

Food Pantry Cookbook



By Emma G. Carroll

Food Pantry Cookbook

My name is Emma G. Carroll and I have been a Girl Scout since Kindergarten. I decided to create a cookbook for my Girl Scout Silver Award Project. The Silver Award is the highest honor a Cadette Girl Scout can receive. The purpose of this project is to find a need in the community and try to help in a lasting way. When I was volunteering at Grands Stepping Up, I noticed that a lot of the food donations were canned and boxed foods. This is great for items that stay on the shelves but sometimes these foods might need a personal touch, a twist or a little spicing up to make a great meal.

This cookbook is designed to use the most frequently donated pantry items in a new way. The majority of the ingredients in each recipe can be found in the pantry. I hope you enjoy this cookbook and the delicious meals you will make.

Thank you to my Silver Award team, my Girl Scout leaders, and my family for helping me to work on this project.



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Food Pantry Cookbook

<i>If you have this ingredient,.....</i>	<i>You can make.....</i>
Applesauce	Cinnamon Applesauce Pancakes
Box Cake Mix	Dump Cake Sprite Box Cake
Canned Corn	Vegetarian Tacos
Canned Black Beans	Vegetarian Tacos
Canned Green Beans	Green Bean Salad
Can of Mixed Vegetables	Vegetable Fried Rice Chicken a la King
Canned Pears	Pear Tarts
Canned Peaches	Canned Peach Pie
Canned Pineapples	Dump Cake
Canned Potatoes	Hot Ham and Potato Breakfast Potato Soup
Cherry Pie Filling	Dump Cake
Condensed Milk	Condensed Milk Ice Cream
Cream of Celery Soup	Mac Sausage and Broccoli
Cream of Mushroom Soup	Green Bean Salad
Evaporated Milk	Condensed Milk Ice Cream
Macaroni and Cheese	Mac Sausage and Broccoli
Pancake Mix	Cinnamon Applesauce Pancakes
Pasta	Chicken a la King
Peanut Butter	Peanut Butter and Jelly French Toast Casserole
Spam/Canned Ham	Hot Ham and Potato Breakfast
Rice	Vegetable Fried Rice

Cinnamon Applesauce Pancakes



Ingredients

- 1 cup pancake mix
- 3/4 cup water
- 3/4 cup applesauce
- 1/2 tbsp cinnamon ground

STEPS

1. mix hungry jack pancake mix and water together until well blended. then add in applesauce and cinnamon and mix completely
2. heat up a frying pan on the stove at medium high. Pour the pancake mixture into the pan in small amounts to make small pancakes.
3. flip pancakes when ready and let cook on the other side completely.
4. plate and serve with butter and syrup

Hot Ham and Potato Breakfast



Ingredients:

Canned Potato
Canned Ham/Spam

STEPS:

1. Dice ham and cook in a hot skillet pan.
2. Rinse and cook potatoes in a second skillet pan.
3. Cook each until hot, then combine.
4. Add salt and pepper to taste.

*Add a fried egg or scrambled egg.

Peanut Butter and Jelly French Toast Casserole



Ingredients:

3/4 cup milk

3 eggs

12 pieces of bread

Peanut butter and jelly

STEPS:

1. Set oven to 350 degree
2. Make a peanut butter and jelly sandwich (peanut butter on one piece of bread, jelly on the other)
3. In a large bowl add 3 eggs and 3/4 cup milk, mix them together
4. Cut all of the PB&J sandwiches into fourths
5. Dip the PB&J sandwiches fourths into the egg mixture
6. Spray a pan for sandwich pieces with cooking spray
7. Put sandwich fourths in rows inside of the sprayed pan
8. Cook in preheated oven for 50 minutes or until golden brown

EXTRAS IDEAS TO SPICE IT UP:

- Pour or brush on a small amount of vanilla extract onto french toast.
- Replace the jelly with nutella or replace both peanut butter and jelly with nutella.
- If you are allergic to peanuts, try replacing it with almond butter.
- If allergic to all tree nuts, try sunflower butter, soy butter, or pea butter.

Green Bean Salad



Ingredients:

Two 12 ounce cans of green beans

One 12 ounce can of mushroom soup

Optional: croutons or crispy fried onions

Steps:

1. Place one can of mushroom gravy in a baking pan, drain two cans of green beans and place them into the pan.
2. Place the pan into the oven at 325 degrees for 20-30 minutes.
3. If you have croutons or crispy fried onions, you can put them on top and bake them into the casserole. Put the croutons or crispy fried onions on the top of the dish after it has been cooking for 15-20 minutes.

Potato Soup



Ingredients:

1 can potatoes

½ diced onion

2 cans evaporated milk

½ cup butter

Water

Steps:

1. Peel and dice the onions.
2. Open the can of potatoes, rinse and cut.
3. Place the potatoes and onions in a soup pot. Cover with water.
4. Cook until the potatoes are done, being careful to keep water in the container. Do not drain the liquid.
5. Add the milk and butter to the pot when the potatoes are fully cooked.
6. Cook carefully so as not to burn. Season with salt and pepper.
7. Enjoy it while it's hot.

Ideas to spice it up:

Add chopped parsley, scallions, shredded cheddar cheese or bacon bits. You can also add a can of corn or peas.

Vegetable Fried Rice



Ingredients:

Butter

One can mixed vegetables (12 ounce)

One bag of white rice

Steps:

1. Place one or two pats of butter into a fry pan, add one can of mixed vegetables
2. Make an empty circle in the middle of the fry pan, add 2 eggs and scramble them
3. Let cook on medium heat
4. In a separate pot boil rice, once done place it into the fry pan and mix the eggs, vegetables and rice together

Add a little soy sauce or salsa for flavor.

Chicken a la King



Ingredients:

One box or package of egg noodles or pasta

Two 12 ounce cans mixed vegetables

One 12 ounce chicken gravy

Chicken

Steps:

1. Boil one box of any type of noodles
2. In a separate pot cook two cans of vegetables with one can of chicken gravy or cream of chicken soup - do not add water to the soup.
3. Cook chicken and add it to the pot of vegetables and gravy, let it cook for 10-15 minutes
4. Strain the noodles, place them in the bottom of a serving bowl
5. Place the cooked vegetables and chicken gravy on top of the noodles

Dumplings



Ingredients:

2 cups Bisquick baking mix

$\frac{2}{3}$ cups milk

1 can of mixed vegetables

1 can of chicken broth

STEPS:

1. Heat cans of vegetables and broth in a large pot.
2. In a separate bowl, mix baking mix and milk until soft dough forms.
3. Drop by spoonfuls onto hot vegetables in boiling stew. (Do not drop directly into liquid.)
4. Cook uncovered over low heat for 10 minutes.
5. Cover and cook 10 minutes longer or until dumplings are done.

Mac Sausage and Broccoli



Ingredients:

1 box macaroni and cheese

1 can of chopped broccoli or one package frozen broccoli

One can of condensed cream of celery soup

One pound smoked sausage

Steps:

1. Prepare macaroni and cheese as directed on the package.
2. Cook broccoli according to directions on the can or bag.
3. Cook sausage
4. Mix ingredients together and place in a 2 quart casserole dish.
5. Bake at 350 degrees for 45 minutes or until thoroughly heated.

Vegetarian Tacos



Ingredients

One 12 ounce can of black beans

One 12 ounce can of corn

Flour tortillas

Taco Seasoning

Steps

1- Clean and rinse the can of black beans.

2-Pour into a small stovetop pot.

3-Add in a can of corn.

4- Cook for approximately five minutes on medium temperature (or until hot.)

5- Add one tablespoon of taco seasoning and mix.

6-Strain any remaining water.

7- Serve on flour tortillas.

- Add fresh or jar salsa, cheddar cheese, lettuce or other toppings.
- Can also be made with corn tortillas or a bag of nacho cheese doritos

Canned Peach Pie



Ingredients:

One sleeve of graham crackers

¼ cup butter

Two cans of peaches

⅓ cup sugar

STEPS

1. Crush one sleeve of graham crackers.
2. Melt ¼ cup of butter.
3. Mix butter and graham crackers.
4. Line the cake pan with the graham cracker/butter mixture evenly. Press down until level and compact.
5. Refrigerate for one hour.
6. In a separate bowl, pour canned peaches and mix with ⅓ cup sugar. Mix.
7. Refrigerate for one hour then pour peach mixture into graham crackers crust. Evenly distribute the peach mixture.
8. Bake at 350 degrees for 15 minutes. Serve and enjoy!

*Serve with whipped cream or fresh fruit on top. Can use different fruit if wished.

Condensed Milk Ice Cream



Ingredients:

One 12 ounce can evaporated milk (refrigerate before using)

Two 14 ounce cans condensed milk

21 ounce double cream (or heavy whipping cream)

2 tbsp vanilla extract

STEPS:

1. In a large bowl, whisk together the evaporated milk and double cream until thick, then whisk the condensed milk and vanilla.
 2. Once it's all well incorporated, put into a freezer-proof lidded box and freeze for around six hours.
 3. Before serving, leave it at room temperature until it is soft enough to scoop, around 15–20 minutes.
- You could add chocolate chips, pieces of honeycomb, chopped hazelnuts. The pulp from eight passion fruits makes it so tangy and fresh.
 - You could purée, then sieve, 250g (8oz) raspberries, blueberries or strawberries. Stir them into the whipped mixture before freezing.
 - Try swirling in a few tablespoons of thick caramel sauce – from a can is fine – an hour after freezing.

Dump Cake



Ingredients:

- 1 can cherry pie filling
- 1 box yellow cake mix
- 1 can pineapple chunks
- 1 stick butter

STEPS:

1. Preheat the oven to 350 degrees.
2. Grease 9 x 13 pan.
3. Spread pineapple in pan, top with cherry pie filling, sprinkle with cake mix.
4. Dot with butter pieces.
5. Bake for 50-60 minutes.
6. Do not remove from the pan, serve directly from the pan.

Pear Tarts



Ingredients:

One twelve ounce can of pears
Cinnamon
Sugar
Graham Crackers (one sleeve)
Butter

Steps:

1. Crush one sleeve of graham crackers.
2. Melt $\frac{1}{4}$ cup of butter.
3. Mix butter and graham crackers.
4. Line cupcake pan with cupcake liners. Distribute the graham cracker/butter mixture evenly into cupcake liners. Press down until level and compact.
5. Refrigerate for one hour.
6. In a separate bowl, pour canned pears and mix with $\frac{1}{3}$ cup sugar and one tablespoon cinnamon. Mix.
7. Refrigerate for one hour then pour pear mixture into cupcake liners with graham crackers. Evenly distribute the pear mixture.
8. Refrigerate for twenty minutes. Serve.

*Can use different fruit if wished

Sprite Box Cake



Ingredients:

Box cake mix

One 12 ounce can of Sprite

STEPS:

In a large bowl, mix the box cake mix and can of sprite. Follow the cooking time and temperature indicated on the cake box.

*The sprite is used in place of eggs, oil, etc.

Top with whipped cream, icing or your favorite fruit.

Kitchen Conversions

<p>1 <i>gallon</i>:</p> <ul style="list-style-type: none"> 4 QUARTS 8 PINTS 16 CUPS 128 OUNCES 3.8 LITERS 	<p>1 <i>quart</i>:</p> <ul style="list-style-type: none"> 2 PINTS 4 CUPS 32 OUNCES .95 LITERS 	<p>1 <i>pint</i>:</p> <ul style="list-style-type: none"> 2 CUPS 16 OUNCES 480 ML
<p>1 <i>tblsp</i>:</p> <ul style="list-style-type: none"> 1/2 OZ 3 TSPS 	<p>1 <i>cup</i>:</p> <ul style="list-style-type: none"> 8 OUNCES 240 ML 16 TBS 48 TSP 	<p>1/4 <i>cup</i>:</p> <ul style="list-style-type: none"> 2 OUNCES 60 ML 4 TBS 12 TSP

herbs: 1 TBS FRESH = 1 TSP DRY

Ingredient Substitutions

1/2 TSP *salt* : 1/2 TSP LEMON JUICE

1 CUP *sour cream* : 1 CUP PLAIN YOGHURT

1 CUP *whole milk* : 1/2 CUP EVAPORATED MILK
+ 1/2 CUP WATER

1 CUP *vegetable oil* : 1 CUP FRUIT PUREE
(SUCH AS APPLESAUCE)

1 *whole egg* : 1/4 CUP PUREED PRUNES
1/2 CUP MASHED POTATOES
1/4 CUP PUMPKIN PUREE
2 EGG WHITES