

PANTRY SCAVENGER

GETTING CREATIVE WITH PANTRY BASICS

BRUNSWICK STEW

Easy one pot stew with or without meat.

- 1 can corn
- 2 cans any beans
- 1 can tomatoes
- 1 cup any leftover meat
(preferably chicken or pork)
- 1/2 cup any BBQ sauce
- 1/2 cup ketchup
- 1 cup of water or broth



Just heat and enjoy. For more flavor, let sit in the fridge overnight before cooking.

EASY CHICKEN SALAD

A good use for leftover chicken.

- 2 cups cooked chicken
- 1/2 cup celery
- 1/2 cup grapes
- 1/2 cup any nuts
- 1/2 cup mayonnaise
- 1 teaspoon of curry powder



Place all ingredients in food processor and blend to desired consistency.

CHEESY TUNA NOODLES

Add more protein to a box of Mac n Cheese.

- 1 box of any brand mac n cheese
- 1 can of peas
- 1 can of tuna
- 1/2 cup breadcrumbs



Follow instructions on the box of mac n cheese. Add tuna and peas, top with breadcrumbs and heat in oven at 350 until warmed thoroughly and the bread crumbs are toasted.

RICE CASSEROLE

One dish wonder.

- 1 can cream of mushroom soup
- 1 cup of rice
- 1 cup chicken broth
- 1 cup broccoli (fresh or frozen)
- 1 cup grated cheese



Put all ingredients into a casserole dish. Top with grated cheese. Cover and bake for 45 minutes at 350.

PEPPERS AND PASTA

- 1 cup of ground beef or sausage
- 1 tsp garlic powder
- 1 tablespoon olive oil
- 1 cup milk
- 1 1/2 cups chicken broth
- 1 jar roasted peppers, pureed
- 1/2 cup grated parmesan
- 1 cup fresh spinach
- salt and pepper to taste
- 12 oz pasta of your choice



Brown meat in stew pot. Stir in chicken broth, pureed roasted red pepper, milk and pasta. Season with salt and pepper. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 12 minutes. Stir in spinach, 1 handful at a time, and cook until wilted and hot.

