



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.

One-Pot Red Beans, Sausage, and Rice

Grilled Cheese and Chicken Rice Soup

Baked Lemon Pepper Fish with Green Beans and Knorr Side

Mini Pizzas

Eggs, Hash Browns, and Sausage Links

Stuffing and Chicken Bake with Gravy

No Boil Pasta Bake with Ground Turkey

Extras included in this month's delivery include:

Cereal

Fruit

Jam

Miscellaneous

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

No Boil Pasta Bake

Ingredients:

1 lb ground turkey
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 shredded
mozzarella

Steps:

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

Mini Pizzas

Ingredients:

1 can tomato sauce
3-4 tablespoons pizza
seasoning (or to taste)
1 teaspoon salt
shredded mozzarella
cheese any other pizza
topping of
Puff flatbread

Steps:

1. Preheat oven to 350
2. Pizza Sauce – In a small pot, add tomato sauce, pizza seasoning, and salt. Bring to a low boil and then let simmer, stirring often, for 10-15 minutes.
3. Pizzas - Place flatbread on greased pan. Spread pizza sauce evenly on each mini pizza. Add toppings and cheese. Bake 10 minutes or until cheese is melted, but take care not to burn the bottoms

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.