



March 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.

Grilled Tuna Melt with Chips and Dip

Sauerkraut Casserole

Chicken Stuffing Casserole

Hot Dogs with Potatoes

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

Bread

Heater Meals

Peanut Butter

Eggs

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

Chicken Stuffing Casserole

Ingredients:

6 oz boxed stuffing mix
1 ¼ cup hot water
1 can chunk chicken
(drained)
½ cup mayonnaise
1 can cream of
mushroom soup
1 cup frozen corn
(thawed)
1 cup frozen beans
(thawed)
1 cup frozen carrots
(thawed)

Steps:

1. Preheat oven to 400°F.
2. Combine hot water and stuffing mix in bowl.
3. Add all remaining ingredients to a greased 9x13 pan. Top with stuffing mixture.
4. Bake 25-30 minutes or until bubbly and topping is browned.

NOTES:

Combine stuffing and hot water first so it can soak up the water while you prep the rest.

Run frozen veggies under hot water to defrost quickly.

Adding a little sprinkle of cheese on the top of the stuffing will give it an extra punch of flavor!

Tuna Melt

Ingredients:

Mayonnaise
1 can Tuna
American cheese slices
Bread
Onion (finely chopped)

Steps:

1. Drain tuna. Mix 1-2 spoonfuls of mayonnaise with tuna to desired consistency.
2. Add desired amount of chopped onion.
3. Spread mayonnaise on the outside of 4 to 6 slices of bread (for 2 to 3 sandwiches).
4. Heat pan on medium on stove.
5. Place 2 pieces of bread mayonnaise side down in pan.
6. Spoon on tuna mixture and top with a slice of American Cheese.
7. Top with another piece of bread, mayonnaise side up.
8. Cook until slightly toasted. Flip and do the same for the second side.
9. Remove from pan and serve.

Sauerkraut Casserole

Ingredients:

2 pounds ground beef
1 small onion, diced
1 teaspoon garlic powder or minced garlic
salt, to taste
black pepper, to taste
1 cup uncooked rice
3 cups water or beef broth
1 cup sour cream
1 can sauerkraut (drained and rinsed)

Steps:

1. Preheat oven to 350°F.
2. In a skillet, brown the ground beef, garlic, and onion, adding salt, pepper to taste. Don't overcook, as it will cook further in the oven. Drain excess fat if necessary, ensuring some is left for flavor.
3. In a 5-cup casserole dish, combine the cooked ground beef and onion with rice, sauerkraut, sour cream, and the water or broth.
4. Bake uncovered until rice is cooked to your taste, about 45 minutes to 1 hour. Check often throughout, as it may need additional water for the rice. If needed, add water just a bit at a time.

Three Ingredient No Bake Peanut Butter Cookies

Ingredients:

Peanut Butter
Oats
Honey

1. Spray a 9x9 inch pan with non-stick spray or line with parchment paper. Leave edges of paper hanging over the edge to use in removing bars from pan.
2. Process 1/2 cup old fashioned oats in a food processor until broken up.
3. Combine peanut butter and honey in a mixer until smooth.
4. Add oatmeal and processed oatmeal.
5. Stir until combined.
6. Press mixture into prepared pan.
7. Cover and refrigerate until set, about 1 hour.