

RSCC Food Pantry Recipes

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3-Ingredient Instant Oatmeal Fruit Crumble

Servings

One packet of instant oatmeal makes enough crumble topping for two servings of dessert

Instructions

- To make a fruit crumble topping, all you have to do is incorporate some butter into the instant oatmeal. A good ratio is 2 tablespoons of butter per packet of oatmeal. Just cut the butter into small pieces straight from the refrigerator, then use your fingers to incorporate the butter into the instant oatmeal, smushing them together until everything sticks together.
- You'll use the mixture to top two 1-cup serving of chopped fresh fruit like apples or pears (or you can use drained crushed pineapple).
- Bake in a 375-degree oven until well-browned, 15-20 minutes. (If you're baking your desserts in a toaster oven, make sure you've got the rack on its lowest setting, as far from the heating elements as possible.)
- Watch the crumbles closely as they bake – they can go from golden brown to burned in minutes, especially in a toaster oven.
- Let the whole thing sit for 5 minutes to cool slightly and enjoy!

Easy Barbecue Pineapple Chicken

Ingredients

1 tablespoon olive oil
1.5 pounds boneless, skinless chicken thighs
Salt and pepper
1 cup barbecue sauce
1 (20 oz.) can crushed pineapple, drained
Fresh chopped parsley, for garnish (optional)

Instructions

- Preheat oven to 400 degrees. Heat olive oil in a large skillet over medium high heat. Season chicken thighs with salt and pepper.
- Sauté chicken for 2-4 minutes per side, or until golden. Chicken will not be cooked through but will finish cooking in the oven.
- Arrange chicken in a greased 9x13 inch baking dish. Pour half of the barbecue sauce over the chicken. Top with pineapple then pour remaining barbecue sauce over pineapple.
- Bake, uncovered, for 25-30 minutes, or until chicken is cooked through. Garnish with fresh chopped parsley, if desired.

Supper in a Dish

Ingredients

2 cups of rice, cooked

1 ½ cups of cooked ham, cut in cubes – or two cans of tuna or chicken

1 ½ cups shredded cheddar cheese

1 (8-ounce) can green peas

Instructions

- Prepare rice according to package directions.
- In a large bowl, combine rice, ham, cheese, and peas.
- Pour into a large baking dish and bake at 350 degrees for 15 to 20 minutes.

A Wicked Meat Loaf

Ingredients

1 (7-ounce) package stuffing mix, plus seasoning packet

1 egg

½ cup salsa

1 ½ pounds lean ground beef

Instructions

- In a bowl, combine stuffing mix, seasoning, egg, salsa, and 1/3 cup water. Mix well.
- Add ground beef to the stuffing mixture.
- Spoon into 9x5 loaf pan. (You can use any other pan; just shape the meat into a loaf.)
- Bake at 350 degrees for 1 hour.

Savory Herb Meat Loaf

Ingredients

1 pound ground beef
2 cans cream of mushroom soup
1 package dry onion soup mix
1 cup of cooked rice

Instructions

- Brown the ground beef in a skillet. Mix all ingredients together.
- Place in a 9x13 baking dish and form a loaf.
- Bake at 350 degrees for 50 minutes.

Chicken Pasta Bake

Ingredients

2 boneless, skinless chicken breasts, diced
1 jar of marinara sauce
1 box of penne or rigatoni pasta
2 cups mozzarella cheese

Instructions

- Preheat oven to 350°F
- Boil pasta according to package directions
- While pasta cooks, sauté diced chicken in cooking spray or 1 tbs oil
- Drain pasta and combine with chicken and marinara sauce
- Pour mixture into 13 x 9 baking dish, and top with cheese
- Bake for 30 minutes

Southwest Baked Chicken

Ingredients

4 boneless, skinless chicken breasts
1 cup salsa
2 tbs taco seasoning
1 cup shredded Mexican-style cheese

Instructions

- Preheat oven to 350°F
- Sprinkle taco seasoning over both sides of chicken breasts
- Place chicken in baking dish and pour salsa over top
- Bake for 25-30 minutes, until chicken is cooked through
- Top with cheese, and bake for 5 more minutes, until cheese is melted

Baked Chicken Parmesan

Ingredients

4 boneless, skinless chicken breasts

4-6 slices provolone cheese (or 1.5 cups shredded mozzarella)

2 cups marinara sauce

Pasta, cooked to package directions

Instructions

- Preheat oven to 375°F
- Place chicken in greased baking dish
- Bake for 25 minutes, then top with sauce and cheese
- Bake for another 25 minutes
- Serve over your favorite pasta

Easy Cheesy Baked Chicken

Ingredients

4 boneless, skinless chicken breasts

½ cup mayo

⅓ cup cheddar cheese

Garlic powder

Instructions

- Preheat oven to 350°F
- Place chicken in greased baking dish
- Combine mayo, cheese, and garlic powder
- Spread mixture on chicken
- Bake for 35-40 minutes, until chicken is cooked through

Four Ingredient Hamburger Casserole

Ingredients

1 (1lb) box medium pasta shells
1lb ground beef
2 (10oz) cans tomato soup
2 cups shredded cheddar cheese
1 cup mozzarella
1/2 cup water
garlic, salt & pepper to taste

Instructions

- Preheat your oven to 350 degrees F. Sprinkle a baking dish (approximately 9 * 13) with a cooking spray.
- Heat the oil in a deep frying pan, cook hamburger over medium heat, frying from all sides, stirring occasionally
- Meanwhile, boil the pasta according to the instructions in salted water. Drain the water.
- Add garlic, salt, and pepper to the minced meat. Pour in tomato soup, add cooked pasta, half a cup of water and half of the total amount of cheese. Stir, cook for 1-2 minutes over medium heat.
- Put everything in a baking dish, sprinkle evenly with the remaining cheese, cover with foil and bake for about 20 minutes.
- Remove the foil and cook for another 10 minutes, so that the cheese is slightly browned.
- Serve immediately.

Notes

- You can boil the pasta until half cooked (al dente), because the casserole will cook in the oven for another half hour.
- You can add diced onions when frying the ground beef.
- You can eliminate one of the cheeses by taking only cheddar or only mozzarella. Feel free to choose your favorite cheese.

Buttermilk Biscuits with Pancake Mix

Total Time

35 min

Servings

8, 2 1/2-inch biscuits

Ingredients

2 ½ cups Buttermilk Pancake Mix

1/3 cup cold milk

1/3 cup vegetable shortening

1 egg

Instructions

- Preheat oven to 400°F
- In medium bowl, stir together Krusteaz Buttermilk Pancake Mix and remaining ingredients with a fork until dough forms. Transfer dough to lightly floured surface. Roll out dough and fold in half; turn one quarter turn and roll to ½ -inch thickness. Cut with 2 ½ -inch biscuit cutter. Place biscuits side by side with edges touching onto ungreased baking sheet.
- Bake 9-12 minutes or until golden brown. Serve warm.

Ramen Scrambled Eggs

Ingredients

1 (3 ounce) package ramen noodles (any flavor)
1 teaspoon chopped fresh parsley, or to taste
1 tablespoon vegetable oil
1/2 onion, chopped
2 eggs
1 teaspoon water, or as desired
1 pinch salt

Instructions

- Bring a pot of water to a boil; add ramen noodles and cook for 3 minutes. Drain water and stir seasoning packet and parsley into noodles.
- Heat oil a non-stick skillet over medium heat; cook and stir onion until fragrant, about 2 minutes. Add noodles and stir for 2 minutes more.
- Whisk eggs, water, and salt together in a bowl; pour into same skillet as noodle mixture. Cook and stir eggs until set and cooked through, 2 to 4 minutes.

Sausage Cornbread Bake

Ingredients

1 pound pork sausage, cut up
4 medium apples, peeled and sliced (optional)
1 package (7.5 oz.) cornbread/muffin mix
1/3 cup milk
1 egg
Maple syrup

Instructions

- Preheat oven to 400 degrees. In a large skillet, cook sausage over medium heat until cooked through, drain off fat. Transfer sausages to an 8-inch square baking dish, greased with butter or cooking spray. Top with apples if using.
- In a small bowl, combine muffin mix, milk, and egg just until moistened. Pour into pan. Bake, uncovered, until edges are golden brown and a toothpick (or a sharp knife point) inserted in the center comes out clean, 30-40 minutes. Let stand 10 minutes before serving so that it will slice more easily. Serve with maple syrup.

Cornbread Casserole

Ingredients

1 egg, room temperature, slightly beaten

1/3 cup milk

1 tbsp. cooking oil

1 package (7.5 oz.) cornbread/muffin mix

1 cup fully cooked, chopped ham, tuna, chicken or hot dogs (drain canned chicken or tuna well before adding to casserole)

2 tbsp. shredded cheese (optional)

Instructions

- Preheat oven to 400 degrees.
- Whisk together the first three ingredients.
- Add muffin mix, stir just until moistened.
- Fold in chopped meat or tuna.
- Transfer to an 8-inch square baking dish, greased with butter or cooking spray.
- Bake, uncovered, until edges are golden brown and a toothpick (or a sharp knife point) inserted in the center comes out clean, about 30 - 40 minutes.
- Sprinkle with cheese, if using.
- Cool about 5-10 minutes before serving.

*If you have a muffin pan, you can also make these as muffins. Fill greased or paper-lined muffin cups half full and bake for 15-20 minutes.

Quick Creamy Chicken & Noodles

Ingredients

1 can (10 ½ oz.) Cream of Chicken Soup
½ cup milk
1/8 tsp. ground black pepper
1/3 cup grated Parmesan cheese
2 cups, cubed, cooked chicken
3 cups cooked noodles (or other pasta)

Instructions

- Heat the soup, milk, black pepper, chicken and noodles in a 4-qt. saucepan over medium heat until the mixture is hot and bubbling, stirring occasionally.
- Season with salt and pepper to taste.

Easy substitution

Substitute 3 cans chicken, drained for the cooked chicken

Easy Three Ingredient Orange Dessert

Ingredients

1 can (15 oz.) mandarin oranges, undrained
1 package (3.4 oz.) vanilla instant pudding
1 cup thawed whipped topping*

Instructions

- Mix mandarin oranges in juices and dry pudding mix until pudding mix is dissolved.
- Gently stir in whipped topping.
- Refrigerate for an hour before serving.

*How to make whipped topping with powdered milk:

Ingredients

½ cup ice cold water
½ cup sugar
½ cup instant powdered milk
2 tablespoons lemon juice

Instructions

- Put water into an ice-cold bowl.
- Add milk and beat until stiff.
- Add sugar slowly while beating.
- Add lemon juice and beat only until well mixed.

Easy Pancake Mix Funnel Cakes

Total Time

20 min

Servings

8 (5-inch) funnel cakes

Ingredients

Vegetable oil for frying

1 cup Buttermilk Pancake Mix

1/4-1/3 cup water

1 large egg

1 teaspoon vanilla extract

Powdered sugar for topping

Instructions

- Add enough oil to a skillet so it comes about halfway up the side of an 8-inch skillet, and heat it on medium heat until it reaches 360°F. Spoon pancake mix into a 1-cup measuring cup and level it off.
- Whisk together the water, egg and vanilla. Whisk in pancake mix. Pour batter into a squeeze bottle, empty and clean ketchup bottle, or plastic sandwich baggie with the corner snipped off. Test oil to make sure it is hot enough by dropping a small dot of batter in the pan. It should fry golden brown and sizzle quickly without burning. When oil is ready, quickly squeeze the batter in a circular motion into the frying pan.
- Cook about 30 seconds-1 minute until golden brown on the bottom. Flip funnel cake and cook the other side, about 30 seconds or until golden brown. Remove from the oil and transfer to a paper towel lined plate. Sprinkle with powdered sugar and serve warm.

Three-Ingredient Baked Chicken Breasts

Total Time

40 Minutes

Servings

4

Ingredients

¼ cup butter, melted

1 teaspoon salt

4 skinless, boneless chicken breast halves

Instructions

- Preheat oven to 350 degrees F (175 degrees C). Lightly butter a baking dish.
- Stir 1/4 cup melted butter and salt together in a bowl.
- Arrange chicken in the baking dish. Brush butter mixture onto the chicken until thoroughly coated, pouring any extra over the chicken.
- Bake in the preheated oven until no longer pink in the center and the juices run clear, about 30 to 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Spicy Shepherd's Pie

Total Time

30 Minutes

Servings

6

Ingredients

3 cups mashed potato flakes
1 pound ground beef
1 medium onion, chopped
1 can (14-1/2 ounces) diced tomatoes, undrained
1 can (11 ounces) Mexicorn, drained
1 can (2-1/4 ounces) sliced ripe olives, drained
1 envelope taco seasoning
1-1/2 teaspoons chili powder
1/2 teaspoon salt
1/8 teaspoon garlic powder
1 cup shredded cheddar cheese, divided

Instructions

- Prepare mashed potatoes according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add the tomatoes, corn, olives, taco seasoning, chili powder, salt and garlic powder. Bring to a boil; cook and stir for 1-2 minutes.
- Transfer to a greased 2-1/2-qt. baking dish. Top with 3/4 cup cheese. Spread mashed potatoes over the top; sprinkle with remaining cheese. Bake, uncovered, at 350° for 12-15 minutes or until cheese is melted.

Chicken and Stuffing Casserole

Ingredients

4 cups cooked, diced chicken*
2 (10.5 ounce) cans cream of chicken soup
1 cup milk
1 stick (8 tablespoons) butter, melted
1 (8 ounce) package (about 3 ¾ cups) dry stuffing mix

Instructions

- Preheat oven to 350F.
- Grease a 9x13-inch baking dish with cooking spray or butter.
- In a large bowl, whisk together condensed soups and milk. Stir in cooked chicken.
- Pour chicken mixture into prepared baking dish.
- In a separate bowl, pour melted butter over dry stuffing mix. Gently stir until all of the stuffing mix is coated with butter. Sprinkle over chicken mixture.
- Cover baking dish with foil. Bake, covered, at 350 degrees for 20-30 minutes. Remove foil and bake for an additional 10-20 minutes, or until heated through and browned on top.

Recipe Notes

*You can use canned chicken or cook the chicken pieces from the pantry and then cut up the cooked meat for the casserole. If you prefer to cook your chicken, place the chicken pieces in a baking dish. Drizzle with oil, season with salt and pepper, and toss to coat. Cover with foil and bake in a 400F oven for 30-45 minutes (or until chicken is cooked thoroughly). Allow to cool before chopping and using in the recipe.

Cooking Just for Two?

You can either cut the ingredients in half and prepare the casserole in an 8-inch square baking dish; OR prepare the full recipe, but divide the ingredients between two 8-inch square baking dishes. Freeze the extra dish according to the instructions below for a later meal.

Want to Prep Ahead?

This casserole freezes well, so if you want to make it in advance, just prepare through step 5, wrap tightly, and place in freezer. When ready to eat, defrost and continue with Step 5.

Powdered Milk Cooking Tips

- In cooked cereals, add 3 tablespoons of nonfat dry milk powder to each $\frac{1}{2}$ cup of dry cereal (such as oatmeal) prior to cooking. Use the same amount of water as called for in the package directions when cooking the cereal.
- For a thicker and more nutritious milkshake, add 1 or 2 tablespoons of nonfat dry milk powder per serving.
- Substitute nonfat dry milk powder for non-dairy creamer in coffee and tea for more calcium and no fat.
- Add $\frac{1}{4}$ cup nonfat dry milk powder to each cup of fluid milk when making biscuits, muffins, pancakes, yeast breads, cookies and cakes. This will cause your recipe to be firmer and to brown faster. Lowering the baking temperature or reducing the amount of sugar will reduce this browning effect.
- Add $\frac{1}{2}$ cup nonfat dry milk powder when reconstituting canned soup. Add $\frac{1}{2}$ cup nonfat dry milk powder per can of condensed soup when making casseroles, such as tuna and noodles with cream of mushroom soup.
- Add nonfat dry milk powder when making mashed potatoes, using $\frac{1}{3}$ cup per 4 servings.
- Add $\frac{1}{4}$ cup nonfat dry milk powder for every pound of ground meat before browning. Add $\frac{2}{3}$ cup nonfat dry milk powder for every pound of ground meat when making meatloaf or meatballs.
- Add $\frac{1}{4}$ cup nonfat dry milk powder to each cup of fluid milk, or add $\frac{1}{2}$ cup nonfat dry milk powder to each cup of water or bro

Powdered Milk Conversion chart

1 Cup Milk = 1 Cup Water + 3 Tablespoons Powdered Milk
3/4 Cup Milk = 3/4 Cup Water + 2 1/4 Tablespoons Powdered Milk
2/3 Cup Milk = 2/3 Cup Water + 2 Tablespoons Powdered Milk
1/2 Cup Milk = 1/2 Cup Water + 1 1/2 Tablespoons Powdered Milk
1/3 Cup Milk = 1/3 Cup Water + 1 Tablespoon Powdered Milk
1/4 Cup Milk = 1/4 Cup Water + 3/4 Tablespoon Powdered Milk

Make your own Sweetened Condensed Milk

Ingredients

1/2 cup hot water

1 cup dry powdered milk

1 cup sugar

1 tablespoon butter

Instructions

- (14 oz. can) Blend VERY WELL in blender.

Make your own Evaporated Milk

Ingredients

1-1/2 cup water

1/2 cup + 1 tablespoon dry powdered milk

Instructions

- (12 oz. Can) Blend VERY WELL in blender.

Make your own Buttermilk or Sour Milk

Ingredients

1 cup water

1/4 cup powdered milk

Instructions

- Add 1 tablespoon lemon juice or white vinegar to a cup of milk and let it stand for 5 – 10 minutes.

Basic Dry Pudding Mix

Ingredients

1-1/2 cups sugar

2/3 2-1/2 cups instant powdered dry milk

1-1/4 cups flour

1 teaspoon salt

Instructions

- Stir the ingredients together until well mixed. Store in a tightly covered container in a cool place. Makes enough mix for 24 servings.

Whipped Topping

Ingredients

1/2 cup ice cold water
1/2 cup sugar
1/2 cup instant powdered milk
2 tablespoons lemon juice

Instructions

- Put water into an ice cold bowl.
- Add milk and beat with a cold egg beater until stiff.
- Add sugar slowly while beating.
- Add lemon juice and beat only until well mixed.

Cocoa or Chocolate Milk Mix

Ingredients

1 cup cocoa
4 cups instant powdered milk
1/2 teaspoon salt
3/4 cup sugar (or equivalent sugar substitute)

Instructions

- Combine ingredients and store in a tightly covered container.
- To make one cup hot cocoa or chocolate milk use 1/2 cup mix and 1 cup water. Combine part of the water with mix and stir to make a smooth paste. Add remaining water and blend well. Heat to make hot cocoa or chill to make chocolate milk.