

# Recipes from the Pantry



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# **Recipes**

**Breakfast: 1-3**

**Lunch/Dinner: 4-10**

**Dessert: 11-13**

# Peach Pancakes

## Ingredients:

- Pancake Mix
- Milk
- 1 can of peaches

## Directions:

1. Follow directions for pancake mix and add in chopped peaches to batter
2. Reserve the peach liquid to use as syrup
3. Serve



# Breakfast Parfaits

## Ingredients:

- 1.5 cups yogurt
- 1 can mandarin oranges
- 1 cup oats or rice cereal

## Directions:

1. Spoon in a layer of yogurt in a glass
2. Add a layer of oranges
3. Top with a layer of oats
4. Repeat steps 1-3 until the glass is full



# Omelette

## Ingredients:

- 2 Eggs
- Choice of:
  - Cheese
  - Canned Tomatoes
  - Peppers
  - Mushrooms



## Directions:

1. Whisk together the eggs in a bowl and pour into a greased pan on the stove
2. When the egg is cooked on both sides, add in your choice of toppings on one half of the omelette
3. Fold the omelette in half and serve

# Green Bean Casserole

## Ingredients:

- 1 can green beans
- 1 can Cream of Mushroom Soup
- 1 cup Cheese
- ½ cup Butter
- 1 cup Milk
- 1 Onion

## Directions:

1. If using oven: preheat to 350°
2. Melt butter in a frying pan and add all other ingredients
3. Put in casserole dish and put in oven for 25 minutes covered and 5 minutes uncovered
  - a. Or put in microwave on High for 8 minutes



# Southern Mac & Cheese

## Ingredients:

- 1 box mac & cheese
- 1 package of ground beef
- 1 can diced tomatoes (drained)
- 1 can tomato sauce

## Directions:

1. Follow instructions for mac & cheese on box
2. Cook the ground beef in a frying pan and add in diced tomatoes and tomato sauce
3. Combine meat mixture with mac & cheese and serve



# Chili

## Ingredients:

- 1 can kidney beans
- 1 can black beans
- 1 can white beans
- 1 can diced tomatoes
- 1 can tomato sauce
- 1 can of chili
- 1 package of meat

## Directions:

1. Cook meat in frying pan until browned
2. Pour in the rest of the ingredients and cover
3. Simmer for one hour and stir occasionally, then serve





# Bean Salsa

## Ingredients:

- 1 can black beans
- 1 can of corn
- 1 can of tomatoes
- Tortilla Chips



## Directions:

1. Drain the cans of beans, corn, and tomatoes
2. Mix together in a large bowl and serve with a side of tortilla chips

# Beans and Rice

## Ingredients:

- 1 can black beans
- 1 can of tomatoes
- 1 box of rice

## Directions:

1. Follow directions on box of rice
2. Heat tomatoes and beans together in a frying pan
3. Mix into rice and serve



# Meatloaf

## Ingredients:

- 1 package ground beef
- 1/3 cup ketchup
- 1 egg
- 1 cup oats

## Directions:

1. Preheat oven to 350°
2. Combine meat, egg, and oats in a bowl
3. Place mixture in a loaf pan and top with ketchup
4. Bake for 1 hour and serve



# Tuna Melt

## Ingredients:

- 1 can of tuna
- 1 slice of American cheese
- 1 slice of bread
- 2 tablespoons mayonnaise

## Directions:

1. Combine tuna with mayonnaise
2. Place on a slice of bread and put a slice of cheese on top
3. Put in a frying pan and cover until the cheese has melted



# Banana Oatmeal Cookie

## Ingredients:

- 1 Banana
- 1 cup Instant Oats

## Directions:

1. Unpeel banana and mash in a bowl
2. Stir in oats and other add-ins
3. Form into cookie shapes
  - a. Can be stored in fridge, baked in the oven, or eaten right away



# Peanut Butter Bites

## Ingredients:

- ½ cup peanut butter
- ⅓ cup honey
- 1 cup Quick Oats

## Directions:

1. Mix together peanut butter and honey until combined
2. Mix in oats
3. Refrigerate and roll into small balls



# Banana Pudding

## Ingredients:

- 3 bananas
- 1 cup granola
- ½ cup applesauce
- ½ cup yogurt

## Directions:

1. Peel bananas and mash them in a bowl
2. Add in granola, applesauce, and yogurt until fully combined
3. Chill in the fridge until ready to serve

