

ESF Food Pantry Recipe Guide

A STEP-BY-STEP INSTRUCTION BOOK FOR EASY, SUSTAINABLE, AND FINANCIALLY-SAVVY MEALS FOR COLLEGE STUDENTS

This recipe guide will provide you with the instructions to prepare breakfast, lunch, and dinner entirely with nonperishable ingredients, including those found in the ESF Food Pantry. Most dishes will accommodate vegetarian diets, and many will cater to gluten-free, dairy-free, and vegan dietary restrictions.

Many ingredients in the following recipes can be eliminated if not on-hand, or replaced with fresh ingredients if available. The key to any good recipe is to spice it up. Get creative with what you have!

Some recipes were adapted from cookbooks, foodbank booklets, and other online sources, while others were commissioned for one-of-a-kind meals based on ingredients that will likely be available in the ESF Food Pantry.



State University of New York
College of Environmental Science and Forestry



Breakfast

OLD FASHIONED OATS GF/VEGAN

½ cup rolled oats

1 cup of water/milk

1 pinch of salt

Additional mix-ins: chocolate chips, nuts, seeds, raisins, maple syrup, peanut butter, cinnamon, fresh fruit, etc.

INSTRUCTIONS

- Boil water/milk and salt
- Stir in oats
- Cook for 5 minutes over medium heat, stirring occasionally
- Add in additional ingredients and mix

If using microwave:

- Combine oats, water/milk and salt in microwave safe bowl
- Microwave on HIGH for 2 ½-3 minutes, and stir
- Add in additional ingredients and mix

Instant Oat Version

- Empty packet into bowl and cook based on stovetop/microwave instructions on package. Same mix-ins apply.

*Adapted from The Quaker Oats Company Recipe

OVERNIGHT OATS GF/VEGAN

½ cup rolled oats

½ cup milk/water

½ teaspoon sweetener of choice (sugar, maple syrup, honey, fruits, etc.)

¼ teaspoon vanilla extract (optional)

Additional mix-ins: chocolate chips, nuts, seeds, raisins, maple syrup, peanut butter, cinnamon, fresh fruit, etc.

INSTRUCTIONS

- Mix oats, milk/water, sweetener, and extract in jar or bowl. Seal with lid and shake to mix.
- Refrigerate at least 6 hours (overnight) and up to 4 days. Stir in any additional toppings right before serving.

*Adapted from Kristine's Kitchen

CHIA PUDDING GF/VEGAN

¼ cup chia seeds

2/3 cup water or milk

Additional mix-ins: vanilla extract, chocolate chips, nuts, seeds, raisins, maple syrup, honey, cinnamon, fresh fruit, etc.

INSTRUCTIONS

- Mix chia seeds and milk/water until blended.
- Cover and let sit for 10 minutes-overnight
- Stir in mix-ins directly before serving.

*Commissioned for ESF Food Pantry

Salads

CURRIED CHICKPEA SALAD GF/VEGAN

- 1 can chickpeas
- ¼ cup dried cranberries/fruit
- 1 teaspoon Dijon mustard
- 2 teaspoons curry powder
- 1 pinch of salt
- Drizzle of olive oil (optional)

INSTRUCTIONS

- Drain and rinse chickpeas with cold water
- Pour all ingredients in bowl. Mix well.
- Can be stored in fridge for up to 4 days.

*Commissioned for ESF Food Pantry

PESTO CHICKPEA SALAD GF/VEGAN

- 1 can chickpeas
- ¼ cup basil pesto
- 2 tbsp pine nut/other nut

INSTRUCTIONS

- Drain and rinse chickpeas with cold water
- Pour all ingredients in bowl. Mix well.
- Can be stored in fridge for up to 4 days.

*Commissioned for ESF Food Pantry

SOUTHWEST BEAN SALAD GF/VEGAN

- 1 can kidney beans
- 1 can cannellini (white) beans
- 1 can black beans
- 1 jar of salsa
- 1 can of corn

INSTRUCTIONS

- Drain and rinse beans and corn with cold water
- Pour all ingredients in bowl. Mix well.
- Can be stored in fridge for up to 4 days.

*Commissioned for ESF Food Pantry

BLACK BEAN LENTIL SALAD GF/VEGAN

- 1 can black beans
- 1 cup brown lentils
- 1 can diced tomatoes
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tsp cumin
- ½ tsp oregano
- 1/8 tsp salt

- Cook lentils according to package instructions. Let cool.
- Drain and rinse black beans.
- Pour all ingredients in bowl. Mix well.
- Can be stored in fridge for up to 4 days.

*Commissioned for ESF Food Pantry

PEAS AND CARROTS SALAD GF/VEGAN

- 1 can green peas
- 1 can carrots

Salad dressing of choice

Additional mix-ins: canned chicken, rice, stir-fry seasoning, etc.

INSTRUCTIONS

- Drain and rinse veggies.
- Mix ingredients in large bowl and add favorite salad dressing.

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TUNA AND CANNELLINI BEAN SALAD GF

- 1 can cannellini beans
- 1 jar sliced pimientos, olives, or other pickled vegetable
- 1 can tuna
- 1 tbsp parsley flakes
- 1 tbsp olive oil (optional)
- 1 tbsp lemon juice (if available)

Salt and pepper to taste

- Drain and rinse cannellini beans with cold water.
- Combine all ingredients. Gently stir in tuna.

*Commissioned for ESF Food Pantry

Soups

MEXICAN BEAN SOUP GF/VEGAN

- ½ can butter beans
- 1 can white beans
- 1 can no salt added diced tomatoes
- 1 can (4 oz) chopped green chiles
- 1 ½ tsp chili powder
- ½ tsp onion powder
- 1 ½ cup vegetable stock/water

INSTRUCTIONS

- Combine ingredients in sauce pan and bring to a boil.
- Reduce heat; simmer, uncovered until flavors are blended, about 10 minutes.

*Adapted from Taste of Home Quick Mexican Bean Soup

QUICK CURRY SOUP GF/VEGAN

- 1 can coconut milk
- ½ cup cooked rice
- 1 can peas
- 1 cup vegetable broth/water
- 1 ½ tsp curry powder or 1 ½ tsp curry paste
- Salt if needed

INSTRUCTIONS

- Combine ingredients except rice in sauce pan and bring to a boil. Add rice and serve.

SOUTHWESTERN CHICKEN SOUP GF

- 1 can crushed tomatoes
- 1 can diced tomatoes
- 1 tin chicken
- 1 can corn
- 1 can chopped green chiles
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tsp chili powder
- 1 tsp ground cumin
- 4 cups chicken stock/water

INSTRUCTIONS

- Combine ingredients in sauce pan and bring to a boil.
- Reduce heat; simmer, covered for 1 hour.

*Adapted from Southwestern Chicken Tortilla Soup

EASY LENTIL SOUP GF/VEGAN

- 1 cup lentils (can be substituted with rice)
- 1 can carrots
- 1 can peas
- 1 can crushed tomatoes
- 1 tbsp garlic powder
- ½ tsp thyme
- 1 tsp curry powder
- 2 tsp cumin
- 1 tsp salt
- Pepper to taste
- 4 cups chicken stock/water

INSTRUCTIONS

- Pour lentils, vegetables, spices, and broth/water into large pot. Raise heat and bring mixture to boil. Cover pot and reduce heat to low. Cook for 25-30 minutes, or until lentils are tender.
- Leftovers will be kept for 4 days in refrigerator, or can be frozen for several months.

*Commissioned for ESF Food Pantry

Dinner

10 MINUTE ITALIAN MEAL GF/VEGAN

- 1 can Italian-style tomato sauce
- 1 can diced tomatoes
- 1 can kidney beans
- 3 cups instant rice
- 1 cup water

INSTRUCTIONS

- Mix everything together and heat until rice is tender. You may need to add more water.

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QUINOA AND VEGETABLES GF/VEGAN

- 1 cup quinoa
- 2 cups water/chicken broth
- 1 can peas/carrots
- 1 tbsp Italian seasoning
- Salt to taste
- Additional mix-ins: frozen vegetables (broccoli, peppers, etc.)

INSTRUCTIONS

- Rinse quinoa.
- Place in microwave safe bowl and add 2 cups water. Cook and cover for 6 minutes. Stir. Cook 2 more minutes (option to stir in additional vegetables). Sit uncovered for 5-10 minutes. Add spices.

*Commissioned for ESF Food Pantry

WEEKNIGHT PASTA VEGAN

- 1 box of spaghetti or other pasta
- Drizzle of olive oil/ pasta sauce of choice
- 1 tbsp garlic powder
- 1 tsp parsley
- 1 dash of red pepper flakes
- Salt to taste

INSTRUCTIONS

- Cook pasta according to package instructions.
- Drain pasta. Reserve ½ cup cooking water. Mix in pasta with cooking water and remaining ingredients.

*Commissioned for ESF Food Pantry

RAMEN PEANUT PASTA VEGAN

- 2 packages ramen noodle soup (save seasoning packets for other time)

Can substitute ramen for spaghetti or other thin pasta

- 2 tbsp peanut butter
- 1 tbsp olive/vegetable oil
- 1 tbsp vinegar
- 1 tbsp soy sauce
- 1 tsp garlic powder
- ½ tsp sugar
- 1 dash cayenne
- 1 tbsp peanuts
- Salt to taste

Additional mix-ins: cilantro, green onions, cucumber, carrots, etc.

INSTRUCTIONS

- Stir peanut butter, oil, vinegar, soy sauce, garlic, sugar, and cayenne in bowl until mixed.
- Bring pot of water to boil. Cook ramen in water until tender yet firm, about 3 minutes. Transfer noodles to bowl.
- Pour peanut sauce over noodles and toss to coat. Stir in any additional mix-ins.

*Adapted from Allrecipes Ah-So-Easy Ramen Peanut Pasta

