

January Sunshine Pop-up Pantry Menu

Your boxes this month contain the ingredients to make the following meals. The recipes for these dishes are included in this packet.

Chili with Corn Muffins
One Pot Rice Casserole
Easy No Boil Pasta Bake with Side Salad
Tacos

Extras included in this month's delivery include:

Milk
Bread
Butter
Miscellaneous produce
Miscellaneous canned goods
Frozen waffles
Mac & cheese
Hot dogs
Italian sausage or cheddarwurst
Additional ground beef

We are eternally grateful to our sponsor Sunshine Brewing Co. and for the generous donations from Lake Mills community members!



Additional Community Resources

Geno's Weekly Pop Up Pantry
Every Thursday
9:00 am - noon
740 N Church St, Watertown
Need is self-determined

Ruby's Pantry - Jefferson
4th Wednesday of every month
<https://www.facebook.com/RubysPantryImmanuelUMCJeffersonWI>

Lake Mills Food Pantry
920-648-2800
720 E. Lake St., Lake Mills

Second Harvest - Marshall/Waterloo
4th Friday of every month
Holy Trinity Lutheran Church, 605 Madison Street, Marshall
Start time: 1:00 pm until all food is distributed.
No restrictions, EVERYONE in need is welcome and served. No ID necessary.

Second Harvest - Fort Atkinson
2nd Thursday of every month
St Joseph's Catholic Church, 1650 Endl Boulevard, Fort Atkinson
Start time: 2:00 pm until all food is distributed.
No restrictions, EVERYONE in need is welcome and served. No ID necessary.

Chili with Corn Muffins

Ingredients

- 1 corn muffin mix
- 1 lb ground beef
- 1 chili powder to taste
- 1 can stewed tomatoes
- 1 can kidney beans

Directions

- Make corn muffins according to directions on the box.

- Brown ground beef.
- Drain.
- Add chili powder to taste.
- Add tomato soup.
- Add stewed tomatoes, undrained.
- Add kidney beans, undrained.
- Stir and heat all in the skillet.
- Serve.
- Can garnish with cheddar cheese.

One Pot Rice Casserole

Ingredients

1 tablespoon olive oil
2 cloves garlic, minced
1 green pepper, diced
1 can whole corn, drained
1 can petite diced tomatoes, undrained
1 cup white rice
1 teaspoon chili powder
1 cup shredded cheddar cheese
Salt and pepper to taste

Directions

- Heat olive oil in a saucepan over medium high heat.
- Add garlic, green pepper, and cook, stirring frequently for 2-3 minutes.
- Stir in corn, heat until corn is tender and heated through, about 2 minutes.
- Stir in diced tomatoes, rice, chili powder, and 1 1/2 cups water.
- Season with salt and pepper, to taste.
- Bring to a boil; cover, reduce heat and simmer until rice is cooked through, about 15-18 minutes.
- Stir in cheese until melted through, about 1-2 minutes.

Easy No Boil Pasta Bake with Side Salad

Ingredients

- 2 bags side salad mix
- 1 salad dressing

- 1 lb ground beef
- 1 16 oz box pasta (Rigatoni, Penne, Rotini or Ziti)
- 1 24 oz jar tomato pasta sauce
- 1 full jar water (24 ounces)
- 2 cups mozzarella cheese, shredded

Directions

- PREHEAT oven to 425 degrees.
- Brown ground beef in skillet.
- Drain.
- Combine ground beef, uncooked pasta, 1 jar of tomato pasta sauce and 1 jar of water in a 13 x 9 inch baking pan.
- Cover with aluminum foil.
- Bake for 30 minutes.
- Uncover and stir well.
- Top with cheese.
- Bake uncovered for an additional 10 minutes or until cheese melts and pasta is tender.

- Make side salad using bagged salad mix and salad dressing

Tacos

Ingredients

- 2 lb Ground beef
- 2 taco seasoning
- 1 package soft taco shells
- 1 container sour cream
- 1 cup shredded cheddar cheese
- 1 jar salsa

Directions

- Prepare ground beef according to directions on taco seasoning package.
- Top tacos with sour cream, cheddar cheese, and salsa.