



## February 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.

**Sausage and Egg Sandwich on English Muffin with French fries**

**One Pan Chicken & Potatoes**

**Easy One-Pot Tuna Casserole**

**Hot Dogs with Chips and Corn**

*Tip: For a tasty sandwich, try peanut butter and apple slices (with or without sprinkled cinnamon) on white bread.*

Extras included in this month's delivery include:

**Oatmeal**

**Breakfast Bars**

**Peanut Butter**

**Apples**

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



## 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

## Recipes

### Easy One-Pot Tuna Casserole

#### Ingredients:

1 tablespoon butter  
1 can (10 1/2 ounces)  
Cream of Mushroom  
1 1/2 cups water  
1 cup uncooked pasta  
2 cans tuna, drained  
2/3 cup shredded  
mozzarella cheese  
(amount divided in  
recipe steps below)  
1 cup crushed Ritz  
crackers

#### Steps:

1. Heat the butter in a 12-inch skillet over medium heat.
2. Stir in the soup, water and uncooked pasta and heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the pasta is tender, stirring occasionally.
3. Stir in the tuna and 1/3 cup cheese and cook until the mixture is hot. Season with salt and pepper. Sprinkle with the Ritz crackers and the remaining 1/3 cup cheese (the heat from the pasta mixture will melt the cheese).

### One Pan Chicken & Potatoes

#### Ingredients:

8 chicken thighs  
6-8 large potatoes cut in  
quarters or halves  
3-4 carrots cut in 1-2  
inch pieces  
1 onion cut in quarters  
5-10 garlic cloves whole  
1 Tbsp salt  
1 tsp ground pepper  
4 tsp garlic powder or 3  
cloves garlic crushed  
3-4 Tbsp olive oil or  
melted butter

#### Steps:

1. Preheat oven to 375°F. Line a rimmed baking sheet with foil
2. Thoroughly wash the potatoes & carrots and cut them.
3. Pat dry chicken with a paper towel.
4. Add chicken, potatoes and carrots, onion & garlic to the lined rimmed baking dish and sprinkle with 1 Tbsp salt, 1 tsp ground pepper, and 4 tsp garlic. Drizzle with 3-4 tbsp oil (or butter). Carefully toss everything to coat.
5. Bake for 1 hour. Check for doneness -if the potatoes and chicken thighs are soft and easily pierced with the fork they are ready.

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### Stuffing & Chicken Bake with Gravy

**Ingredients:**

Stuffing mix  
Gravy mix  
Chicken breasts

**Steps:**

1. Pre-heat oven to 375.
2. Mix stuffing according to package directions.
3. Spray a 9 x 13 baking dish with cooking spray.
4. Spoon stuffing into bottom of baking dish.
5. Place chicken breasts on top of stuffing.
6. Lightly salt and pepper each chicken breast.
7. Pour prepared gravy over entire dish
8. Cover with foil and bake for 45 minutes or until chicken is done.

### One-Pot Red Beans and Rice

**Ingredients:**

1 tablespoon oil  
1 pound smoked sausage, sliced into 1/2-inch pieces  
1 onion, chopped  
1 green pepper, seeded and chopped  
2 cloves garlic, minced  
2 1/2 cups chicken broth  
1 (15.5-ounce) cans red beans, drained and rinsed  
1 (15.5-ounce) cans black beans, drained and rinsed  
2 cups instant rice  
Creole seasoning

**Steps:**

1. Add the vegetable oil to a large dutch oven over medium heat.
2. Add the sliced sausage and cook for 4 to 5 minutes.
3. Add the onion, green pepper, and celery. Cook 7 to 8 minutes, or until the onions are translucent.
4. Add the garlic and cook until fragrant, about 1 minute.
5. Add the broth and bring to a boil over medium-high heat.
6. Stir in the beans and rice.
7. Reduce the heat to a simmer and add creole seasoning to taste.
8. Cover and cook for 12 to 15 minutes, or until the rice is tender.

## Lemon Pepper Fish

### Ingredients:

1 lb white fish  
2-3 teaspoons lemon pepper seasoning  
1 tablespoon butter  
1 lemon, sliced

### Steps:

1. Preheat the oven to 375 degrees.
2. Place the fish on a rimmed baking sheet and sprinkle with lemon pepper seasoning.
3. Place a pat of butter on each fillet and top it with a slice of lemon.
4. Place in the oven and cook for 10 to 15 minutes. The fish will flake easily when it's done. Serve immediately.