

# ESF Food Pantry Recipe Guide: Winter Edition

## 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

## BANANA OATMEAL COOKIE GF/VEGAN

1 cup rolled oats

1 ripened banana

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

### INSTRUCTIONS

- Mash banana in peel or mixing bowl.
- Stir in oats and other ingredients. Mix well. Form into ball and flatten to make cookie shape. Can be eaten right away, cooked in oven, or stored in refrigerator.

\*Adapted from Northwest Iowa Food Pantry Cookbook

## EASY SAVORY CORNBREAD

2 boxes Jiffy Corn Muffin Mix

1 can cream style sweet corn

1 4.5 oz can chopped green chiles

2 eggs (if available)

### INSTRUCTIONS

- Preheat oven to 350F
- In large bowl, mix all ingredients together.
- Spread into dish of choice
  - 8x8 pan: 40-50 min
  - 11x7 dish: 35-40 min
  - 12 muffins: 15-20 min

\*Adapted from Easy Family Recipes

## GINGERBREAD ENERGY BITES GF/VEGAN

1 cup dates (12)

1 cup toasted pecans

1 tablespoon molasses (substitute with honey or brown sugar)

1 teaspoon cinnamon (double if you do not have the following 3 spices)

1 teaspoon ginger (if available)

¼ teaspoon nutmeg (if available)

¼ teaspoon cloves (if available)

¼ teaspoon salt

### INSTRUCTIONS

- Chop dates and add to blender. Blend into small bits or paste.
- Add pecans, molasses, and spices and blend until combined. Do not over blend the pecans.
- Roll into 1-inch balls.
- Keep stored in sealed container in fridge or freezer.

\*Adapted from Bakerita

## 3-INGREDIENT CEREAL BARS

2 cups dry cereal of your choice

6 tbs almond butter

6 tbs maple syrup, agave, or brown rice syrup

### INSTRUCTIONS

- In large mixing bowl, add dry cereal.
- Stovetop or in microwave, melt nut butter with sweetener. Pour over cereal and mix well.
- Pour mixture onto lined baking tray and press into place. Refrigerate for 30 minutes, then enjoy!

\*Adapted from The Big Man's World



# Hearty Sides

## CAULIFLOWER CHICKPEA SALAD GF/VEGAN

- 1 head cauliflower
- 3 tbsp. olive oil
- 1 can chickpeas
- 2 teaspoons curry powder
- 1 tbsp dried herbs (parsley, oregano, etc.)

Dressing (1 tbsp olive oil, 2 tbsp mustard of choice, 2 tbsp red wine vinegar or vinegar of choice)

### INSTRUCTIONS

- Preheat oven to 425 degrees
- Cut cauliflower into even florets. Toss with olive oil. Season with salt and pepper. Roast for 40 minutes.
- Toss chickpeas with 1 tbsp olive oil. Add to pan and continue to roast for 5 minutes. Remove whole tray from oven. Place in bowl and toss with dressing. Sprinkle with dried herbs.

\*Adapted from The Beach House Kitchen

## EASY SPANISH RICE SALAD GF/VEGAN

- 1 ½ cup white rice
- ¼ chopped onion (or 1 tbsp onion powder)
- 1 cup chunky salsa
- 1 tsp garlic powder
- 1 tsp cumin
- 2 tbsp olive oil
- 2 cups vegetable broth (or water)

### INSTRUCTIONS

- Saute onion in oil over medium heat for 5 minutes (or skip step if using powder).
- Mix rice into skillet and stir often. When rice begins to brown, stir in broth, salsa, and spices.
- Bring to a boil and reduce heat. Cover and simmer 20 minutes.

\*Adapted from Eating on a Dime

## EASY LENTILS GF/VEGAN

- 1 cup dried green or brown lentils
- 2 cups water
- 1 bay leaf, garlic clove, or other seasoning
- ½ tsp salt

- Cook lentils according to package instructions with seasonings.
- Salt lentils once tender.

\*Adapted from The Kitchn

## EASY SHEET PAN VEGGIES GF/VEGAN

- 3 cups cubed butternut squash
- 4 cups broccoli florets
- 2 cups Brussel sprouts
- 1 large red onion
- 3 tbsp olive oil
- 2 tsp Italian seasoning
- 1 tsp salt
- ¼ tsp pepper
- 1 tbsp balsamic vinegar

### INSTRUCTIONS

- Preheat oven to 425 degrees
- Toss squash in 1 tbsp oil, spread on baking sheet, roast for 10 minutes
- Meanwhile, toss broccoli, brussel sprouts and onion with Italian seasoning, salt and pepper with remaining olive oil.
- Add all vegetables to the tray and spread onto baking sheets evenly. Roast, stirring once or twice until tender (17-20 mins). Drizzle with vinegar.

\*Adapted from EatingWell

# Cozy Soups

## VEGETABLE BARLEY SOUP VEGAN

¾ cup pearl barley (or other grain)  
1 can peas (or fresh)  
1 can carrots (or fresh)  
1 can no salt added diced tomatoes  
1 tbsp onion powder  
1 tbsp garlic powder  
3 cups vegetable broth (or water)  
1 tbsp oil  
1 tsp dried thyme

Salt and pepper to taste

### INSTRUCTIONS

- Add all ingredients to pot and let boil.
- Simmer on low heat for 30 minutes until barley is tender.

\*Adapted from Watch What U Eat

## EASY PUMPKIN CURRY SOUP GF/VEGAN

1 13.5 oz can coconut milk  
1 30 oz can pumpkin  
2 tbsp red curry paste  
4 cups vegetable broth  
Salt if needed

### INSTRUCTIONS

- Combine all ingredients and cook until hot.

## 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

## PASTA E FAGIOLI VEGAN

1 cup pasta of choice (ditalini recommended)  
1 tbsp olive oil  
1 onion or 1 tbsp onion powder  
1 can carrots (or 1 fresh)  
1 tbsp dried basil  
2 tsp dried oregano  
1 25 oz can diced tomatoes  
3 cups vegetable broth or water  
1 can white beans

Salt and pepper to taste

Parmesan if available

### INSTRUCTIONS

- Heat olive oil in pot, stir in onion and cook for 2 minutes. Stir in carrots and cook for 3 minutes. Add spices and toss to coat. Stir in tomatoes and stock and bring to boil.
- Reduce heat and simmer for 30 minutes. Add more water/stock if running low. Stir in beans and pasta and simmer for 6-8 minutes.
- Serve with grated parmesan and pepper if available.

\*Adapted from Food Network Kitchen



# Dinner

## VEGGIE FRIED RICE VEGAN

3 cups cooked white rice

½ onion (or 1 tbsp onion powder)

1 can corn

1 can peas

1 can carrots

1 tbsp vegetable oil

2 tsp garlic powder

3 tsp soy sauce or coconut aminos

1 tbsp sesame oil

Salt and pepper to taste

(May add 2 eggs if not vegan)

### INSTRUCTIONS

- Heat 2 tsp vegetable oil over medium heat.
- Add vegetables and cook 3-5 minutes. Add garlic powder.
- If using eggs, remove veggies from pan and place in bowl. Add remaining tsp oil into pan and add eggs until scrambled.
- Add rice and veggies to pan. Stir in soy sauce and sesame oil and cook for 3-4 minutes.
- Season with salt and pepper to taste.

\*Adapted from Dinner at the Zoo

## WEEKNIGHT PASTA

1 box of shells or other pasta

1 can/frozen bag of peas

1 tsp butter

1 tsp garlic powder

### INSTRUCTIONS

- Cook pasta according to package instructions. Boil peas if frozen.
- Drain pasta. Mix together all ingredients.

\*Commissioned for ESF Food Pantry

## EASY TUNA CASSEROLE

1 12 oz bag of egg noodles or regular noodles

1 can peas, drained

2 cans cream of mushroom soup

2 cans tuna, drained

1 onion or 1 tbsp onion powder

1 cup cheese (use 1-2 tbsp nutritional yeast if lactose free)

Black pepper to taste

### INSTRUCTIONS

- Bring large pot of water to boil. Add noodles and peas. Cook until noodles are al dente. Drain and bring back to pot.
- Mix soup, tuna, onion, cheese, and pepper to pot. Stir until mixed. Serve.

\*Adapted from All Recipes

## EASY CHICKPEA MASALA VEGAN OPTIONAL

2 tbsp olive oil or vegetable oil

2 red onions (or 2 tbsp onion powder)

2 garlic cloves (or 2 tsp garlic powder)

1 tsp ginger (if available)

1 tbsp chana/garam masala

1 tsp turmeric (if available)

½ tsp ground chili

¼ tsp ground cumin

1 28 oz can diced tomatoes

1 tbsp maple syrup (or honey)

2 15 oz cans chickpeas

½ cup greek yogurt (if desired)

### INSTRUCTIONS

- Add oil to pan, saute onion garlic and ginger (if not in powder form) for 4 minutes. Add remaining spices and 2 tbsp water and stir.
- Add crushed tomatoes, sweetener, and chickpeas, and cook for 8-10 minutes. Add water if it gets too thick for your liking.
- Turn off heat and mix in yogurt. Serve.

\*Commissioned for ESF Food Pantry