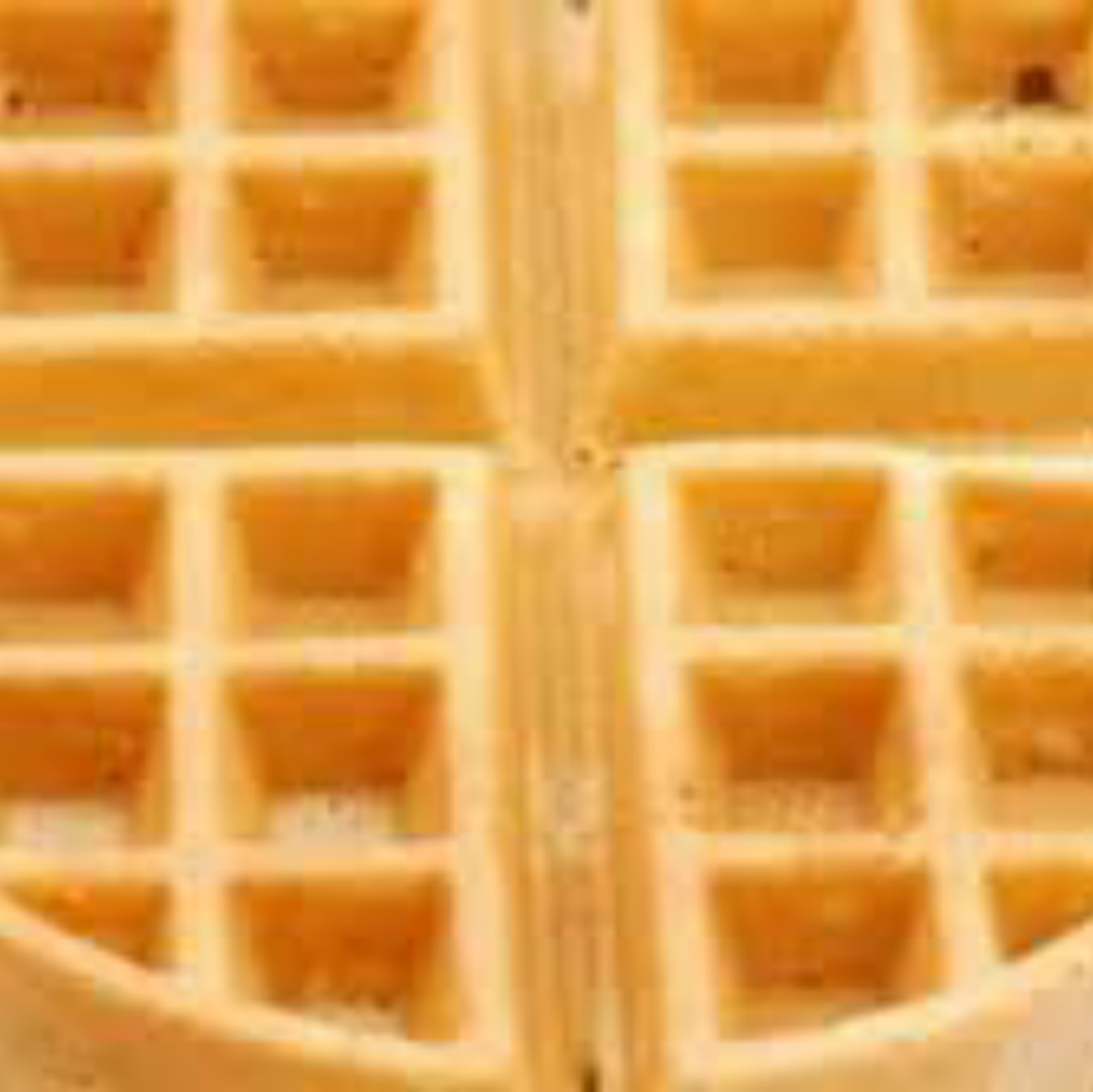
1 tsp baking soda





Preset oven to 350 degrees F. Combine brown sugar, buttermilk, egg, and vanilla in a large bowl. Mix until smooth. Blend flour, baking soda, and salt. Add to batter and mix until there are no lumps. Fold in blueberries with a wooden spoon. Spoon into muffin pan til cups are full. Should make about 12. Bake 30 minutes at 350 degrees F.





# Waffles

## Ingredients

2 eggs

1/2 cup vegetable oil

2 cups flour

4 tsp baking powder

1 Tbsp sugar

1/2 tsp salt

Heat waffle iron. Add other ingredients.

Beat until smooth. Pour onto iron.





## Applesauce

Whole Apples  
Cinnamon and Brown Sugar  
Water

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





## **BUFFALO CHICKEN DIP**

### **INGREDIENTS**

- 2 cups of shredded cooked chicken
- 1 package (8 oz.) cream cheese, softened
- 1/2 cup of Frank's RedHot Original Cayenne Pepper Sauce, or Franks RedHot Buffalo Wing Sauce
- 1/2 Cup of ranch dressing
- 1/2 cup of blue cheese crumbles

### **INSTRUCTIONS**

- 1) Preheat the oven to 350 degrees.
- 2) Mix all the ingredients in a large bowl
- 3) Spoon into shallow 1 qt. (quart) baking dish
- 4) Bake 20 minutes or until mixture is heated through, then stir. Sprinkle with green onions, if desired, and serve.
- 5) Serve with chips, crackers and/or veggies



## **HOMEMADE BREAD**

### **INGREDIENTS**

- 1 package (1/4 oz.) of active dry yeast
- 2 1/4 cups of warm water
- 3 tablespoons of sugar plus a 1/2 teaspoon of sugar
- 1 tablespoon of salt
- 2 tablespoons of canola oil
- 6 1/4 to 6 3/4 cups of bread flour

### **INSTRUCTIONS**

- 1) In a large bowl dissolve yeast and 1/2 tsp. of sugar in warm water. Let this stand until bubbles form on the surface. Whisk together remaining 3 tbsp. of sugar, salt, and 3 cups of flour. Stir oil into the yeast mixture, pour into flour mixture, and beat until smooth. Stir in enough of the remaining flour (1/2 cup at a time) to form a soft dough.
- 2) Turn onto a floured surface, knead until smooth and elastic (8 to 10 minutes). Then place in a greased bowl, turning once to grease the top. Cover and let rise until doubled in size (1 to 1 1/2 hours).
- 3) Bake at 375 degrees until golden brown and bread sounds hollow when tapped, or has reached an internal temperature of 200 degrees (30 to 35 minutes). Remove from the pans and place on wire racks to cool.



# Beans and Greens

## Ingredients

- 1 teaspoon of oil
- 1 cup onion, chopped
- 3 garlic cloves, chopped
- 6 cups of kale or collard greens, chopped
- 1 can of white beans, drained and rinsed
- 1 cup of low-sodium chicken broth
- 1 tablespoon lemon juice or apple cider vinegar
- 1/2 teaspoon black pepper or red pepper flakes
- 1/4 cup of parmesan cheese (optional)

## Directions

1. Heat one large pot over medium heat.
2. Add onion and garlic. Cook for 3 minutes.
3. Add half of the greens. Cook for 2 minutes.
4. Add the rest of the greens, white beans, chicken broth. Cover broth with lid. Cook for 15 minutes.
5. Before serving, add lemon juice or apple cider vinegar. Top with pepper and parmesan cheese, if using.







## Green Bean Casserole

1 can of Cream of Mushroom Soup

1/2 cup milk

2 cans of green beans

1 cup of crispy fried onions

1. Preheat oven to 350°F. Mix soup and milk in a 1 1/2 qt baking dish. Stir in beans and 1/2 cup of crispy fried onions
2. Bake for 30 min or until hot. Stir.
3. Top remaining 1/2 cup onions. Bake 5 min until onions are golden brown.





## BAKED BREAKFAST SWEET POTATO

- baked sweet potato
- almond butter
- sliced banana
- cinnamon

(\*\*extras: honey or syrup for sweeter  
taste. Chia seeds for little crunch)



## INSTRUCTIONS:

- 1) Wash and dry sweet potato
- 2) Put sweet potato on a pan lined with foil and poke holes in the top with a fork
- 3) Bake sweet potato at 425° for 45-50 min
- 4) Take out of oven and cut the middle open
- 5) Add toppings of choice







# SPICY SLOW COOKER CHICKPEA CHILI

## INGREDIENTS:

- 28 oz diced tomatoes (828 mL)
- 13.5 oz tomato sauce (400 mL)
- 4 tablespoons adobo sauce (+ 1 chopped chipotle pepper (for spicy))
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 1/2 cup stock
- 5 cups sweet potato cubes (cut into 1.5-2 inch cubes 1 large or 2-3 small sweet potatoes)
- 4 cloves garlic (minced)
- 2 small onions (diced)
- 2 carrots (peeled and sliced)
- 2 19 oz cans of chickpeas (drained and rinsed)





## **INSTRUCTIONS:**

- 1) Add all ingredients to the base of a 5 quart slow cooker. Mix with a spatula until completely combined.**
- 2) Cook on lowest setting for 8-10 hours.**
- 3) Before serving, stir in the lime juice. Serve with avocado, cilantro, yogurt/ sour cream, and tortilla chips.**



## Tortilla Pizza

1 tortilla

1/2 cup sauce (marinara, pesto, olive oil and garlic, barbecue)

1/3 cup shredded cheese (mozzarella, cheddar, goat, feta)

Toppings

1. Preheat oven to 425°F
2. Place tortilla on baking sheet
3. Spread sauce evenly across tortilla. Sprinkle with cheese and toppings.
4. Bake until cheese is golden. About 10min. Let cool before slicing.







## Tuna Noodle Casserole

2 cans cream of mushroom soup

1 cup milk

2 cups frozen peas

2 (10oz) cans tuna, drained

4 cups cooked egg noodles

2 tablespoons dry bread crumbs or crackers

1 tablespoon melted butter

1. Stir soup, milk, peas, tuna, and noodles in 3 qt casserole

2. Bake at 400°F for 30 min or until hot. Stir.

3. Mix bread crumbs with butter in bowl and sprinkle over tuna mixture. Bake for 5 more minutes.





# Taco Casserole

## Ingredients

- 2 tsp. of olive oil
- 1 lb of ground beef
- 1/2 cup of onions (diced)
- 1 packet of taco seasoning
- 14.5 oz can of diced tomatoes (don't drain)
- 1 1/4 cups of crushed tortilla chips
- 16 oz can of refried beans
- 1 1/4 cups of shredded cheese

Toppings: lettuce, tomatoes, olives

- Cooking spray



# Instructions

1) Preheat the oven to 350 degrees and coat a 9 in. square pan or 2 qt. baking dish with cooking spray

2) Heat the olive oil in a large pan on medium high heat. Add ground beef and cook for 5 to 6 minutes

Break up the meat with a spatula.

3) Add the onions and cook for an additional 3 to 4 minutes, or until the onion is translucent

4) Stir in the taco seasoning and diced tomatoes

Simmer them for 3 to 4 minutes.

5) Place a layer of tortilla chips in the bottom of the prepared pan. Spread a layer of refried beans over the top of the tortilla chips

6) Pour the beef mixture over the beans and top with the cheese.

7) Bake for 15 to 20 minutes, or until the cheese has melted.

8) Add toppings if desired, and then serve .





## Dinner in the Dish

1 lb hamburger

1 onion, chopped

salt and pepper

2 to 3 white potatoes

1 can of creamed corn

1 pint tomatoes



Grease casserole dish with butter. Cook hamburger and onion on low heat in pan. Add salt and pepper. Put hamburger mixture in casserole dish. Add peeled, thinly sliced potatoes on top. Salt and pepper lightly. Sprinkle corn on top of potatoes. Next, place tomatoes and juices over corn. Put on casserole lid. Bake 350 degrees F for 45 minutes.



# Cheesy Tortellini Bake

## Ingredients

- 1 pound of cheesy tortellini
- 24 oz jar of marinara sauce
- 1 cup of mozzarella cheese shredded
- 1/4 cup of flat leaf parsley chopped
- 4 oz fresh mozzarella chopped

## Directions

1. Preheat oven to 350 degrees F. Coat a 9x9 square baking dish with cooking spray and set aside.
2. Cook the tortellini pasta in boiling water for 3 minutes. Drain and rinse. In a medium bowl, combine the cooked tortellini, marinara sauce, shredded mozzarella cheese and parsley. Gently stir until the mixture is combined.
3. Pour the mixture into the prepared baking dish. Top with slices of fresh mozzarella and additional parsley. Bake uncovered in the preheated oven for 30 minutes, or until the pasta is heated through and cheeses are melted.





# Chicken Noodle Soup

## Ingredients

- 1 tablespoon of butter
- 1/2 cup of chopped onion
- 1/2 cup of chopped celery
- 4 cans of chicken broth
- 1 can of vegetable broth
- 1/2 pound of chopped chicken
- 1 and 1/2 cups of egg noodles
- 1 cup of sliced carrots
- 1/2 teaspoon of dried basil
- 1/2 teaspoon of dried oregano
- Salt and pepper to taste

## Directions

In a large pot over medium heat, melt butter. Cook onion and celery in butter until tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, and salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.







# SMOKY BACON WRAPS

## INGREDIENTS

- 1 pound of sliced bacon
- 1 package miniature smoked sausage links (16 oz)
- 1 cup of packed brown sugar



## INSTRUCTIONS

- 1) Cut each bacon strip in 1/2 widthwise.
- 2) Wrap one piece of bacon around each sausage
- 3) Place in a foil-lined 15 in. x 1 in. baking pan.
- 4) Sprinkle with brown sugar
- 5) Bake uncovered at 400 degrees for 30 to 40 minutes or until bacon is crisp and the sausage is heated through





A close-up, slightly blurred photograph of a bowl filled with a hearty chili. The chili consists of ground meat, likely beef, mixed with beans, diced tomatoes, and various spices. The colors are warm, with deep reds from the tomatoes and meat, and browns from the meat and spices. The bowl itself is a light, neutral color, providing a contrast to the vibrant chili.

# Chili

1 lb. hamburger

1 onion

salt and pepper

1 clove garlic, minced

1 quart tomatoes

1 pint tomato juice

1 can pinto beans

1 1/2 Tbsp chili powder

1 Tbsp cocoa powder



Cook hamburger and onion in pan. Add salt, pepper, and garlic last minute of cooking. Add tomatoes, tomatoe juice, beans, chili powder, and cocoa powder. Cook for one to two hours on simmer.



# White Chicken Chili

## Ingredients

- 6 cups of chicken stock
- 3 to 4 cups of shredded chicken
- 2 (15 oz) canned beans of your choice, rinsed and drained
- 2 cups (16 oz) of salsa verde
- 2 teaspoons ground cumin
- Optional toppings: diced avocado, cilantro, shredded cheese, chopped red or green onions, sour cream, crumbled tortilla chips

## Directions

1. Combine ingredients. Stir together chicken stock, shredded chicken, beans, salsa, and cumin in a large stock pot.
2. Bring to a simmer. Cook on high heat until the soup reaches a simmer. Then reduce heat to medium-low. to maintain the simmer.
3. Serve with favorite toppings.







# **EASY CANNED TUNA PASTA**

## **INGREDIENTS**

- 2 tablespoons of olive oil
- 2 large cloves of garlic minced
- 1 (5 ounce) can of tuna, drained
- 1 teaspoon lemon juice
- 1 tablespoon fresh parsley, chopped
- salt and pepper
- 4 ounces of uncooked pasta

## **INSTRUCTIONS**

1. Boil salted pot of water for your pasta, prep other ingredients while it cooks
2. When the pasta is close to ready, add oil to small pan over medium heat. Once oil is hot, add garlic and cook for 30 seconds
3. Stir in the tuna, lemon juice and parsley. Let it heat though.
4. Once the pasta is done, add some of the pasta water ( a couple tablespoons) to the sauce and then drain the pasta and toss with sauce. Season with salt and pepper as needed.





# **SPAGHETTI WITH TOMATO PASTE AND GARLIC INGREDIENTS**

- 12 oz. (3/4 pound) spaghetti or linguine or other long pasta because this is a sauce for a long strand so that the "sauce" can slick it.
- 1 6 oz. can of tomato paste (or the equivalent squeezed from a tube - about 3/4 of a cup)
  - 2 to 4 tablespoons extra virgin olive oil
- 2 to 3 garlic cloves, peeled and sliced very thin
  - pinch of red pepper flakes

## **INSTRUCTIONS**

1. Bring a large pot of water to a boil. Add a tablespoon of salt. Do not add oil.
2. Add spaghetti and cook al dente.
3. While the spaghetti is cooking, using a large fry pan or sauté pan, add olive oil and bring to moderate heat.
4. Peel and slice the garlic. Add to the oil and cook until tender with just a little color. Don't brown it.
5. Lower the heat and add the tomato paste to the oil/garlic mixture and using a wooden spoon, spread the paste into the oil so that it can cook a bit. You want to remove the raw taste from the tomato paste and create a mix of tomato/oil/garlic.
6. When the spaghetti is done, quickly drain it, shaking off any excess water, and add to the pan containing the tomato/oil/garlic mixture and toss with tongs so that the spaghetti gets completely coated.
7. Serve immediately.





# ONE POT CHICKEN PARMESAN PASTA

## INGREDIENTS

- 2 - 3 boneless chicken breasts
  - 1 tsp Italian seasoning
  - 1/2 tsp garlic powder
- 1 medium yellow onion, minced
  - 3 cloves of garlic, minced
- 16 oz dried, short-cut pasta
- 24 oz jar of favorite marinara sauce
  - water to fill empty marinara jar
  - 1 cup mozzarella cheese
  - 1/2 cup Parmesan cheese
  - salt and pepper
  - Parsley for garnish

## INSTRUCTIONS

1. To a large pot or skillet add a drizzle of olive oil and heat over med-high heat. Add chicken, season with salt, pepper, Italian seasoning and garlic powder. Cook 5 minutes, until chicken is most of the way cooked through. Remove to a plate.
2. Add onion and garlic to the pot and cook about 2-3 minutes, Pour in marinara sauce, fill up empty sauce jar with water and add to the pot. Bring to a boil, then reduce to a strong simmer.
3. Add chicken and pasta, stir, then cover and cook for 10-15 minutes, until pasta is cooked to your liking. Stir in Parmesan cheese and 1/4 cup of the mozzarella cheese.
4. Sprinkle remaining 3/4 cup mozzarella cheese on top of the dish and cook another 2-3 minutes, until cheese is melted and gooey.
5. Sprinkle with additional Italian seasoning if desired, and garnish with parsley or basil.





# EASY PASTA AND BROCCOLI

## INGREDIENTS

- 12 oz uncooked pasta, use brown rice or quinoa pasta for gluten-free
- 6 1/2 cups fresh broccoli florets, no stems
  - 5 cloves garlic, smashed and chopped
  - 1/4 cup grated Parmesan or Romano
  - 2 tbsp olive oil, divided
- kosher salt and fresh cracked pepper

## INSTRUCTIONS

1. Bring a large pot of salted water to a boil.
2. When water boils, add pasta and broccoli at the same time and cook according to pasta instructions for al dente.
3. When pasta is almost done cooking, reserve about 1 cup of the pasta water and set aside. Drain pasta and broccoli.
4. Return the pot to the stove and set heat to high; add 1 tbsp olive oil, when hot, add garlic. Cook until golden, reduce flame to low and add pasta back to the pot.
5. Mix well, add remaining olive oil, grated cheese, salt and pepper to taste mixing well and smashing any large pieces of broccoli to break up.
6. Add 1/2 cup of reserved pasta water and mix well adding more if needed.
7. Serve in pasta bowls with additional grated cheese on the side.





# **BLACK BEANS AND RICE**

## **INGREDIENTS**

- 2 tablespoons of olive oil
  - 1 onion, finely chopped
  - 5 cloves of garlic, minced
- 1 1/2 teaspoons of ground cumin
  - 2 cups uncooked rice
- 4 cups chicken broth or stock
- 2 14 ounce cans of black beans, drained and rinsed
- 3-4 tablespoons of lime juice
- 4 tablespoons finely chopped parsley for garnish

## **INSTRUCTIONS**

1. Heat oil in stock pot over medium-high heat. Add onion and saute until transparent. Add garlic and saute for a further minute. Add cumin and rice and then mix flavors
2. Pour in the broth and beans, bring to a boil, cover, reduce heat and simmer for 20 minutes or until rice is tender
3. Remove from heat and drizzle about 2 teaspoons of olive oil, add lime juice and cilantro
4. Add salt and pepper if needed



## Ways to Dress Up Boxed Mac & Cheese

- ~ Bake it after cooking it with stovetop instructions.
- ~ Add bacon
- ~ Add black pepper
- ~ Add parmesan or Romano cheese
- ~ Add bread crumbs
- ~ Add chopped hot dogs or ham
- ~ Add veggies such as steamed broccoli
- ~ Add shredded cheese (cheddar, mozzarella, etc.)
- ~ Add garlic salt/powder







# **EASY & HEALTHY COOKIES**

**INGREDIENTS:**

// bananas, oats, & cocoa powder \\\





## INSTRUCTIONS:

- 1) Add 1 cup of oats and 2 tbs of cocoa powder in a bowl
- 2) Mash 2 bananas in separate bowl
- 3) Add any additional wanted ingredients (chocolate chips, chia seeds, flax seed, etc.)
- 4) Add ingredients and mix
- 5) Place balls of mix on a cookie sheet lined tray
- 6) Place in oven at 350° for 10-15 minutes





# PROTEIN BALLS

## INGREDIENTS:

- 1/2 cup peanut butter
- 1/4 cup chocolate chips
- 3 tablespoons honey
- 1 cup oats







## INSTRUCTIONS:

- 1) Add all ingredients to the bowl + mix well
- 2) Put foil or saran wrap over bowl + put bowl in the fridge
- 3) Let the bowl sit in the fridge for 20 minutes
- 4) Take bowl out of the fridge and roll mix into 1-1.5 inch balls. Enjoy!







## Apple Crisp

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

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





## Banana Oatmeal Cookie

1 medium ripened banana

1 cup of quick or instant oats

optional: dried fruit, nuts, honey, spices, chocolate  
chips

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





## Apple Pie Bites

1/4 cup packed light brown sugar

1 teaspoon apple pie spice

3 tablespoons of butter, melted

1/3 chopped pecans

1 medium Granny Smith apple, cored and sliced  
into 8 slices

1 can Pillsbury Original crescent rolls







1. Preheat oven to 375°F. Line baking sheet with parchment paper.
2. In a small bowl, combine brown sugar, chopped pecans, and apple pie spice. Set aside.
3. Melt butter and toss apples in butter. Set aside.
4. Arrange crescent roll triangles on baking sheet lined with parchment paper. Evenly distribute brown sugar mixture onto each triangle.
5. Roll each crescent roll.
6. Bake for 10-12 minutes. Cool for 5 minutes before serving.







## **HOMEMADE ICE CREAM**

### **INGREDIENTS**

- 2 cups of heavy whipping cream
- 14 oz. (ounces) of sweetened condensed milk
- 1 tsp. (teaspoons) of vanilla extract

### **INSTRUCTIONS**

- 1) In a large bowl use a hand mixer (or stand mixer) to whip the cream until peaks occur. Do not over whip. The cream will be done when you pull out the beaters and the cream stands at attention.
- 2) In another large bowl, whisk the vanilla into the sweetened condensed milk. Gently fold in the whipped cream with a spatula. Slowly incorporating the two mixtures together so that it stays light and aerated.
- 3) If you want to make individual flavors, scoop the cream mixture into smaller bowls and fold in your desired mix-ins, or if making just one flavor, mix the ingredients directly into the cream mixture.
- 4) transfer the mixture to an insulated tub or paper containers and freeze for 4 to 6 hours





## Rhubarb Crisp

4 cups rhubarb (cut into 1 inch pieces)

1/4 cup flour


1/2 cup cup brown sugar packed

1 cup oatmeal

1 tsp cinnamon

1 stick butter





Mix topping ingredients with pastry blender.  
Add to topping oatmeal and cinnamon. Use  
8x11 glass dish. Prepare topping and cover  
rhubarb. Bake uncovered at 350 degrees F  
for 30 minutes.



# S'mores Grilled Cheese

## Ingredients

- 4 teaspoons of butter
- 8 slices of white bread
- 4 cups of mini marshmallows
- 1 cup of chocolate chips
- 4 graham crackers, crushed
- 1/4 cups of cinnamon sugar



## Directions

1. To make one sandwich, top a slice of bread with 1 cup of marshmallows, 1/4 cup of chocolate chips, and 1/4 of crushed graham crackers. Repeat to make 4 sandwiches.
2. In a large skillet over medium heat, melt butter. Working in batches, cook sandwiches until golden and toasted on both sides, about 2 minutes per side.
3. Sprinkle cinnamon sugar over sandwiches and serve warm.





## Baked Oatmeal Bars

3 cups old fashioned oats  
1.5 cups brown sugar  
5.5 cups milk  
1/2 cup peanut butter  
3 eggs, beaten  
1 cup raisins  
1 cup chocolate chips



## Instructions

1. In a large pot, combine oats, milk, brown sugar, peanut butter, and eggs.
2. Mix well and simmer over medium heat, stirring regularly for 20 minutes or until thickened.
3. Pour into greased 9x13 inch pan and top with chocolate chips.
4. Bake at 350° for 30 minutes or until oatmeal is set.
5. Let stand for 5 minutes.
6. Serve warm.



More recipe ideas and where we got our recipes:

- Cinnamon Corn Tortillas and Dip

<https://www.capitalareafoodbank.org/2018/06/10/cinnamon-corn-tortillas-with-fruit-dip/>

- Baked bean and cheese tostada

<https://www.capitalareafoodbank.org/2018/06/02/baked-bean-and-cheese-tostadas/>

- Veggie and cheese egg bake

<https://www.capitalareafoodbank.org/2018/12/27/veggie-and-cheese-egg-bake/>

- Tuna and white bean salad

<https://www.capitalareafoodbank.org/2019/01/27/tuna-white-bean-salad/>

- Corn salsa

<https://www.the-girl-who-ate-everything.com/corn-salsa/>

- Meatless Chili

[https://drive.google.com/file/d/1hbbLTXYjz2\\_5rBageGYqPTolWXQ\\_n3Ck/view](https://drive.google.com/file/d/1hbbLTXYjz2_5rBageGYqPTolWXQ_n3Ck/view)

- Beans and greens

[https://drive.google.com/file/d/1TRIjhMn0iA7S3V7tcCnnTq\\_cUV-OnJck/view](https://drive.google.com/file/d/1TRIjhMn0iA7S3V7tcCnnTq_cUV-OnJck/view)

- Fireworks slaw

<https://drive.google.com/file/d/1MkrBNgS71mCeOmSnWlubZNuhgLUHcMoc/view>

- Zucchini and Corn skillet

<https://drive.google.com/file/d/19ML7-z5g7doNxai6Krqi3hwzSmQb5XIB/view>

- Tuna Pasta

<https://www.saltandlavender.com/easy-canned-tuna-pasta/>

- Black Beans and Rice

<https://cafedelites.com/black-beans-rice-recipe/>



- Chicken Parmesan Pasta

<https://www.thechunkychef.com/one-pot-chicken-parmesan-pasta/>

- Pasta and Broccoli

<https://www.skinnytaste.com/easiest-pasta-and-broccoli-recipe/>

- Spaghetti with Tomato Paste

<https://www.thecitycook.com/recipes/2007-02-01-pantry-dinner-spaghetti-with-tomato-paste-and-garlic>

- Taco Casserole

<https://www.dinneratthetoo.com/taco-casserole-recipe/>

- Homemade Bread

<https://www.tasteofhome.com/recipes/basic-homemade-bread/>

- Buffalo Chicken Dip

<https://www.franksredhot.com/recipes/franks-redhot-buffalo-chicken-dip>

- Bacon Wrapped Smokies

Taste of Home's Quick Cooking Annual Recipes (2002), (Pg. 130)

- Homemade Ice cream

<https://www.foodiecrush.com/how-to-make-easy-no-churn-ice-cream/>

- Northeast Iowa Foodbank Cookbook

<http://www.northeastiowafoodbank.org/wp-content/uploads/2015/06/The-Food-Pantry-Cookbook.pdf>

- Banana Pancakes

<https://www.thekitchn.com/how-to-make-2-ingredient-banana-pancakes-cooking-lessons-from-the-kitchn-218658>



- Apple Pie Bites

<https://theblondcook.com/apple-pie-bites/#tasty-recipes-18012>

- 60 Cheap Dinner Recipes

<https://www.tasteofhome.com/collection/cheap-dinner-ideas/>

- S'mores grilled cheese

<https://www.delish.com/cooking/a22550134/smores-grilled-cheese-recipe/>

- Cheesy Tortellini Bake

<https://pipandebby.com/pip-ebby/cheesy-tortellini-bake>

- White Chicken Chili

<https://www.gimmesomeoven.com/5-ingredient-easy-white-chicken-chili-recipe/>

- Chicken Noodle Soup

<https://www.allrecipes.com/recipe/26460/quick-and-easy-chicken-noodle-soup/>