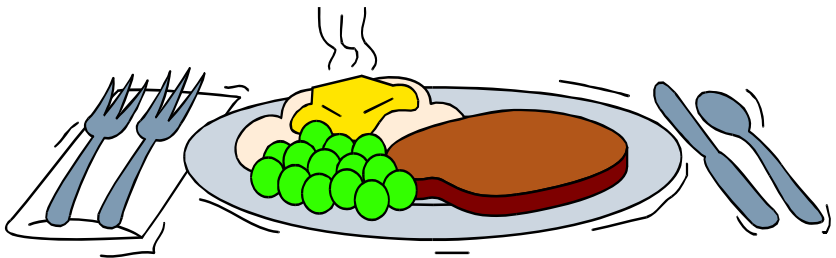


Stockbox Cookbook



**Meals You Can Make
with Ingredients from the
Commodity Supplemental
Food Program**

About

The Commodity Supplemental Food Program is administered by the United States Department of Agriculture. In Wisconsin, CSFP is known locally as Stockbox or Cupboard Bound. For more information visit our website at:
<http://www.dhs.wisconsin.gov/health/nutrition/CSFP>

Acknowledgements

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A Note About Food Safety

Food handling safety risks at home are more common than most people think. The four easy lessons of Clean, Separate, Cook, and Chill can help prevent harmful bacteria from making you and your family sick.

Clean.

Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

Separate.

Keep raw meat and poultry apart from foods that won't be cooked.

Cook.

Use a food thermometer – you can't tell food is cooked safely by how it looks.

Chill.

Chill leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below.



To find out more about safe ways to handle and store food, visit our website at:
dhs.wisconsin.gov/health/nutrition/safety

Dressings, Dips and Sauces



Nacho Party Dip

- 1 (8 oz) package cream cheese
- 1 can **CSFP vegetarian beans**, mashed
- 1 lb **CSFP cheese**, shredded
- 1 can **CSFP diced tomatoes**
- 2 tsp. onion powder
- 2 tsp. garlic powder
- Bag of tortilla chips

Method

1. Preheat oven to 350° F.
2. Spread 1 package of cream cheese on the bottom of a casserole dish.
3. Spread mashed vegetarian beans on top of cream cheese.
4. In a bowl, combine diced tomatoes, garlic and onion powder. Place tomato mixture on top of the vegetarian beans.
5. Sprinkle top of mixture with shredded cheese.
6. Bake at 350° F for 20-25 minutes or until cheese is melted.
7. Serve with tortilla chips.



Salsa

- 1 can **CSFP diced tomatoes**
- 1 can **CSFP corn**, drained
- 1 small onion, diced
- 1 clove garlic, minced
- ¼ cup balsamic vinegar
- ½ cup olive oil
- 1 Tbsp. basil
- Bag of tortilla chips

Method

1. In a bowl, combine all ingredients except for tortilla chips.
2. Refrigerate for 1 hour.
3. Serve with tortilla chips.

Pineapple-Orange Marinade

Great on Chicken or Pork

- ½ cup **CSFP orange juice**
- ¼ cup vegetable oil
- 1 cup crushed pineapple

Method

1. In a saucepan, mix together all ingredients.
2. Heat on high for 5 minutes.

BBQ Marinade

Great on Steaks or Burgers

- 1 can **CSFP applesauce**
- ½ cup ketchup
- 2 cups brown sugar
- 6 Tbsp. lemon juice
- ½ tsp. pepper
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. cinnamon
- ½ tsp. salt

Method

1. In a saucepan, mix together all ingredients.
2. Heat on high for 5 minutes.



Tasty Taco Dip

- 1 large onion, diced
- 1 Tbsp. oil
- 1 can **CSFP beef**, drained
- 1 can **CSFP diced tomatoes**, drained
- 1 can **CSFP corn**, drained
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 (16 oz) container non-fat sour cream
- 2 cups **CSFP cheese**, shredded
- Tortilla chips

Method

1. In a large skillet, over medium heat, sauté onion in oil for 5 minutes.
2. Add in beef, breaking into small pieces, and cook for 5 minutes. Remove from heat.
3. In a bowl, combine diced tomatoes, corn, onion powder and garlic powder. Mix well.
4. In a casserole dish, layer cooked beef, sour cream, tomato and corn mixture. Top with shredded cheese.
5. Refrigerate for 2 hours.
6. Serve with tortilla chips.

Taco dip can be served hot or cold. To serve hot, bake in 350° F oven for 15 minutes or until cheese melts.



Cheese Sauce

- 4 Tbsp. butter or margarine
- ¼ cup flour
- ¼ tsp. salt (optional)
- 2 cups **CSFP UHT milk**
- 1 ½ cups **CSFP cheese** (cut into small pieces)

Method

1. Melt butter or margarine in a saucepan.
2. Remove saucepan from heat.
3. Add flour.
4. Stir until it is smooth. Add salt and stir.
5. Add milk a little at a time to flour mixture.
6. Stir until there are no lumps.
7. Cook over medium heat, stirring constantly until thick.
8. Add small pieces of cheese to sauce and stir.
9. Pour over cooked macaroni or broccoli. Makes 2 cups of sauce.

Hot Beef Cheese Dip

- 1 can (10 ¾ oz.) condensed tomato soup
- 1 can **CSFP beef**, drained
- 1 lb. **CSFP cheese**, shredded
- 1 tsp. chili powder
- Tortilla chips for dipping

Method

1. Brown ground beef in a skillet, drain off excess fat.
2. Stir in tomato soup, shredded cheese and chili powder.
3. Stir and heat until cheese has melted and mixture is hot.
4. Serve with nacho cheese chips.

TIP

If mixture is too thick, add ½ cup of water. The more chili powder used, the spicier the mixture will be.

Basic White Sauce

Thin: for creamed soups, cooked vegetables

- 1 Tbsp. margarine or butter
- 1 Tbsp. flour
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 cup water, stock, or bouillon
- ½ cup **CSFP non fat dry milk** powder

Medium: for creamed and scalloped vegetables

- 2 Tbsp. margarine or butter
- 2 Tbsp. flour
- 1/2 tsp. salt
- ¼ tsp. pepper
- 1 cup water, stock, or bouillon
- ½ cup **CSFP non fat dry milk** powder

Thick: for soufflés and croquettes

- 3 Tbsp. margarine or butter
- 3 Tbsp. flour
- ½ tsp. salt
- ¼ tsp. pepper
- 1 cup water, stock, or bouillon
- ½ cup **CSFP non fat dry milk** powder

Method

Choose thin, medium, or thick recipe

1. Melt butter or margarine in a saucepan.
2. Blend in flour, salt and pepper.
3. Slowly add water (or stock or bouillon) and milk powder, stirring often, until it thickens.



Salads and Side Dishes



Macaroni Salad

2 cups **CSFP macaroni or CSFP rotini**, uncooked
½ can **CSFP diced tomatoes**, drained (optional)
½ cup mayonnaise
1 small onion, diced
2 stalks celery, diced
1 tsp. mustard (optional)
1 Tbsp. pickle relish (optional)
Salt & pepper to taste

Method

1. In a saucepan, over high heat bring 6 cups water and macaroni or rotini to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. Rinse with cold water until macaroni or rotini is cool.
3. In a bowl combine all ingredients. Mix until well blended.
4. Put salad in the refrigerator for 1 hour.
5. Season to taste with salt & pepper. Serve cold.

Vegetable Medley

1 large onion, diced
2 Tbsp. butter or margarine
1 can **CSFP carrots**, drained
1 can **CSFP corn**, drained
1 can **CSFP green beans**, drained
1 can **CSFP peas**, drained
1 can **CSFP potatoes**, drained
½ cup **CSFP cheese**, shredded
Salt and pepper to taste

Method

1. In a saucepan, over medium heat, sauté onion in butter or margarine until clear.
2. Add carrots, corn, green beans, peas and potatoes. Stir and cook for 3-5 minutes or until vegetables are hot.
3. Add in shredded cheese, stirring constantly until cheese melts.
4. Season to taste with salt & pepper. If mixture is too thick add water or milk.

Sea Breeze Salad

8 cups water

2 cups **CSFP macaroni or CSFP rotini**, uncooked

½ can **CSFP tuna**, drained and flaked

½ can **CSFP diced tomatoes**, drained or 1 tomato, sliced

½ cup olives, sliced

¼ green pepper, diced

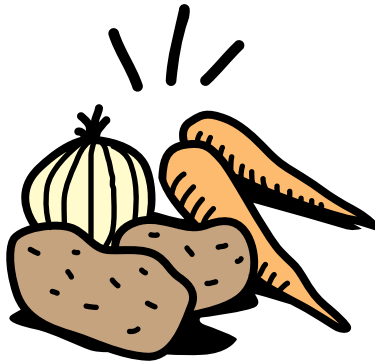
¼ onion, cut in rings

½ cup Italian dressing

1 medium cucumber, sliced

Method

1. In a large saucepan, over high heat, bring 8 cups water and macaroni or rotini to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. Combine remaining ingredients with cooked macaroni or rotini, mix well.
3. Refrigerate for 1 hour. Toss before serving.



Yummy Green Beans

- ½ cup **CSFP rice**, uncooked
- 1 cup water
- 2 cans **CSFP green beans**, drained
- 1 can (10 ¾ oz.) cream of chicken soup
- ½ cup **CSFP UHT milk**
- 1 cup **CSFP cheese**, cubed

Method

1. In a saucepan, over high heat bring rice and water to a boil. Cover, reduce heat to low. Cook rice for 20 minutes or until all water is absorbed into rice.
2. Put green beans into a casserole dish.
3. Mix together other ingredients and pour over beans.
4. Bake at 350° F for 25-30 minutes.

Sweet Potato Cranberry Bake

- 2 cans **CSFP sweet potatoes**, drained and diced
- ½ can pineapple chunks, drained and diced
- 2 Tbsp. butter or margarine, melted
- 1 large egg
- 1/8 tsp. nutmeg
- ¼ tsp. cinnamon
- ¼ tsp. salt and a dash of pepper
- 1 (16-ounce) can cranberry sauce

Method

1. Preheat oven to 350 ° F.
2. In a large bowl, combine sweet potatoes and pineapple.
3. Stir in butter or margarine, egg, nutmeg, cinnamon, salt, & pepper.
4. Mix in ½ can of cranberry sauce.
5. Spray a 1-quart casserole dish with nonstick cooking spray.
6. Spoon sweet potato mixture into casserole dish and top with remaining cranberry sauce.
7. Bake at 350 ° F, uncovered for 40 minutes.

Macaroni and Cheese

- 8 cups water
- 1 Tbsp. olive oil
- 2 cups **CSFP macaroni or CSFP rotini**, uncooked
- 1 cup **CSFP UHT milk**
- 2 Tbsp. butter or margarine
- 1 ½ cups **CSFP cheese**, shredded
- ¼ cup **CSFP breadcrumbs** (*see recipe below*)

Method

1. Preheat oven to 350° F.
2. In a large saucepan, over high heat, bring 8 cups water, 1 Tbsp. olive oil and macaroni or rotini to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
3. In a large pot, combine drained macaroni or rotini, milk, butter or margarine, and shredded cheese.
4. Heat on low for 10 minutes, stirring frequently.
5. Once the macaroni mixture is heated, place mixture in a casserole dish.
6. Sprinkle top with breadcrumbs.
7. Bake at 350° F for 15 minutes.

CSFP Breadcrumbs

- 2 cups **CSFP corn cereal**
- 2 cups **CSFP oat circles cereal**
- ¼ cup olive oil
- 1 tsp. paprika
- 1 tsp. parsley
- 1 tsp. oregano
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder

Method

1. In a blender, crush cereal. If no blender is available, put cereal in a plastic bag and crush with a can.
2. In a bowl, combine crushed cereal, oil and spices.
3. Mix until well-blended. You can add more or less spices depending on your taste.

Cheesy Beef and Macaroni

- 8 cups water
- 2 cups **CSFP macaroni**, uncooked
- 1 large onion, diced
- 1 Tbsp. oil
- 1 can **CSFP beef**, drained
- 1 ½ cups **CSFP UHT milk**
- 2 Tbsp. butter or margarine
- 1 lb **CSFP cheese**, shredded

Method

1. In a large saucepan, over high heat, bring 8 cups water and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. In a large pot, sauté onion in 1 Tbsp. oil for 5 minutes. Add beef and cook for 5 more minutes.
3. Once macaroni is cooked and drained combine macaroni, milk, butter or margarine, and shredded cheese with beef and onion mixture.
4. Heat on low for 10 minutes, stir frequently until cheese is melted.

Pasta and Peas

- 8 cups water
- 1 cup **CSFP macaroni**, uncooked
- 1 small onion, diced
- 1 can **CSFP peas**, drained
- 1/2 cup shredded **CSFP cheese**
- 1 Tbsp. oil

Method

1. In a large saucepan, over high heat, bring 8 cups water and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. In a skillet sauté the onion in 1 Tbsp. oil over medium heat for 3-5 minutes.
3. Add the drained peas and heat for 5 minutes, stirring frequently.
4. Once pasta is cooked and drained, in a large bowl combine all ingredients together. Mix well. Serve.

Eggstraordinary Rice

- 1 cup water
- ½ cup **CSFP rice**, uncooked
- 1 Tbsp. butter or margarine
- 1 large onion, diced
- 2 eggs, lightly beaten
- 1 can **CSFP carrots**, drained
- 1 can **CSFP corn**, drained
- 1 can **CSFP green beans**, drained
- 1 can **CSFP peas**, drained
- 1 Tbsp. low sodium soy sauce

Method

1. In saucepan over high heat, bring water and rice to a boil.
2. Cover and reduce heat to low. Cook for 15 minutes or until all water is absorbed into rice.
3. In a separate saucepan, over medium heat, melt butter or margarine. Add in onions and cook for 2-3 minutes until tender. Add in beaten eggs and scramble.
4. Add carrots, corn, green beans, and peas to scrambled eggs. Stir and heat for 5 minutes.
5. Add cooked rice to egg/vegetable mixture. Stir in soy sauce and serve.



Rainbow Rice

- 1 large onion, diced
- 1 cup **CSFP rice**, uncooked
- 1 Tbsp. olive oil
- 2 cups chicken broth
- 1 can **CSFP carrots**, drained
- 1 can **CSFP corn**, drained
- 1 can **CSFP peas**, drained
- 2 can **CSFP diced tomatoes**
- 1 Tbsp. basil
- 1 Tbsp. oregano

Method

1. In a large saucepan, over medium heat, sauté onion and uncooked rice in olive oil for 5 minutes.
2. Add in chicken broth, bring to a boil, cover and reduce heat to low. Cook for 20 minutes.
3. Once rice is cooked, add in remaining ingredients, stir and heat for 5 minutes over medium heat.

Rice Creole

- ¼ cup butter or margarine(½ stick)
- 1 cup **CSFP rice**, uncooked
- 1 small green pepper, diced
- 1 small onion, diced
- 1 clove garlic, minced
- 3 cups chicken broth
- 1 tsp. salt
- ½ tsp. pepper
- 1/8 tsp. ground cloves
- 2 cans **CSFP diced tomatoes**

Method

1. In a large saucepan, over medium heat melt butter or margarine.
2. Add rice, green pepper, onion and garlic. Cook for 10 minutes stirring frequently until rice is lightly browned.
3. Add chicken broth, salt & pepper, cloves, and tomatoes.
4. Reduce heat to low, cover and cook for 45 minutes or until all liquid is absorbed into rice.

South of the Border Veggies

- 1 cup **CSFP rice**, uncooked
- 2 cups water
- 1 can **CSFP beef**, drained
- 1 (1.25 oz) package taco seasoning
- 2/3 cup water
- 1 can **CSFP diced tomatoes**
- 1 can **CSFP corn**, drained
- 1 can **CSFP peas**, drained
- 1 cup **CSFP cheese**, shredded

Method

1. In a saucepan, over high heat, bring rice and 2 cups water to a boil. Cover and reduce heat to low. Cook 20 minutes or until all water is absorbed into rice.
2. In a separate saucepan, over medium heat, cook beef for 5 minutes. Add in taco seasoning and 2/3 cup water. Cook for another 5 minutes.
3. Add tomatoes, corn, peas and cheese to beef mixture. Stir and heat for 5 minutes. Add in cooked rice. Stir and serve.



Vegetable Jumble

- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1 celery stalk, diced
- 1 cup **CSFP rice**, uncooked
- 1 can **CSFP diced tomatoes**
- 1 can **CSFP peas**, drained
- 2 cups low sodium chicken broth
- 1 cup **CSFP dried beans**, cooked
- Salt and pepper (optional)

Method

1. In a large saucepan, over medium heat sauté olive oil, onions, celery and rice for five minutes.
2. Add tomatoes, peas and chicken broth. Cover and cook until rice is tender. About 20 minutes.
3. Add cooked dried beans to rice tomato and pea mixture and heat for five more minutes. Add salt and pepper if desired.



Spinach Patties

- 1 can **CSFP spinach**, drained
- ½ cup **CSFP bread crumbs** (*see recipe on page 13*)
- ½ tsp. salt and ½ tsp. pepper
- ½ tsp. garlic powder
- 1 tsp. basil
- 1 tsp. oregano
- 1 tsp. parsley
- 3 eggs
- ½ cup **CSFP cheese**, shredded
- 2 Tbsp. olive oil, for frying

Method

1. In a bowl, combine all ingredients except for oil.
2. In a skillet, heat oil. Roll mixture into 1-inch balls and place in oil. Flatten with a spatula.
3. Fry both sides until golden brown, about 1-2 minutes per side.

Tuna Patties

- 1 can **CSFP tuna**, drained
- ¼ cup instant potatoes, uncooked
- ¼ cup onion, chopped
- ¼ cup celery, chopped
- ¼ cup carrots, chopped
- 1 clove garlic, minced
- 1 tsp. parsley and 1 tsp. salt and 1 tsp. pepper
- ¼ cup mayonnaise
- ½ tsp. mustard
- ½ cup **CSFP bread crumbs** (*see recipe on page 13*)
- 2 Tbsp. olive oil for frying

Method

1. In a large bowl mix together all ingredients except for breadcrumbs and oil.
2. Shape mixture into 2-inch balls.
3. Roll balls in breadcrumbs.
4. Heat oil in a skillet over medium heat.
5. Place balls into hot oil and flatten with spatula.
6. Fry both sides until golden brown, about 1-2 minutes per side.

Salmon Cakes

2 cans **CSFP salmon**

½ cup **CSFP breadcrumbs** (*see recipe on page 13*)

2 eggs, beaten

¼ cup onion, diced

¼ cup carrots, diced

¼ cup celery, diced

¼ cup green pepper, diced

1 Tbsp. butter

1 Tbsp. parsley

½ tsp. mustard

2 Tbsp. mayonnaise

1 cup **CSFP breadcrumbs** (*see recipe on page 13*)

Olive oil for frying (optional)

Method

1. In a skillet, sauté onion, green pepper, carrots and celery in butter for 5 minutes, stirring constantly.
2. In a bowl mix together the salmon, eggs, ½ cup breadcrumbs, parsley, mustard and mayonnaise.
3. Form mixture into 1 inch balls. Roll in remaining breadcrumbs, flatten with a fork and fry in olive oil or bake in a 350° F oven for 15-20 minutes.



Beef and Rice Patties

- 1 large onion, minced
- ½ cup **CSFP rice**, uncooked
- 1 cup water
- 1 Tbsp. oil
- 1 can **CSFP beef**, drained
- 1 can **CSFP carrots**, drained and diced
- 2 cups **CSFP cheese**, shredded
- 2 large eggs, beaten
- CSFP Breadcrumbs** as needed (*see recipe on page 13*)

Method

1. Preheat oven to 350° F.
2. In a saucepan, over medium heat sauté onion in oil for 5 minutes. Add uncooked rice and water and bring to a boil.
3. Cover, reduce heat to low, cook for 20 minutes. Let rice cool.
4. In a large bowl, combine cooled rice, beef, carrots, cheese, eggs and breadcrumbs. Mix until evenly blended.
5. Form mixture into patties. Place patties on a baking sheet.
6. Bake at 350° F for 25-30 minutes.

Potato Pie

- 2 2/3 cups water
- 2 Tbsp. butter
- 1 ½ cups **CSFP UHT milk**
- 3 cups instant potatoes
- 2 cups **CSFP cheese**, shredded
- 2 Tbsp. parsley
- ¾ cup **CSFP breadcrumbs** (*see recipe on page 13*)
- 1 Tbsp. paprika with salt and pepper to taste

Method

1. Preheat oven to 350° F.
2. In a saucepan, over high heat, bring water and butter to a boil. Remove pan from heat. Add milk, potatoes, 1 cup cheese, salt & pepper, and 1 Tbsp. parsley. Mix well.
3. Place mixture into a casserole dish. Sprinkle with breadcrumbs, 1 cup cheese, 1 Tbsp. parsley, and paprika.
4. Bake at 350° F for 25 minutes.

Vegetable Meatballs

- 1 can **CSFP beef**, drained
- 1 Tbsp. minced onions
- 1 can **CSFP mixed vegetables**, drained
- 1 cup **CSFP cheese**, shredded
- ½ cup instant potatoes, uncooked
- 1 large egg, beaten
- ½ cup **CSFP breadcrumbs** (*see recipe on page 13*)
- 1 Tbsp. minced onion
- 1 Tbsp. parsley

Method

1. Preheat oven to 350° F.
2. In a large bowl, combine beef, minced onions, mixed vegetables, cheese, instant potatoes, egg and breadcrumbs.
3. Mix until evenly blended.
4. Take mixture and roll to form balls. Place on a baking sheet coated with non-stick cooking spray.
5. Garnish with minced onion and parsley.
6. Bake at 350° F for 15-18 minutes.

Serve over CSFP spaghetti.



Potato Balls

- 1 cup water
- 2/3 cup **CSFP UHT milk**
- 1 ½ cups instant potatoes
- 1 tsp. parsley
- ½ tsp. turmeric
- ½ tsp. garlic powder
- ½ cup **CSFP cheese**, shredded
- ¼ cup flour
- ¼ cup **CSFP UHT milk**
- ½ cup **CSFP breadcrumbs** (*see recipe on page 13*)
- 2 Tbsp. oil
- Salt and pepper to taste

Method

1. In a medium saucepan, bring water to a boil. Remove pan from heat and add 2/3 cup milk and potatoes.
2. Stir in parsley, turmeric, garlic powder, salt & pepper.
3. Roll 1 Tbsp. potato mixture into a ball. Roll potato ball in cheese. Add another 1 Tbsp. layer of potato mixture to cover cheese.
4. Roll each ball in flour then dip into ¼ cup milk, then roll in breadcrumbs.
5. Heat oil in skillet and fry potato balls until crisp and golden brown. About 2 minutes.



Potato Sauté

½ bell pepper, finely chopped
1 can **CSFP potatoes**, drained & sliced
1 cup **CSFP corn**, drained
½ cup **CSFP diced tomatoes**, drained
½ tsp. dried oregano, crushed
¼ cup **CSFP cheese**, shredded
Salt and pepper

Method

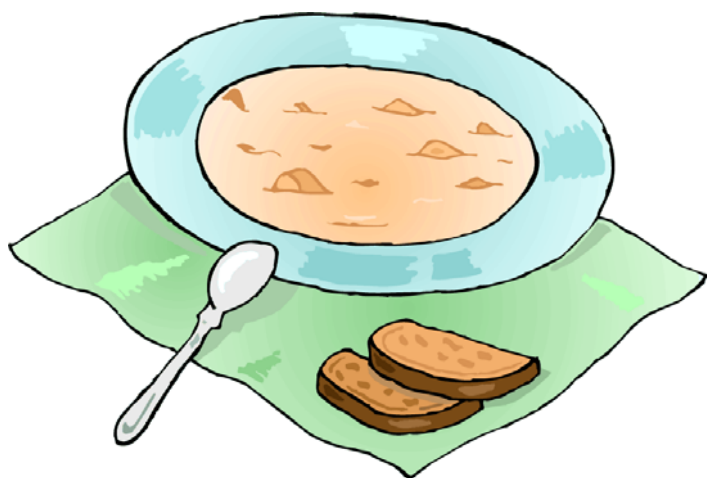
1. Spray frying pan with nonstick vegetable oil cooking spray.
2. Add bell pepper and cook until crisp-tender.
3. Add potatoes and cook for 1 minute.
4. Stir in corn, tomato and oregano, and heat thoroughly.
5. Season with salt and pepper.
6. Sprinkle each serving with small amount of cheese.

Variations:

- Use cheddar cheese instead of CSFP cheese.
- Substitute Mexican style canned tomatoes for the plain tomatoes for added flavor.
- Steam thinly sliced fresh potatoes for use in this recipe.



Soups



Vegetable Beef Soup

4 cups water
1 Tbsp. olive oil
1 cup **CSFP macaroni**, uncooked
1 cup **CSFP dried beans**, cooked
1 large onion, diced
2 Tbsp. oil
1 can **CSFP beef**
1 can **CSFP carrots**, drained
1 can **CSFP corn**, drained
1 can **CSFP green beans**, drained
1 can **CSFP peas**, drained
1 can **CSFP potatoes**, drained
2 cans **CSFP diced tomatoes**
3 cups **CSFP tomato juice**
4 cups water

Method

1. In a large saucepan, over high heat, bring 4 cups water, 1 Tbsp. olive oil and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. In a large pot, over medium heat, sauté the onion in oil for 5 minutes, stirring frequently.
3. Add tomato juice, water, carrots, corn, green beans, peas, potatoes, tomatoes, cooked red kidney beans, and cooked macaroni to the beef and onion mixture.
4. Heat on high for 15 minutes. Serve with crackers or bread.



Creamy Tomato Soup

- 1 medium onion, diced
- ¼ cup water
- 2 Tbsp. flour
- 2 ½ cups **CSFP tomato juice**
- 2 cups **CSFP UHT milk**

Method

1. In a large saucepan, over medium heat, sauté the onion in ¼ cup water until soft, about 5 minutes.
2. Add in the flour and stir until slightly thick.
3. Add tomato juice and milk.
4. Cook over medium heat for 5 minutes stirring constantly.

Mexican Tortilla Soup

- 1 Tbsp. oil
- 1 medium onion, diced
- 1 Tbsp. garlic powder
- 1 can **CSFP diced tomatoes**
- 2 tsp. chili powder
- 2 tsp. cumin
- 2 (14½ oz) cans chicken broth
- 1 can **CSFP corn**, drained
- 1 cup **CSFP dried beans**, cooked
- 1 ½ cup crushed tortilla chips
- 1 cup **CSFP cheese**, shredded
- ½ cup crushed tortilla chips
- Salt & pepper to taste

Method

1. In a large saucepan, over medium heat, sauté the onion and garlic powder in oil for 5 minutes.
2. Add tomatoes, chili powder and cumin; stir and bring to a boil.
3. Add chicken broth and continue to boil. Stir in corn, beans, and 1 ½ cups crushed tortilla chips. Reduce heat to low and simmer for 15 minutes.
4. Place in bowls and top with American cheese and ½ cup crushed tortilla chips. Season to taste with salt & pepper.

Chicken Rice

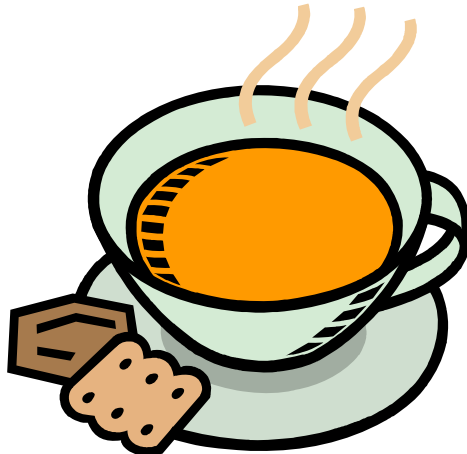
2 cans **CSFP chicken**
5 stalks celery, diced
1 medium onion, diced
2 chicken bouillon cubes
1 tsp. pepper
1 Tbsp. parsley
4 cups water

2 cups water
1 Tbsp. butter
1 cup **CSFP rice**, uncooked

1 can **CSFP carrots**, drained
1 can **CSFP green beans**, drained

Method

1. In a large pot, over high heat, combine chicken, celery, onion, bouillon cubes, pepper, parsley and 4 cups water. Stir and bring to a boil. Reduce heat to low and cook for 35 minutes.
2. In a separate saucepan, over high heat, bring 2 cups water and butter to a boil. Add rice, cover and reduce heat to low.
3. Cook until all the water is absorbed. About 20 minutes.
4. Add carrots, green beans and cooked rice and heat for 5 more minutes.



Spring Vegetable Soup

1 Tbsp. oil
1 medium onion, diced
1 Tbsp. garlic powder
5 stalks celery, diced
2 Tbsp. flour
2 (14 ½ oz.) cans chicken broth
4 cups water
¾ cup **CSFP non fat dry milk**
1 can **CSFP potatoes**, drained
1 can **CSFP carrots**, drained
1 can **CSFP green beans**, drained
2 Tbsp. parsley
1 Tbsp. dill
Salt & pepper to taste

Method

1. In a large saucepan, over medium heat, sauté onion, garlic powder, and celery in oil for 5 minutes.
2. Stir in flour. Add chicken broth, water and non fat dry milk; stir until blended.
3. Add potatoes, carrots, green beans, salt & pepper, parsley and dill. Reduce heat to low. Simmer 20 minutes, stir occasionally.



Simple Salmon Chowder

- 1 Tbsp. oil
- ½ cup chopped onion
- 3 ½ cups chicken broth
- 2 cans **CSFP potatoes**, drained and diced
- 1 can **CSFP whole kernel corn**, undrained
- ¼ tsp. ground black pepper
- 1 can **CSFP salmon**
- ½ tsp. dried dill
- 1½ cups **CSFP UHT milk**

Method

1. In a large saucepan, over medium heat, add oil and onion. Cook until onion has softened, about 5 minutes
2. Add chicken broth, drained diced potatoes, undrained can of corn, and ground black pepper. Bring to a boil, lower heat and simmer for about 20 minutes.
3. Drain and remove bones from salmon.
4. Add salmon and dill to the pot.
5. Cook 5 minutes. Add milk. Stir and cook until heated through.

Potato Corn Chowder

- 1 Tbsp. butter
- 1 medium onion, diced
- 1 can **CSFP potatoes**, drained and diced
- 1 can **CSFP corn**, drained
- 1 tsp. pepper and 1 tsp. salt (optional)
- 1½ cups **CSFP UHT milk**
- 3 Tbsp. flour
- ¾ cup water
- 1 cup **CSFP cheese**, shredded

Method

1. In a large saucepan, over medium heat, sauté the onion and potatoes in butter until soft.
2. Add the corn, salt and pepper and milk.
3. Stir the flour into the water (mixture will be thick).
4. Pour flour mixture into the chowder. Top with cheese.
5. Cook over low heat for 20 minutes or until thickened.

Taco Soup

- 1 large onion, diced
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1 can **CSFP beef**, drained
- 3 cups **CSFP tomato juice**
- 2 cups water
- 2 pkgs. (1.25 oz) taco seasoning mix
- 1 can **CSFP corn**, drained
- 1 can **CSFP diced tomatoes**
- 1 cup **CSFP cheese**, shredded
- 1 bag tortilla chips (optional)

Method

1. In a large pot, over medium heat, sauté onion and garlic in oil for 5 minutes. Add beef and cook for 5 more minutes.
2. Add tomato juice, water and taco seasoning mix. Stir well.
3. Add in corn and tomatoes. Cover and heat for 15 minutes.
4. Top with cheese and heat for 5 more minutes. Serve with tortilla chips.

Potato Soup Mix

- 2 cups instant potatoes
- 2 cups **CSFP non fat dry milk**
- 2 Tbsp. instant chicken bouillon
- 1 Tbsp. dried minced onion
- 1 tsp. seasoned salt
- 1 tsp. dried parsley
- 1/8 tsp. dried thyme leaves
- 1/8 tsp. turmeric (optional)
- 1/8 tsp. pepper

Method

1. In a large bowl, combine all ingredients.
2. Place 1/3 cup soup mix in a bowl. Add 1 cup boiling water and stir until smooth.
3. Let soup sit 2 or 3 minutes to thicken.
4. Store remaining soup mix in an airtight container.

Chicken Noodle Soup

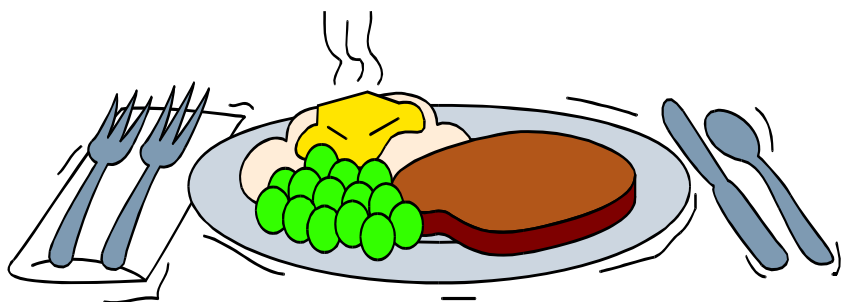
- ½ cup celery, diced
- 1 tsp. olive oil
- 2 cups **CSFP potatoes**, drained and diced
- ½ cup **CSFP carrots**, drained and diced
- 3 Tbsp. flour
- ½ tsp. garlic powder
- 3 cups reduced fat chicken broth
- ½ cup **CSFP chicken**, chopped
- ½ cup **CSFP UHT milk**
- 1 cup **CSFP macaroni or rotini**, uncooked

Method

1. In a saucepan over medium heat, sauté celery in oil for 5 minutes. Add in potatoes and carrots.
2. Sprinkle flour and garlic powder over vegetables and stir, for 1 minute.
3. Stir in chicken broth, cover and cook for 5 minutes.
4. Add chicken, milk, water and noodles. Cover and cook over low heat until noodles are tender. (10-15 minutes).



Main Dishes



Chicken Carnival

- 1 Tbsp. olive oil
- 1 small onion, diced
- 2 cups water
- 1 Tbsp. butter
- 1 cup **CSFP rice**, uncooked
- 1 can **CSFP chicken**, drained
- 1 can **CSFP diced tomatoes**, drained
- ½ can **CSFP corn**, drained
- 1 tsp. salt
- 1 tsp. pepper
- ½ Tbsp. oregano
- ½ cup **CSFP cheese**, shredded

Method

1. In a large saucepan, over medium heat, sauté onion in olive oil for 5 minutes.
2. In a separate saucepan, over high heat, bring water and butter to a boil. Add rice, cover and reduce heat to low.
3. Cook until all the water is absorbed. About 20 minutes.
4. Add chicken, tomatoes, corn, salt, pepper and oregano to onion mixture. Cook for 5 minutes stirring frequently.
5. Once rice is cooked, add rice to chicken mixture, stir and top with American cheese.

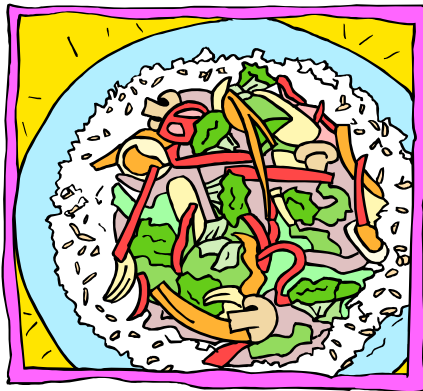


Rice with Cheese and Vegetables

- 1 Tbsp. oil
- 1 large onion, diced
- 1 green pepper, diced
- 1 tsp. garlic powder
- 4 cups water
- 2 cups **CSFP rice**, uncooked
- 1 Tbsp. vinegar
- 1 chicken bouillon cube
- 1 Tbsp. cilantro
- Salt & pepper to taste, optional
- 1 can **CSFP green beans**, drained
- 1 can **CSFP carrots**, drained
- 1 can **CSFP corn**, drained
- 2 cups **CSFP cheese**, shredded

Method

1. In a large saucepan, over medium heat, sauté onion and pepper in oil for 5 minutes. Add garlic powder.
2. In a separate saucepan, over high heat, bring water to a boil. Add rice, cover and reduce heat to low.
3. Cook until all the water is absorbed. About 20 minutes.
4. Add vinegar, bouillon cube, cilantro, salt and pepper, green beans, carrots and corn to onion and pepper mixture.
5. Add cooked rice to mixture. Top with cheese.



Pasta Primavera

- 2 cup **CSFP macaroni or rotini**, uncooked
- 4 cups water
- 1 Tbsp. olive oil
- 1 large onion, diced
- 1 clove garlic, minced
- ½ cup water
- ½ can **CSFP carrots**, drained
- ½ can **CSFP corn**, drained
- ½ can **CSFP green beans**, drained
- 2 cans **CSFP diced tomatoes**
- 2 Tbsp. oregano

Method

1. In a large saucepan, bring macaroni and water to a boil. Cook for 8-10 minutes or until macaroni is tender. Drain.
2. In a large fry pan over medium heat, sauté onion and garlic in olive oil for 5 minutes. Add water and vegetables and heat for 5 more minutes.
3. In a large bowl combine cooked macaroni or rotini and vegetables.
4. Sprinkle with oregano. Serve.

Chicken Casserole

- 5 Tbsp. butter
- 1 small onion, chopped
- 4 Tbsp. flour
- ½ cup **CSFP UHT milk**
- 1 cup chicken broth
- 2 cups **CSFP chicken**
- 1 cup **CSFP carrots**, drained
- 1 cup **CSFP peas**, drained

Method

1. In a skillet, over medium heat, sauté the onion in butter for 5 minutes.
2. Lower heat. Add flour and stir until well blended; slowly add the milk and chicken broth stirring constantly until thick and smooth; season to taste with salt and pepper.
3. In a saucepan heat chicken, carrots, and peas for 10 minutes over medium heat. Cover with sauce. Serve.

Chili

- 1 cup **CSFP dried beans**, cooked
- 1 cup **CSFP rice**, cooked
- 1 large onion, diced
- 1 clove garlic, minced
- 1 Tbsp. oil
- 1 can **CSFP beef**, drain and remove fat
- 1 can **CSFP diced tomatoes**
- 1 cup **CSFP tomato juice**
- 2 cups water
- 2 tsp. salt
- 2 tsp. chili powder
- 1 Tbsp. parsley
- 1 tsp. oregano
- 1 tsp. basil
- 1 can **CSFP vegetarian beans**
- ½ cup **CSFP cheese**, shredded

Method

1. Cook beans and rice according to directions on package.
2. In a large saucepan, sauté onion and garlic in 1 Tbsp. oil for 5 minutes over medium heat. Add beef and cook for 5 more minutes.
3. Reduce heat to low. Add tomatoes, tomato juice, water and all spices to saucepan. Mix well.
4. Add vegetarian beans, cooked kidney beans and cooked rice to saucepan.
5. Cover and let simmer for 10 minutes.
6. Top with shredded cheese before serving.



Fiesta Taco Bake

- 1 can **CSFP beef**, drained OR 2 cans **CSFP chicken**, drained
- 1 can **CSFP corn**, drained
- 1 pkg. (1.25 oz) Taco seasoning mix
- 2/3 cup water
- 3/4 cup yellow corn meal
- 1/4 cup flour
- 2 Tbsp. sugar
- 2 tsp. baking powder
- 3/4 tsp. salt
- 1 cup **CSFP UHT milk**
- 1 egg, beaten
- 1 cup **CSFP cheese**, shredded

Method

1. Preheat oven to 400° F.
2. In a skillet brown beef or chicken. Stir in corn, taco seasoning mix and water.
3. If cooking with chicken substitute 2 packages of taco seasoning + additional 2/3 cup water. Cook over low heat for 6-8 minutes.
4. In a bowl combine corn meal, flour, sugar, baking powder and salt.
5. In a separate bowl combine milk and beaten egg.
6. Add milk mixture to cornmeal mixture. Stir until blended.
7. Transfer meat mixture into a large casserole dish, sprinkle with shredded cheese and spread cornmeal/milk mixture over top of meat/cheese mixture.
8. Bake for 20 minutes or until browned.



Tuna Noodle Casserole

- 2 cups **CSFP macaroni or rotini**, uncooked
- 1 can **CSFP tuna**, drained
- ½ cup **CSFP UHT milk**
- 1 cup **CSFP cheese**, shredded
- ½ cup **CSFP breadcrumbs** (*see recipe on page 13*)
- 1 can (10 ½ ounces) condensed cream of mushroom soup
- ½ cup mayonnaise
- 1/3 cup onion, diced
- ¼ cup green pepper, diced
- 1 cup celery, diced

Method

1. Preheat oven to 425° F.
2. Cook macaroni or rotini according to directions on package. Drain.
3. In a large bowl, combine all ingredients, except for breadcrumbs.
4. Place mixture in a casserole dish.
5. Sprinkle top with breadcrumbs.
6. Bake uncovered at 425° F for 15 minutes.

Confetti Chicken

- 1 Tbsp. olive oil
- 1 large onion, diced
- 1 cup **CSFP rice**, uncooked
- 2 cans **CSFP chicken**, drained
- 2 (14.5 oz) cans chicken broth
- 1 can **CSFP corn**, drained
- 2 cans **CSFP diced tomatoes**
- 1 can **CSFP peas**, drained
- 2 cups **CSFP cheese**, shredded

Method

1. In a large sauce pan, over medium heat, sauté onion in olive oil. Add rice and stir until browned, about 5 minutes.
2. Add the chicken. Cook for 5 minutes. Add remaining ingredients except for American cheese.
3. Reduce heat to low. Cover and heat for 20 minutes, or until rice is cooked. Top with cheese.

Pasta Bake

- 2 cups **CSFP macaroni or rotini**, uncooked
- 4 cups water
- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- ½ tsp. oregano
- ½ tsp. basil
- Salt & pepper to taste
- 1 can **CSFP beef** OR 2 cans **CSFP chicken**, remove fat
- 2 cans **CSFP tomatoes**
- 1 can **CSFP peas**, drained
- ¾ cup **CSFP cheese**, shredded

Method

1. Preheat oven to 350° F.
2. In a large saucepan, bring macaroni or rotini and water to a boil. Cook for 8-10 minutes or until macaroni is tender. Drain
3. In a large saucepan, over medium heat, sauté the garlic, oregano, basil, salt & pepper and meat in olive oil for 5 minutes.
4. Lower heat. Add tomatoes and simmer for 15 minutes. Add peas.
5. Place cooked macaroni or rotini in a casserole dish. Place pork mixture over macaroni. Sprinkle with cheese.
6. Bake for 30 minutes.



Tex-Mex Macaroni

- 2 cups **CSFP macaroni or rotini**, uncooked
- 4 cups water
- 1 large onion, diced
- 1 Tbsp. olive oil
- 2 cans **CSFP chicken**
- 2 pkgs. (1.25 oz) Taco seasoning mix
- 1 cup water
- 1 can **CSFP corn**, drained
- 1 can **CSFP diced tomatoes**
- 1 cup **CSFP cheese**, shredded

Method

1. In a large saucepan bring macaroni or rotini and water to a boil. Cook for 8-10 minutes or until tender. Drain.
2. In a saucepan, over medium heat, sauté onion in 1 Tbsp. olive oil for 5 minutes.
3. Add chicken and break apart.
4. Sprinkle taco seasoning mix over chicken and onions. Add water and stir until chicken is evenly coated.
5. Add corn, tomatoes and cheese.
6. Cover and cook for 10 minutes. Serve.



Chicken Fried Rice

- 1 Tbsp. olive oil
- 1 large onion, diced
- 2 stalks celery, diced
- 1 cup **CSFP rice**, uncooked
- 2 cans **CSFP chicken**, drained
- 2 cups water
- 1 Tbsp. low sodium soy sauce
- 1 tsp. pepper
- 1 can **CSFP peas**, drained
- 1 can **CSFP carrots**, drained

Method

1. In a large saucepan over medium heat, sauté onion, celery and rice in oil for 5 minutes, stirring frequently until rice is browned.
2. Add chicken, water, salt and pepper.
3. Bring to a boil, cover, reduce heat to low. Cook for 15 minutes.
4. Add peas and carrots and cook for 5 more minutes.

Hobo Stew

- ¼ cup butter or margarine
- 1 large onion, diced
- 2 large potatoes, quartered
- 1 can **CSFP beef**
- 2 cups chicken broth
- 2 cups water
- 1 package (11 oz) potato soup mix
- 1 tsp. salt & ½ tsp. pepper
- 2 cans **CSFP tomatoes**
- 1 can **CSFP carrots**, drained

Method

1. In a large pot, over medium heat, melt butter or margarine.
2. Add onion & potatoes, cook for 5-10 minutes, stirring frequently.
3. Add beef and cook for five minutes.
4. Add chicken broth, water, potato soup mix, salt and pepper, tomatoes and carrots, stir and bring to boil.
5. Partially cover and cook for 15 minutes.
6. Reduce heat to low and cook for 15 more minutes, stirring frequently until thickened.

Santa Fe Surprise

- 1 large onion, diced
- 1 Tbsp. olive oil
- 1 cup **CSFP rice**, uncooked
- 2 cups water
- 1 can **CSFP beef**, drained
- 1 (1.25 oz) package taco seasoning mix
- 2/3 cup water
- 1 can **CSFP corn**, drained
- 2 cups **CSFP cheese**, shredded

1. In a large sauce pan, over medium heat, sauté onion in olive oil for 5 minutes. Add uncooked rice and cook until browned, stirring frequently.
2. Add 2 cups water. Turn heat to high and bring to a boil.
3. Cover and reduce heat to low. Cook rice for 20 minutes.
4. In a skillet, over medium heat, add beef and break apart. Stir in taco seasoning mix and 2/3 cup water. Add corn and cheese to beef. Stir until cheese is melted.
5. Once rice is cooked add beef to rice mixture.

Spring Chicken

- 1 cup **CSFP macaroni or rotini**, uncooked
- 2 cups water
- 1 Tbsp. olive oil
- 1 large onion, diced
- 1 medium zucchini, diced
- 1 jar salsa
- 2 cans **CSFP chicken**, drained
- 1 can **CSFP diced tomatoes**
- 1 can **CSFP corn**, drained
- 1 cup **CSFP cheese**, shredded

1. In a large saucepan bring macaroni or rotini and water to a boil. Cook for 8-10 minutes or until tender. Drain.
2. In a large saucepan, over medium heat, sauté onion and zucchini in 1 Tbsp. olive oil for 5 minutes.
3. Add in salsa, chicken, tomatoes, corn, cooked macaroni or rotini and cheese. Cover and heat for 10 minutes.

CSFP Frittata

- 2 cans **CSFP potatoes**, drained & sliced
- ¼ cup olive oil
- 2 large onions, diced
- 1 large red pepper, diced
- 6 eggs, beaten
- 1 tsp. baking powder
- 1 can **CSFP peas**, drained
- 2 cups **CSFP cheese**, shredded

Method

1. Dry potatoes with paper towels.
2. In a skillet over medium heat, fry potatoes in olive oil until browned.
3. In a separate skillet over medium heat, sauté onions and peppers for 5 minutes. Add to potatoes.
4. In a bowl, beat together eggs and baking powder. Pour over potato mixture. Add peas.
5. Sprinkle cheese on top of egg mixture, cover and cook for 3-5 minutes or until all cheese is melted.



Mixed-up Macaroni

- 8 cups water
- 1 Tbsp. olive oil
- 2 cups **CSFP macaroni or rotini**, uncooked
- 1 large onion, diced
- 1 Tbsp. olive oil
- 1 can **CSFP beef**, drained
- ½ cup **CSFP non fat dry milk**
- ½ cup water
- 2 cups **CSFP cheese**, shredded
- 1 can **CSFP mixed vegetables**, drained & rinsed

Method

1. In a large saucepan, over high heat, bring 8 cups water, 1 Tbsp. olive oil and macaroni or rotini to a boil. Cook over high heat 8-10 minutes or until tender. Drain.
2. In a large pot, sauté onion in 1 Tbsp. olive oil for 5 minutes.
3. Add beef and cook for 5 more minutes.
4. To beef and onion mixture add cooked macaroni or rotini, non-fat dry milk, ½ cup water and cheese. Heat on low for 10 minutes, stirring frequently until cheese is melted.
5. Add in mixed vegetables and heat for 5 minutes. Serve.



Microwave Salmon Casserole

- 1 cup **CSFP macaroni**, uncooked
- 1 cup hot water
- ¼ tsp. salt
- 2 Tbsp. margarine
- 1 small onion, chopped
- 2/3 cup **CSFP UHT milk**
- 2 Tbsp. flour
- 1 can **CSFP salmon**, drained
- 1 cup **CSFP cheese**, shredded
- 1 can **CSFP peas**, drained

Method

1. Mix macaroni, water, onion, margarine and salt in a microwavable dish. Cover with vented cover and microwave for three minutes.
2. Add milk and flour and stir. Cover and microwave for three minutes longer.
3. Add cheese and salmon. Stir and microwave for three minutes.
4. Remove and stir in green peas, microwave for 1 minute longer.
5. Stir and serve.

Porcupine Meatballs

- 1 can **CSFP beef**, drained
- ½ cup **CSFP rice** cooked
- 1 small onion, chopped
- ¼ green pepper, chopped (optional)
- ¼ tsp. pepper
- ½ tsp. salt (optional)
- 1 ½ cups **CSFP tomato juice**

Method

1. In a bowl mix together all ingredients except for tomato juice. Shape mixture into balls. Put in heavy skillet.
2. Add tomato juice.
3. Bring to slow boil and turn down heat; simmer 45 minutes.

Cheese Rice Squares

- 3 cups **CSFP rice**, cooked
- 1 cup **CSFP cheese**, shredded
- ½ cup snipped parsley
- ¼ cup finely chopped onion
- ½ tsp. salt (optional)
- 3 beaten eggs
- 1 ½ cup **CSFP UHT milk**
- 1 tsp. Worcestershire sauce

Method

1. Preheat oven to 325° F.
2. Mix rice, cheese, parsley, onion, and salt.
3. Combine eggs, milk, and Worcestershire; add to rice mixture and mix thoroughly.
4. Pour into a greased baking dish.
5. Bake at 325° F. Just until set, about 40-45 minutes.

Baked Chicken Rice Casserole

- 2 cups **CSFP chicken**
- 1 cup **CSFP rice**, uncooked
- 1 can cream of mushroom soup
- ½ cup chopped onion
- 2/3 **CSFP non fat dry milk** mixed with 1 ½ cups lukewarm water
- 1 cup **CSFP cheese**, shredded

Method

1. Preheat oven to 350 ° F.
2. Mix all ingredients except for cheese in a large casserole dish. Cover the casserole and bake at 350 ° F for 1 ½ to 2 hours.
3. Ten minutes before casserole is done take the casserole out of the oven and sprinkle the shredded cheese on top.
4. Place the casserole back into the oven for about 10 minutes, or until the cheese has melted.

Sweet Potato Chicken Pie

- 3 Tbsp. margarine
- 1/8 tsp. ground nutmeg
- 1/8 tsp. ground allspice
- 1 can **CSFP sweet potatoes**, drained and mashed
- 1/4 tsp. salt
- 1/2 cup chopped onion
- 2 cups **CSFP chicken**
- 1 can (10 3/4 ounce) condensed cream of mushroom soup
- 1 can **CSFP corn**, drained
- 1 can **CSFP potatoes**, drained and diced

Method

1. Melt 2 Tbsp. margarine; beat melted margarine, nutmeg, allspice, and 1/4 tsp. salt into mashed sweet potatoes.
2. Line a 9 inch pie plate with potato mixture, building up edge 1/2 inch high.
3. Cook onion in remaining margarine until almost tender.
4. Stir in chicken, soup and vegetables. Spoon into pie plate.
5. Bake at 350° F for 35 minutes.



Baked Chicken Nuggets

- 1 cup **CSFP** cornflakes
- 1 tsp. paprika (optional)
- ½ tsp. Italian herb seasoning
- ¼ tsp. onion powder
- 2 cans **CSFP** chicken, drained

Method

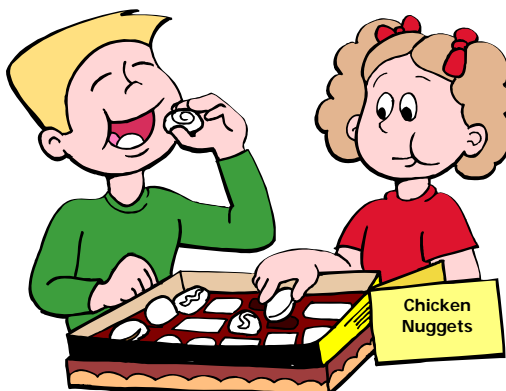
1. Place cornflakes in a plastic bag and crush using a rolling pin.
2. Add remaining ingredients, except chicken, to the crushed cornflakes. Close bag tightly and shake until blended.
3. Add a few chicken pieces at a time to the cornflake mixture.
4. Close bag tightly and shake to coat the chicken evenly.
5. Bake in oven or cook in microwave as indicated below.

Oven Method

1. Preheat oven to 400° F. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching. Bake until golden brown, about 12 to 14 minutes.

Microwave Method

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces in baking dish so they are not touching. Cover with waxed paper.
3. Cook on high, rotating the chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.



Chicken and Rice Casserole

- 1 can **CSFP chicken**, drained
- 1 can **CSFP mixed vegetables**, drained
- 1 can condensed cream of mushroom soup
- $\frac{3}{4}$ cup **CSFP rice**, uncooked
- 1 $\frac{1}{4}$ cup water

Method

1. Preheat oven to 375° F
2. Cook chicken in a skillet until heated through.
3. Mix chicken, vegetables, soup, rice, and water in a 2-quart baking dish.
4. Add pepper to taste.
5. Cover and bake at 375° F for 20 minutes or until heated through and rice is done.

Easy Tuna and Pea Dish

- 1 can cream of mushroom soup
- 1 can **CSFP tuna**, drained
- 1 cup **CSFP peas**, drained
- 4 pieces of toast OR 3 cups **CSFP macaroni or rotini**, cooked

Method

1. Heat soup in saucepan.
2. Add tuna to soup.
3. Add peas and cook over low heat for 5 minutes.
4. Serve over toast or noodles.

Can also be served over boiled potatoes or crackers.

Creamy Chicken Casserole

- 2 Tbsp. oil or non-stick spray
- 1 medium onion, chopped
- ¼ tsp. garlic powder
- ¾ tsp. pepper
- 1 can sliced mushrooms, drained
- 2 cans **CSFP chicken**, drained
- ½ cup chicken stock or water
- 4 Tbsp. flour
- 3 cups **CSFP UHT milk**
- 2 ½ cups **CSFP macaroni or rotini**
- 1 can **CSFP peas**, drained

Method

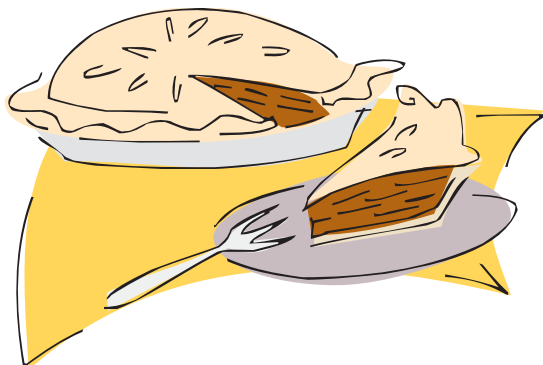
1. Preheat oven to 375° F
2. In large skillet, heat oil over medium heat; cook onion, garlic, pepper, and mushrooms, stirring, for about 5 minutes or until onions are softened and clear looking.
3. Add chicken and cook for about 4 minutes, stirring occasionally.
4. Put chicken mixture into a bowl and set aside.
5. In a separate small bowl, whisk together chicken stock and flour; pour into skillet along with the milk.
6. Cook over medium heat stirring, about 5 minutes or until thickened.
7. Meanwhile, in large pot of boiling water, cook noodles for about 5 minutes or until almost tender. Rinse and drain.
8. Add chicken mixture, milk sauce, and peas to the noodles; stir gently to coat noodles.
9. Pour into greased 8-inch square baking dish. Cover with foil.
10. Bake in 375° oven for about 30 minutes or until heated thoroughly.



Shepherds Pie

- 1 can **CSFP beef**, drained and mashed
- 1 can **CSFP diced tomatoes**
- 1 can **CSFP spaghetti sauce**
- 1 can **CSFP green beans**, drained (or peas)
- Salt and pepper to taste
- Instant potatoes (enough for 6 servings) OR 3 cups mashed potatoes
- Margarine and **CSFP UHT milk** (for potatoes)

1. Preheat oven to 375° F
2. Brown meat in a skillet over medium-high heat; drain.
3. Add tomatoes and spaghetti sauce. Cook over high heat until thickened, stirring frequently.
4. Mix in vegetables and season with salt and pepper.
5. Pour into 2 quart baking dish and set aside.
6. Make 6 servings of instant potatoes according to package directions with the specified amount of margarine and milk, or use mashed potatoes.
7. Top beef mixture with mashed potatoes.
8. Bake in oven 20 minutes or until heated thoroughly.



Quick and Easy Goulash

- 1 lb. **CSFP macaroni or rotini**, cooked and drained
- 2 cans **CSFP spaghetti sauce**
- 1 cup **CSFP beef**

Optional

- ½ onion, chopped
- 1 chopped green pepper
- 1 can (4 oz.) mushrooms (optional)
- CSFP cheese** or other grated cheese

1. Mix together ingredients. Cover with a few slices cheese. Cover pot with foil and refrigerate until ready to cook.
2. Bake at 350° oven for 1 hour.

Farina Dumplings and Stew

- 1 egg, beaten
- 1/2 tsp. salt
- Sprinkle of parsley
- Dash of garlic powder
- 2 tbsp. melted butter
- 1/2 c. plus 2 tbsp. **CSFP farina**
- Scant 1/8 tsp. baking powder, mix with farina
- 1 can **CSFP beef stew**

1. Beat egg slightly, add salt, parsley, garlic powder and melted butter. Stir in farina with baking powder mixed in.
2. Put stew in a large pot and simmer over medium-low heat.
3. Drop spoonfuls of the farina dough mixture into the pot of stew.
4. Cook 8-10 minutes or until dumplings have doubled in size and have cooked through.

Vegetarian Stuffed Peppers

- 2 eggs
- 1 cup **CSFP non fat dry milk**
- 1 ½ cups **CSFP rice**, cooked
- 1 cup **CSFP cheese**, grated
- 1 can **CSFP corn**, drained
- 1 large onion, diced
- ½ tsp. salt and ½ tsp. pepper
- 1 ½ tsp. garlic powder
- 3 medium green peppers
- 1 can **CSFP diced tomatoes**
- ½ can **CSFP spaghetti sauce**

Method

1. Preheat oven to 350° F.
2. Blend eggs, non fat dry milk, rice, cheese, corn, onion, salt, pepper, and garlic powder. Mix and set aside.
3. Wash, core and cut in half 3 medium peppers and place in 9x9 greased baking dish.
4. Spoon mixture into pepper halves until heaping full.
5. Mix tomatoes and spaghetti sauce. Pour over peppers.
6. Bake at 350° for 40 minutes.

Salmon or Tuna Tomato Loaf

- 1 can **CSFP salmon or tuna**, drained
- 1 egg
- 1 can **CSFP diced tomatoes**, drained
- 2 cups **CSFP cereal**, crushed
- 1 Tbsp. butter, melted
- ¼ cup onion, chopped
- ¼ cup water
- Pepper to taste

Method

1. Preheat oven to 425°
2. Drain salmon or tuna. Separate with a fork and mash.
3. Put all ingredients in a bowl. Mix lightly with a fork.
4. Put in lightly oiled baking dish or form a loaf in a baking pan.
5. Bake at 425° about 25 minutes.

Beef Stroganoff

- 1 Tbsp. olive or canola oil
 - 1 medium onion, thinly sliced
 - 2 Tbsp. flour
 - 2 cups **CSFP UHT milk**
 - ¼ cup ketchup
 - 1/8 tsp. pepper
 - 1 can **CSFP beef**, drained
 - 1/8 tsp. garlic powder
 - 1 can (4 oz.) sliced mushrooms, drained
-
- 3 cups cooked **CSFP rice**
 - 1 tsp. parsley flakes

Method

1. Heat oil in large skillet over medium heat.
2. Add onion and cook until soft. Combine flour and milk; stir into onions. Heat mixture until thick and bubbly.
3. Add the rest of the ingredients (except rice and parsley flakes) to the skillet; heat thoroughly.
4. Serve over hot rice and sprinkle with parsley.



Chili Macaroni

- 1 can **CSFP beef**, drained
- ¼ cup onion, chopped
- ¼ cup celery, chopped
- 2 cups **CSFP dried beans**, cooked
- 1 cup **CSFP macaroni or rotini**, uncooked
- 1 ½ cups water
- 2-3 tsp. chili powder
- ¼ tsp. garlic powder, optional

Method

1. Cook beef with celery and onion over medium heat until browned. Drain any fat and rinse with warm water.
2. Add other ingredients to meat mixture. Heat to boiling over medium high heat.
3. Turn temperature to low and cook for about 15 minutes in a partially covered pan.
4. The mixture should be thick and the macaroni or rotini and vegetables tender.

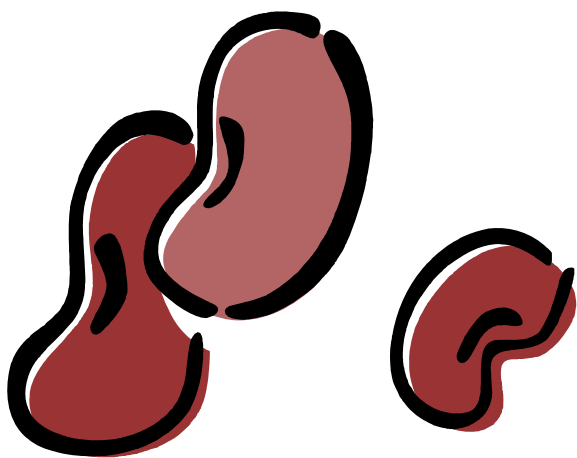
Variations

Try using cooked leftover meats like chicken or turkey.

The following vegetables may be added to boost the nutritional value of the dish as well as to make a larger volume and to add flavor:

- ★ frozen chopped spinach, partially thawed and broken into small chunks.
- ★ frozen or canned **CSFP peas**.
- ★ fresh or frozen chopped broccoli.
- ★ thickly sliced or grated carrots.

Bean Basics



Southwestern Rice and Beans

- 1 Tbsp. oil
- 1 large onion, diced
- 1 medium green pepper, diced
- 1 cup **CSFP rice**, uncooked
- 2 cups water
- 1 can **CSFP diced tomatoes**
- 1 can **CSFP corn**, drained
- 1 jar salsa
- 1 cup **CSFP dried beans**, cooked

Method

1. In a large saucepan, over medium heat, sauté onion and green pepper in oil for 5 minutes.
2. Add rice and stir until browned, about 5 minutes.
3. Add in water, tomatoes, corn, and salsa. Bring to a boil.
4. Cover and reduce heat to low. Cook for 20 minutes.
5. Stir in beans and heat for 5 minutes. Serve.

Tropical Rice and Beans

- 1 Tbsp. olive oil
- 1 large onion, diced
- 1 medium green pepper, diced
- 1 medium red pepper, diced
- 1 cup **CSFP rice**, uncooked
- 2 cups water
- 1 can pineapple, crushed or chunks, undrained
- 1 jar salsa
- 2 cups **CSFP dried beans**, cooked

Method

1. In a large saucepan, over medium heat, sauté onion, green and red peppers, and rice in olive oil for 5 minutes.
2. Add in water, pineapple and salsa. Bring to a boil. Cover and reduce heat to low.
3. Cook for 20 minutes. (no peeking)
4. Add in beans and heat for 5 more minutes.

Red Beans and Rice

- ½ cup onion, chopped
- ½ cup celery, chopped
- 1 clove garlic
- 2 Tbsp. butter or margarine
- 2 cups cooked **CSFP kidney beans**
- 2 cup **CSFP rice**, cooked
- 1 Tbsp. parsley, chopped
- ¼ tsp. salt (optional)
- 1/8 tsp. pepper

Method

1. Cook onion, celery, and garlic in fat until tender. Remove garlic. Add remaining ingredients.
2. Simmer together for 5 minutes to blend flavors.

Variation

Add a ham bone or pieces of cooked pork sausage, and simmer 30-45 minutes.



Baked Beans

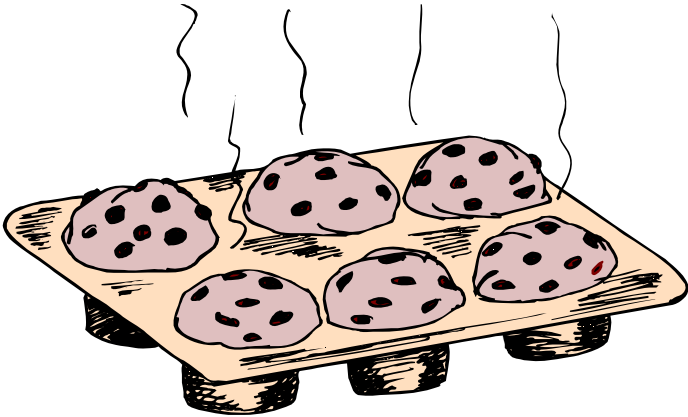
- ¾ cup **CSFP dry beans**, soaked in water overnight
- 1 cup water
- 1 cup **CSFP apple juice**
- ½ tsp. salt
- 1 Tbsp. molasses
- ¼ cup ketchup
- ¼ tsp. vinegar
- ½ tsp. mustard
- ¼ cup boiling water
- ½ tomato, diced (optional)

Method

1. Bring apple juice and water to a boil and add soaked beans slowly so that boiling does not stop.
2. Reduce heat, simmer 2 ½ hours or until beans are tender.
3. Drain beans, reserving the liquid, and add all remaining ingredients except tomato.
4. Place in a small greased baking dish.
5. Cover and bake 3-4 hours; uncover for last hour of baking. If beans become dry, add some reserved bean liquid.
6. About 15 min before removing from oven, add tomatoes.



Baked Goods and Desserts



Fruit Muffins

BATTER

- 1 can **CSFP fruit**, drained and diced
- 1 cup **CSFP UHT milk**
- 2 eggs, beaten
- 2 cups sifted flour
- 4 tsp. baking powder
- $\frac{3}{4}$ cup sugar
- 1 tsp. salt
- $\frac{1}{2}$ cup canola oil

TOPPING

- $\frac{1}{2}$ cup **CSFP rolled oats**
- 2 Tbsp. butter, melted
- $\frac{1}{4}$ tsp. cinnamon
- $\frac{1}{4}$ cup sugar

Method

1. Preheat oven to 400°
2. Sift together flour, baking powder, sugar and salt. Add drained fruit and mix until well coated.
3. In a bowl combine beaten eggs, oil and milk.
4. Quickly stir liquid mixture into dry mixture.
5. Mix until well blended. **DO NOT** over mix batter, muffins will become tough.
6. Place paper liners into muffin cups. Fill muffin cups halfway with batter.
7. In a bowl mix together all ingredients for topping. Place topping on top of batter.
8. Bake in the oven for 15-18 minutes.

Crispy Rice Treats

- ¼ cup butter or margarine
- 5 cups **CSFP** crispy rice cereal
- 40 large marshmallows

Method

1. Grease the bottom and sides of a baking pan.
2. In a saucepan, over low heat, melt butter or margarine.
3. Add marshmallows, stirring constantly until melted.
4. Remove from heat.
5. Quickly add cereal, stir until all pieces are evenly coated.
6. Press mixture into the prepared pan.
7. Cool and cut into squares.

Happy Troll Cookies

- ¾ cup packed brown sugar
- ½ cup sugar
- ½ cup butter or margarine
- ½ cup **CSFP** peanut butter
- 1 tsp. vanilla
- 1 egg, beaten
- 1 cup **CSFP** rolled oats
- ¾ cup whole wheat flour
- ½ tsp. baking soda
- 1 cup chocolate chips
- ½ cup walnuts, chopped

Method

1. Preheat oven to 350° F.
2. In a large bowl, beat sugars, butter or margarine, peanut butter, vanilla, and egg until light and fluffy.
3. Add rolled oats, flour and baking soda to mixture. Mix well.
4. Stir in chocolate chips and walnuts.
5. Drop dough by teaspoons onto a greased cookie sheet.
6. Bake at 350° F for 10 minutes or until golden brown.

No-Bake Peanut Butter Treats

- 1 cup **CSFP** peanut butter
- 2/3 cup **CSFP** non fat dry milk
- 3/4 cup **CSFP** crushed cereal (any kind)
- 2 Tbsp. honey

Method

1. In a large bowl, mix together peanut butter and honey.
2. Stir in nonfat dry powder milk, and crushed cereal.
3. Roll dough into 1 – inch balls, and place on a plate.
4. Place in the freezer for 30 minutes.

Farina Raisin Cookies

- 1 cup margarine
- 1 cup brown sugar
- 2 eggs
- 1 1/2 tsp. vanilla
- 2 cups sifted flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/3 cup **CSFP** farina
- 1 cup raisins

Method

1. Preheat oven to 375° F
2. In a large bowl, beat margarine and brown sugar together until creamy.
3. Add in eggs. Mix until well blended.
4. Add remaining ingredients and mix well.
5. Drop by teaspoons on a greased cookie sheet.
6. Bake at 375° F for 8 – 10 minutes or until lightly browned.

Peanut Butter Oatmeal Raisin Cookies

- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ cup granulated (white) sugar
- 2 eggs
- $\frac{1}{2}$ cup butter or margarine
- 2 tsp. vanilla
- 1 cup **CSFP peanut butter**
- 1 cup **CSFP rolled oats**, uncooked
- 1 cup flour
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ tsp. baking soda
- 1 cup raisins (optional)

Method

1. Preheat oven to 350° F.
2. In a mixing bowl combine sugars, eggs, butter, and vanilla.
3. Mix until creamy. Add peanut butter, blend until smooth.
4. In the same bowl add oatmeal, flour, salt, and baking soda.
5. Stir until dough becomes thick. Stir in raisins.
6. Using a tablespoon, drop dough onto an ungreased cookie sheet, and roll the dough into a ball. Cross the dough with a fork.
7. Bake at 350° F for 7 minutes, or until dough puffs up.



Apricot Bread Pudding

- 14 slices of bread
- 3 cups **CSFP UHT milk**
- 1 tsp. vanilla
- ½ tsp. nutmeg
- 2 eggs, beaten
- ½ cup sugar
- 1 can **CSFP apricots** (or other fruit), diced
- ½ cup raisins

Method

1. Preheat oven to 350° F.
2. Break bread into pieces and place into a baking dish.
3. In a large bowl, combine milk, vanilla, nutmeg, sugar and eggs. Beat well.
4. Add apricots and raisins and mix together.
5. Pour mixture over bread.
6. Bake at 350° F for 20-25 minutes.

Fruit Cobbler

- 2 cans **CSFP fruit**, drained
- 2 Tbsp. sugar
- 1 cup flour
- 1 stick butter, melted
- 1 tsp. cinnamon
- 1 Tbsp. brown sugar

Method

1. Preheat oven to 350° F.
2. Pour fruit into a baking dish.
3. Sprinkle with 1 Tbsp. sugar.
4. In a separate bowl, combine flour, butter, cinnamon, brown sugar, and remaining 1 Tbsp. sugar.
5. Mix together until it starts to look like crumbs.
6. Sprinkle crumbs over fruit.
7. Bake for 15 minutes.

Applesauce Raisin Chews

- 2 sticks butter or margarine, softened
- 1 cup brown sugar, firmly packed
- 1 cup **CSFP applesauce**
- 1 egg
- 1 tsp. vanilla
- 2 cups flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ½ tsp. salt
- 2 ½ cups **CSFP rolled oats**
- 1 cup raisins

1. Preheat oven to 350° F.
2. In a large bowl beat together butter or margarine and sugar until creamy.
3. Add applesauce, egg and vanilla; beat well.
4. Add combined flour, baking soda, cinnamon and salt, mix well.
5. Stir in rolled oats and raisins.
6. Drop dough by teaspoons onto an ungreased cookie sheet.
7. Bake at 350° F for 11-13 minutes, or until golden brown. Store tightly covered.



Peanut Butter Oat Cake

- 1 ½ cup sugar, granulated
- ¾ cup shortening
- ¾ cup **CSFP peanut butter**
- 2 cups flour, all-purpose
- 3 eggs
- 1 Tbsp. baking powder
- 1 tsp. salt
- ½ tsp. cinnamon, ground
- 3 cups **CSFP rolled oats**, uncooked
- 2 ¼ cups **CSFP UHT milk**

Method

1. Preheat oven to 350° F.
2. In a bowl beat sugar, shortening and peanut butter together at medium speed until creamy and fluffy.
3. Sift together flour, eggs, baking powder, salt and cinnamon.
4. Add flour mixture, oats, and milk to creamed mixture in bowl. Beat at low speed just until blended, 1 minute.
5. Pour batter into a greased 14x18 inch pan.
6. Bake for 350° for 20 to 25 minutes. Cool before serving.

Fruit Crisp

- 2 cans **CSFP fruit**, drained
- ¼ cup sugar
- ½ cup flour
- ¼ cup brown sugar
- 1/3 cup melted margarine or butter
- ½ cup **CSFP rolled oats**, uncooked
- ¾ tsp. cinnamon
- ½ tsp. nutmeg

Method

1. Preheat oven to 375° F.
2. Place fruit in an 8" square baking dish. Sprinkle with sugar.
3. Combine flour, brown sugar, margarine, oats, cinnamon, and nutmeg until crumbly. Sprinkle over fruit.
4. Bake at 375° for 30 minutes.

Autumn Nut Bread

- 1 ½ cups flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ½ tsp. ground cloves
- 1 tsp. cinnamon
- ¼ tsp. ginger
- ¼ tsp. allspice
- ¼ cup vegetable oil
- 1 cup sugar
- 1 egg
- ½ cup **CSFP UHT milk**
- 1 tsp. vanilla
- 1 cup pumpkin or 1 can **CSFP sweet potatoes**, drained
- 1 cup **CSFP farina**
- ½ cup chopped nuts

Method

1. Preheat oven to 350° F
2. In small mixing bowl, stir together flour, baking powder, soda, salt and spices. Set aside.
3. Measure oil and sugar into large mixing bowl. Beat until well combined. Add egg, milk, and vanilla. Beat well.
4. Mix in pumpkin or sweet potatoes, farina, and nuts. Add dry ingredients. Mix thoroughly.
5. Spread into well greased loaf pan.
6. Bake at 350° F. for 50 minutes. Cool completely before slicing.



No-Crust Pumpkin Pie

- 1 cup **CSFP non fat dry milk**
- 2/3 cup brown or white sugar
- 1/4 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. ginger
- 1/4 tsp. nutmeg
- 1/4 cup whole wheat or enriched white flour
- 1/2 cup dried egg mix + 1/2 cup water, or 2 eggs
- 1 cup water
- 2 cups canned or cooked pumpkin

Method

1. Mix all dry ingredients together. Stir in eggs, water and pumpkin gradually until well mixed.
2. Pour into a greased 9" pie plate. Bake at 350° F., for 45 to 55 minutes or until a knife inserted 1" from the center comes out clean.

Microwave Breakfast Cobbler

- 1 can **CSFP peaches**, drained & sliced
- 1 can **CSFP pears**, drained, halved
- 1 cup pitted prunes, halved
- 1 tsp. grated orange peel
- 1/3 cup **CSFP orange juice**
- 1 1/2 cups low-fat granola cereal

Method

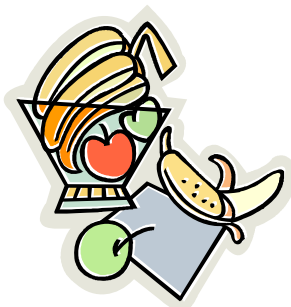
1. In 6-cup shallow microwave bowl toss peaches, pears, prunes, orange peel and orange juice. Top with granola.
2. Microwave on HIGH 5 minutes. Let stand 2 minutes.
3. Spoon into bowls. Serve with plain yogurt if desired.

Banana Delight

- 1 small banana
- 1 cup **CSFP** apple juice
- 1 cup **CSFP** orange juice
- 5 ice cubes

Method

1. Combine all ingredients in a blender or a food processor and whirl until smooth. Serve immediately.



Homemade Pancakes

- 1 ¼ cup all-purpose flour
- 1 ½ tsp. baking powder
- ½ tsp. salt
- 2 tsp. sugar
- ¼ cup oil
- 1 ½ cups **CSFP UHT** milk
- 1 egg, beaten

Method

1. In large bowl mix flour, baking powder, salt, & sugar.
2. In separate bowl, mix oil and milk to the beaten egg.
3. Add the milk mixture to the flour mixture, stirring briskly until well mixed.
4. Pour spoonfuls onto a slightly greased skillet. Cook on medium-high heat, until the tops show broken bubbles (2 to 3 minutes).
5. Turn over and cook about 2 to 3 minutes more, until golden brown.

Homemade Granola

- ¾ cup brown sugar
- 1/3 cup vegetable oil
- 1/3 cup honey
- 5 cups **CSFP rolled oats**
- ½ cup **CSFP non fat dry milk**
- ¾ tsp. cinnamon
- ½ cup raisins or other dried fruit

Method

1. Preheat oven to 325° F.
2. Mix brown sugar, oil, and honey in a saucepan. Heat until sugar is dissolved.
3. In a large baking pan, mix rolled oats, dry milk powder, and cinnamon.
4. Pour brown sugar mixture over the rolled oats mixture and mix well.
5. Bake at 325° for 20-25 minutes, until lightly browned.
6. Remove from oven and stir in the raisins.
7. Cool and store in a tight container.



Funsicles/Milksicles

Funsicles

- 1 ½ cups **CSFP fruit juice**, any flavor

Method

1. Fill 6 Tupperware holders or small paper cups with juice.
2. Use plastic spoons for handles with the paper cups.
3. Freeze until solid.

Milksicles

Follow Funsicles recipe but use ½ cup **CSFP non fat dry milk powder** in place of ½ cup juice.

Rice Pudding

- 2 cups **CSFP UHT milk**
- 1 cup **CSFP rice**, uncooked
- 2 eggs
- $\frac{3}{4}$ cup **CSFP UHT milk**
- 1 tsp. vanilla
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ **CSFP UHT milk**

1. In a saucepan, heat 2 cups milk. Add rice and bring to a boil.
2. Lower the heat to simmer. Stir mixture about every 10 minutes. Cook uncovered until rice is tender, about 30 min.
3. In large bowl, mix eggs, $\frac{3}{4}$ cup of milk, vanilla, and sugar; set aside.
4. Add remaining $\frac{1}{4}$ cup milk to the rice mixture.
5. Spoon 1 cup of rice mixture into egg mixture and stir.
6. Pour this rice-egg mixture into the remaining rice mixture.
7. Heat the rice pudding until it boils, stirring continuously.
8. Remove from heat and sprinkle with cinnamon.

Cinnamon Oatmeal Pancakes

- 1 $\frac{1}{2}$ cup flour
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 1 Tbsp. cinnamon
- 1 egg
- 1 $\frac{1}{2}$ cups **CSFP rolled oats**, cooked according to package
- $\frac{3}{4}$ cup **CSFP UHT milk**
- 2 Tbsp. oil

1. Mix flour, baking powder, salt, and cinnamon in a large bowl.
2. In separate bowl, beat the egg.
3. To the egg, mix in the cooked oatmeal, milk, and oil.
4. Add the oatmeal mixture to the flour mixture and stir.
5. Pour large spoonfuls into lightly greased skillet over medium-high heat.
6. Cook until the tops show broken bubbles (2 to 3 min). Turn over and cook about 2 to 3 min more, until golden brown.

Cereal Muffins

- 1 ¼ cup flour
- 1 Tbsp. baking powder
- ¼ tsp. salt
- 2 cups **CSFP Bran Flakes cereal (or Corn Flakes)**
- 1/3 cup **CSFP non fat dry milk** and 1 cup water, mixed
- 1 egg
- ½ cup **CSFP applesauce**
- 1/3 cup brown sugar
- 1 tsp. cinnamon
- 2 Tbsp. margarine, melted

Method

1. Preheat oven to 400° F.
2. In a large bowl mix the flour, baking powder, and salt.
3. In a separate bowl, mix the cereal and milk. Let stand 3-5 minutes.
4. Mix in the egg, applesauce, sugar, and margarine to the cereal and milk mixture.
5. Add the flour mixture and stir until flour is just moistened.
6. Pour the batter into greased muffin pans (or paper muffin cups), filling each cup about 2/3 full.
7. Bake at 400° for 20 minutes or until golden brown.

Fruit Salad

- 1 can **CSFP peaches**
- 1 can **CSFP mixed fruit**, drained
- 1 banana sliced
- 1-2 apples, diced or sliced

Method

1. Pour the canned peaches (with the juices) and mixed fruit (drained) into a large bowl.
2. Add banana and apple; mix well.
3. Chill before serving.

Add any of your other favorite fruits that are cut up.

Beverages



Yummy Summer Cooler

1 cup **CSFP orange juice**
1 can crushed pineapple, drained
1 cup **CSFP UHT milk**
Ice cubes

Method

1. In a blender mix together all ingredients.

Grapple Juice

½ cup **CSFP grape juice**
½ cup **CSFP apple juice**

Method

1. Mix together ingredients.

Pineapple-Orange Juice

½ cup pineapple juice
½ cup **CSFP orange juice**

Method

1. Mix together ingredients.

Fruit Punch

½ cup **CSFP apple juice**
½ cup **CSFP grape juice**
½ cup **CSFP orange juice**
½ cup pineapple juice

Method

1. Mix together ingredients.

Fizzy Fruit Juices

½ cup **CSFP fruit juice** (apple, cranapple, grape, or orange)

½ cup club soda

Method

1. Mix together ingredients.



Hot Chocolate

3 ½ cups **CSFP non fat dry milk**

½ cup sugar

½ cup cocoa

Method

1. Mix all ingredients together.
2. Store in a large sealable container until ready to use.

For 6 oz. cup

Fill cup with ¼ cup cocoa mix. Add hot water until cup is filled.

For 8 oz. cup

Fill cup with 1/3 cup cocoa mix. Add hot water until cup is filled.



Spiced Milk

¼ cup **CSFP non fat dry milk**

1/8 tsp. cinnamon

1/8 tsp. nutmeg

1 tsp. sugar

1 cup water

Method

1. Add nonfat dry milk powder, spices and sugar to water and beat, stir or shake until smooth.

Orange Chiller

- 5 cups **CSFP non fat dry milk** (made into liquid)
- 3 Tbsp. sugar
- 1 (6 oz.) can frozen orange juice concentrate, OR 6 oz. **CSFP orange juice**

Method

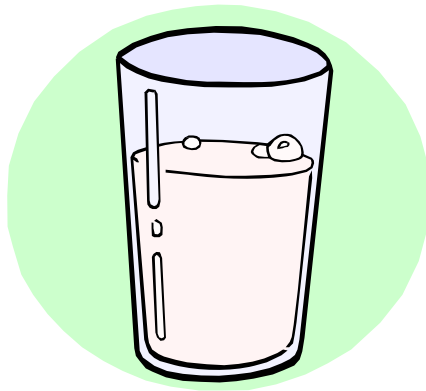
1. Pour half of milk into large jar or pitcher. Add juice and sugar. Mix well.
2. Add rest of milk. Mix well and chill. Stir before serving.

Two Percent Milk

- 1 1/3 cups **CSFP non fat dry milk**
- 4 cups water
- 1 can evaporated milk
- 1 can water

Method

1. Mix non-fat milk and 4 cups of water.
2. Add 1 can evaporated milk and 1 can of water.
3. Mix the night before, cover and refrigerate.



One Cup of Milk

1 cup of water

1/3 cup **CSFP non fat dry milk**

Method

1. Pour 1 cup of water in a bowl, sprinkle 1/3 cup of non-fat dry milk powder over the water.
2. Beat until smooth. Cover and chill in the refrigerator 24 hours before using.

Cranberry Refresher

3/4 cup **CSFP cranberry-apple juice**

1 scoop (1/3 cup) vanilla frozen yogurt or ice cream

1 Tbsp. cold coffee

Ground cinnamon to garnish

Method

1. Briskly stir all ingredients in a tall glass until blended. Garnish with ground cinnamon.

Orange Juli

3/4 cup **CSFP orange juice**

1/4 cup **CSFP non fat dry milk**

Method

1. Shake together in a jar.

Warm Spiced Cider Punch

- 4 cups **CSFP apple juice**
- 2 cups **CSFP orange juice**
- $\frac{3}{4}$ tsp. ground ginger
- 2 cinnamon sticks
- 1 cup water
- $\frac{3}{4}$ tsp. ground nutmeg
- 3 whole cloves
- 4 orange slices, halved

Method

1. In 3 qt. slow cooker or large pot, combine all ingredients except the cloves, cinnamon sticks and orange slices.
2. Place the cloves and cinnamon sticks in a square of cheesecloth and tie up inside to form a bag for these spices.
3. Place bag in cooker with juice. Cook on low for 1-2 hours.
4. Discard spice bag and garnish with orange slices.



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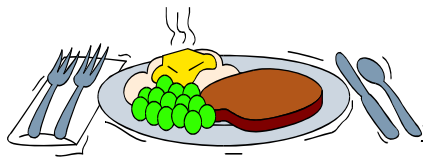
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Stockbox Cookbook



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Department of Health Services
Division of Public Health
Bureau of Community Health Promotion
Commodity Supplemental Food Program
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