

June 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.

Easy Mexican Ground Beef and Rice Taco filling

White Bean and Ham Soup*

Burgers with Pear Slices

Pancakes, Sausage Links, Hash

30-Minute Mediterranean Canned Mackerel Pasta Recipe

No-Bake Tuna Noodle Casserole

**Using Rock River Double Cherrywood Smoked Uncured Canadian Bacon Ends*

Extras included in this month's delivery include:

Cereal

Mac-n-cheese

Shelf-Stable Milk

Bread

Miscellaneous

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



Additional Community Resources

The Bread Basket

Multiple pop-up pantries throughout Jefferson County

<https://www.facebook.com/BreadBasketWisconsin>

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.

30-Minute Mediterranean Canned Mackerel Pasta Recipe

1 box spaghetti noodles
2 cans mackerel, drained
2 *Tablespoons olive oil*
1-2 cloves garlic
1 large red bell pepper (*or 2 medium-sized*)
2 large handfuls grape or cherry tomatoes or 1 diced tomato
Approx. 10 green olives, pitted
Salt and pepper (to taste)
Optional toppings: freshly grated parmigianno regianno, crushed red chilli peppers, freshly squeezed lemon

Instruction

1. Heat a pot of water to boil (for pasta).
2. Mince garlic. Chop bell pepper, tomatoes, olives. Set aside.
3. Once water has boiled, add spaghetti and cook according to package directions.
4. Heat a large pan over medium-high heat. Add cans of mackerel and olive oil. Add garlic and sauté for a couple minutes.
5. Next, add chopped bell peppers, tomatoes, and olives. Sauté for approx. 10 minutes until veggies are tender, adding salt and pepper for taste.
6. Once pasta is done, remove from heat and drain. Add drained pasta to the pan of veggies and cook for about 1 minute.
7. Serve.
8. Optional toppings: freshly grated parm, a sprinkle of red chilli flakes, and/or a squeeze of lemon. Adjust salt/pepper as needed. Enjoy hot!

No-Bake Tuna Noodle Casserole

Salt, to taste
1 pound whole-grain penne
1 cup frozen green peas, or more to taste
3/4 cups nonfat milk
Two 5-ounce cans tuna, packed in water
8 ounces shredded colby jack cheese

Directions

In a large pot over high heat, boil enough water for pasta. Salt the water and cook the pasta according to the package directions. When the pasta has 4 minutes left to cook, add the frozen peas. Drain the pasta and peas when cooked.

Return the pasta and peas to the pot over low heat. Add the milk and stir. Add the tuna and stir to combine. Working slowly, stir in the shredded cheese until it is incorporated. Serve immediately.

Easy Mexican Ground Beef and Rice Taco filling

Taco seasoning
1 lb ground beef
2-1/2 cups water
1-1/2 cups chunky salsa
2 cups jasmine rice
1 to 1-1/2 cups shredded Colby-Monterey Jack cheese

Meat:

1. Cook ground beef with taco seasoning per the instructions on the taco seasoning.
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Rice:

2. In a saucepan, bring water and salsa to a boil. Stir in rice.
 3. COVER and turn to LOW – Turn heat down and cover, cook 12 minutes. Do not lift lid!
 4. Turn off heat and keep covered. Stand 10 minutes to let the rice finish cooking.
 5. Stir in cheese and taco meat; cover and let stand for 30 seconds or until cheese is melted.
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