

HOPE FOR THE HUNGRY FOOD PANTRY COOKBOOK

Created by:

Evalynn &

Katie

Troop 75674



If you have any feedback, please email
us at

Troop75674@hotmail.com

~Breakfast~

Peanut butter & Jelly Oatmeal

~peanut butter

~jelly

~oatmeal

~milk or water

First, take some oats and boil them in water. Then, drain most of the water and add some milk. From there, melt some peanut butter in the microwave for 15 seconds and pour it into the oatmeal. Then take some jelly and scoop that into there. Mix well. Pour into separate bowls and serve. Yummy!

Peanut Butter Honey Oat Bars

~ rolled oats

~ creamy peanut butter

~ honey



Preheat oven to 350°. Lightly grease an 8-inch square baking pan with cooking spray and set aside. Then in a medium bowl stir together 2 cups rolled oats, 1/4 cup honey, and 1 cup peanut butter. Spread mixture into baking dish. Bake for 15-20 minutes or until the oats start to toast and turn light brown on top. Let it cool and enjoy!

~Sides~

Green Bean Casserole

~green beans

~cream of mushroom

~croutons/crackers (depending on what you have)

First, take your can of green beans and drain out the juice. Then put the green beans in a bowl. Next, put cream of mushroom in the same bowl and mix well. From there you will put the mixture into a cake pan. Now, bake at 350° for 25 minutes. After 25 minutes, add croutons or crackers on top and bake for another 5 minutes. Yum!



Easy Black Beans and Tomatoes

~One 15 oz. can of black beans, rinsed and drained

~One 14.5 oz. can of no-salt tomatoes, rinsed and drained

~One teaspoon of chili powder

~One teaspoon of ground cumin

~One teaspoon of garlic powder

Stir all ingredients into a sauce pan over medium heat. Cook until the tomatoes soften, about 10-15 minutes.

~Lunch/Dinner~

American Goulash

~1 pd. beef

~ketchup

~1 16 oz. can crushed tomatoes

~1 box elbow noodles

~1 16 oz. can chicken broth



First, boil the noodles in a large pot, using box directions, and drain them. Then, using the same pot, brown the ground beef on medium temperature. From there, pour canned crushed tomatoes, the elbow noodles that were previously boiled, and chicken broth (heat it beforehand) into the pot and stir well. Add ketchup to desired taste and consistency. Enjoy!

Chicken Pea Casserole

~chicken

~peas

~cream of chicken

~chicken broth

First, drain a can of chicken and a can of peas. Then put them in a bowl. Put cream of chicken and chicken broth into the bowl and mix well. From there, put the concoction in a cake pan and bake at 375° for 25 minutes. Have a nice meal!

Potato Pea Mac & Cheese

~box of mac & cheese

~potatoes

~peas

~milk (and cheese if it is not provided in the box)

~pepper (optional)

First, take a box of mac & cheese and follow instructions on the box (boil the noodles, drain the water out, add milk and cheese). Then pour out canned potatoes and chop them as small as you like. Then, add the canned potatoes, the mac & cheese, and some canned peas into separate bowls to serve. Add pepper on top if you would like and serve. Yay!

Tuna Noodle Casserole

~2 cans of tuna

~half a bag of egg noodles (or preferred noodle)

~2 cans of cream of mushroom soup

Begin by boiling noodles according to package directions. Strain noodles and tuna, add the tuna and cream of mushroom soup. Serve hot. Oooo!



BBQ Ranch Chicken

~ barbecue sauce

~ 4 boneless skinless chicken breasts

~ ranch dressing

Combine one cup of ranch dressing and one-half cup barbecue sauce, brush the mixture onto the chicken. At this point you could marinate the chicken for 1~24 hours or put in the oven right away. The longer the chicken is marinated the juicier it will be.

Preheat oven to 375F, line a baking dish with foil, place chicken on the prepared dish pan and bake for 30 minutes until tender. Nice!

~Dessert~

Dipped Pretzels

~pretzel sticks

~chocolate

~peanut butter

First, take the chocolate chips and pour them in a bowl. Put the bowl in a microwave and heat for 15 seconds. Do the same with peanut butter. Then take out the two separate bowls and take out some pretzel sticks. Split the number of pretzels you have and put them in two different groups. Dip one group of the pretzels in the melted peanut butter, and the other group in the melted chocolate. Do not serve until it is cooled off. Have fun!

Chocolate Peanut Butter Brittle

~chocolate chips

~peanut butter

~nuts

First, melt chocolate chips in the microwave for 15 seconds. Then, do the same thing with peanut butter. Spread both the chocolate and the peanut butter on some parchment paper. Swirl it around using a toothpick. Sprinkle on nuts if you would like. Let it dry. BAM, you have brittle (good job)!