

Pantry Pride

Recipes From Georgia 4-H Members





From Our Pantry to Yours

This cookbook's purpose is to serve as a resource to families across the state of Georgia.

Contained within, you will find recipes submitted through a contest jointly sponsored and conducted by the Arby's Foundation, the Georgia Food Bank Association, and the University of Georgia Extension's Georgia 4-H Program.

4-H members from around the state submitted recipes containing ingredients commonly found amongst all food banks in the Georgia Food Bank Association network. All entries are included.

All resources in this book are perfect for helping you manage a busy schedule. In addition to containing widely available ingredients, each recipe is categorized as either a "No Cook Snack/Dish" or "Cooked Dish/Entree." "No Cook" recipes are denoted by an asterisk (*) in the table of contents.

We hope you enjoy these offerings created by the youth of our state, and that you find something fun and nutritional to serve yourself or your family.



UNIVERSITY OF GEORGIA
EXTENSION



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Apple Slice Delight

Prep Time: 10-15 min. Servings: 25 By: Clayton Haddox, Gordon County

Ingredients

-1 large Granny Smith Apple

-1 type of spread: peanut butter, nut butter, marshmallow cream, nutella

-Various toppings: dried fruit, mint chocolate chips, dried coconut Crushed rice cereal

-Chopped nuts

Directions

1. Wash and core apple
2. Slice apple into 5 thick slices
3. Pat top of apple with paper towel
4. Spread desired nut butter
5. Sprinkle desired toppings



Fruit Icy Pops

Prep Time: 10 min. Servings: 8 By: Audrey Hanson, Pike County

Ingredients

12 oz apple juice

1 small can of
mandarin oranges with
juice

Directions

1. Mix ingredients together and pour into mold
2. Place in freezer until solid



Avocado Boats Filled with Tuna Salad

Prep Time: 15 min. Servings: 6 By: Gabe Harris, Wayne County

Ingredients

3-5 ounce cans light chunk tuna in water

1 avocado smashed

3 avocados to use as boats

Salt and pepper

1/4 cup plain Greek yogurt

1/4 cup diced yellow bell pepper

1/4 cup diced red bell pepper

Directions

1. Stir together the tuna, avocado, yogurt, salt, and pepper until combined.

2. Gently stir in the bell peppers.

3. Serve in avocado halves.

*This recipe can also use tortillas or a bed of lettuce to serve the tuna salad in.

*Tuna could be substituted with 12 ounce can of chicken.

*To make tuna salad creamier add a few Tablespoons of yogurt.



Honey Nut Banana Slices

Prep Time: 5-8 min. Servings: 1 By: Laurel Horne, Columbia County

Ingredients

1 banana

2 tablespoons of Jif creamy peanut butter

Drizzle of Clover honey

Directions

1. Cut the banana into as many slices as desired.

2. Take the peanut butter and spread a little on each slice.

3. Last, drizzle honey over the top of each slice.



Fruit Chicken Salad

Prep Time: 15-20 min. Servings: 3-5 By: Chasity Lykins,
Columbia County

Ingredients

2 cans of chicken

1 apple

20-25 grapes

1/2 cup of
banana/strawberry
yogurt

Crackers

Directions

1. Open canned chicken and drain.
2. Cut one apple into slices then dice.
3. Slice grapes into halves..
4. Mix chicken, apples and grapes with yogurt.
5. Serve on crackers or bread.



Tuna Delight

Prep Time: 5-10 min. Servings: 2-3 By: Kellianna Sims,
Baker County

Ingredients

1 can of Tuna

2 Tbsp Mayonnaise

4 Tbsp chopped pickled
tomatoes

1 Medium apple
(chopped)

Directions

1. Drain Tuna in a bowl

2. Combine all ingredients and mix
together 3.

Serve over crackers or can be used
as a sandwich spread.



PB&J Sushi Rolls

Prep Time: 30 min. Servings: 10 By: William Sweet,
Spalding County

Ingredients

2 slices of bread
(white or wheat)

2 tablespoons of
peanut butter

2 tablespoons of jelly

Directions

1. Remove crust from bread.
2. Roll peanut butter jar over bread to completely flatten.
3. Spread 1 tablespoon of peanut butter and 1 tablespoon of jelly on each slice of bread.
4. Roll each slice tightly.
5. Cut each roll into 4 pieces.



Peanut Butter Balls of Goodness

Prep Time: 30 min. Servings: 10 By: Ashton Torres,
Decatur County

Ingredients

3 Bananas

4 cups Whole grain Chex cereal
(rice, wheat or corn)

1/2 cup Peanut Butter - creamy or
crunchy

1/4 cup cocoa powder

3 tablespoons powdered sugar

1/2 cup chopped nuts (optional)

Directions

1. Peel and mash bananas in a mixing bowl.
2. Add peanut butter and stir well. Set aside.
3. Put cereal in a resealable plastic bag and crush until fine.
4. Pour crushed cereal into banana mixture and stir well.
5. Mix powdered sugar with cocoa powder in a small bowl.
6. Shape peanut/banana/cereal mixture into balls about 1 inch
7. Roll balls into cocoa sugar and coat.
8. Optional to roll in chopped nuts.
9. For extra goodness, freeze for 30 minutes



Black Eyed Pea Hummus

Prep Time: 10 min. Servings: 10 By: Jack Wurst,
Columbia County

Ingredients

15 ounce can of black eye
peas, drained.

1/4 cup of peanut butter

2 tablespoons olive oil

3 tablespoons lemon juice

1 teaspoon minced garlic

1/4 teaspoon of salt

Use pita chips, bagel chips or
raw vegetables for serving

Directions

1. Combine peas, peanut butter, oil,
lemon juice, garlic and salt in food
processor.

2. Pulse and scrape sides as needed
until hummus is smooth.

3. Serve with your choice of pita chips,
bagel chips or raw vegetables.



Pantry Fried Rice

Prep Time: 35 min. Servings: 6-8 By: Ann Parker, Bulloch County

Ingredients

1 can mixed vegetables
(carrots, corn, green
beans, peas, lima beans,
etc.)
1 can chicken
1 cup dried rice
3 tsp. butter/oil (vegetable
oil, olive oil, etc.)
Salt and pepper
Soy sauce (optional)

Directions

1. Cook rice
2. While rice is cooking, open and drain the cans into a colander.
3. When rice is finished, add 1 teaspoon of oil/butter in the pan. Heat oil/butter for 1 minute on medium-high heat.
4. Add drained vegetables to pan with butter. After one minute, also add cooked rice.
5. Cook all ingredients together for 8-10 minutes or until rice is browned.
6. Season with salt, pepper and soy sauce as desired.



Sausage, Egg and Potato Scramble

Prep Time: 15-20 min. Servings: 5 By: Clinton Parker,
Polk County

Ingredients

6 eggs
1 ½ pounds potatoes, peeled and cubed
½ cup grated sharp cheddar cheese
1 medium onion diced
1 pound of pork sausage Salt & pepper to taste
2 tablespoons of olive oil
1 red bell pepper cored

Directions

1. Crack eggs into a large bowl, and whisk until scrambled and add salt and pepper.
2. Heat oil in cast iron skillet on medium high, add sausage and cook until brown.
3. Add potatoes, pepper, onions and ¼ of the cheese.
4. Cook until peppers and onions are soft and potatoes are crispy, and cheese is melted.
5. Add eggs and stir constantly.
6. When the eggs have softened, lower heat and add remaining cheese on top and let melt.



Easy Peazy Corn and Onion Casserole

Prep Time: 1.5 hours Servings: 8+ By: Molly Prevette,
Bibb County

Ingredients

1 small onion, diced

1 to 2 tbsp. of melted butter

16 ounce can of whole kernel corn

2 eggs beaten

1 1/2 cups of sour cream

1 tbsp. of sugar

Salt and pepper to taste

Directions

1. Preheat oven to 350 degrees
2. Place chopped onion and butter in pan and saute' until translucent
3. Mix in the rest of the ingredients and simmer on low heat
4. Place in pan
5. Bake for 1 hour



Chicken Macaroni Casserole

Prep Time: 50 min. Servings: 12 By: Autumn Samsel,
Habersham County

Ingredients

4 Cups uncooked elbow macaroni

2 Large cans canned chicken (50 oz) drained

2 10. oz cans mixed vegetables, drained

2 10. oz cans cream of chicken soup

1/2 - 1 stack crackers

Directions

1. Heat oven to 350 F.
2. Boil macaroni according to package directions, drain.
3. In a large bowl, mix both cans of drained chicken and both cans of vegetables. Combine with 1 can of soup.
4. Mix the remaining can of soup into the macaroni.
5. In a 9" x 13" baking dish, layer macaroni and chicken and vegetable mixture.
6. Break up crackers and sprinkle on top of the dish.
7. Bake for 25 mins.



Chicken Vegetable Rice Casserole

Prep Time: 20 min. Servings: 6-8 By: Chase Wiggins,
Bulloch County

Ingredients

2 - 12.5 oz. cans of chicken
10.5 oz. can of cream of
mushroom soup
10.5 oz. can of cream of
chicken soup
15 oz. can of canned peas
15 oz. can of canned
carrots
15 oz. can of canned corn
2 cups of rice
3 cups of water
2 cups of crushed corn
flakes
1/4 cup of melted butter

Directiuons

1. Drain chicken, peas, carrots and corn
2. Mix chicken, cream of mushroom soup and cream of chicken soup in a bowl.
3. Add water and mix well until combined.
4. Add uncooked rice and mix well again.
5. Gently stir in peas, carrots and corn. Add salt and pepper to taste.
6. Pour all ingredients into a 9x13 casserole dish and cover with foil. Bake at 350 degrees for 45 minutes.
7. After 45 minutes, remove foil and sprinkle on the crushed corn flakes and melted butter. Cook for 15 more minutes.



Chicken Pepper Bake

Prep Time: 35 min. Servings: 4 By: Marshall Amerson,
Emanuel County

Ingredients

Medium Bell Pepper- Diced

8.8oz package Uncle Ben's
Ready Rice Spanish Style

5oz can chunk chicken
breast- drained

15.5oz can Black Eyed Peas-
drained

4oz Cheddar Cheese- grated

2 Tbsp Olive Oil

Directions

1. Preheat oven to 350.
2. Cook bell pepper in skillet on medium heat with olive oil until tender.
3. Add rice, chicken, and black eyed peas until heated.
4. Place mixture in a 9X9 baking dish and top with cheese.
5. Bake for 5 minutes.



Sassy Chicken Pizza

Prep Time: 45 min. Servings: 8 By: Dianah Anderson, Dougherty County

Ingredients

- 1 6oz can tomatoes paste
- 1 cup diced tomatoes
- 1 tsp Rosemary
- 1 tsp minced garlic
- 3 tsp chopped onions
- 3 tsp dried parsley
- 1 tsp Dried Oregano
- 1 tsp Dried Basil
- 1 tsp Italian Season
- ½ tsp crushed red pepper
- 3 tbsp of Apple Sauce
- 1 tbsp Sugar
- 2 cups of water
- ½ chopped bell pepper
- 1 chopped onion
- 1 cup of canned chicken
- ¼ cup of black beans
- 1 ½ cup of cheese

Directions

- 1.Mix tomato paste, diced tomatoes, garlic powder, parsley, chopped onion flakes, oregano, basil, rosemary, Italian season, red pepper, salt, black pepper, applesauce, sugar, and water in a 2 Quart Sauce pan and stir well.
- 2.Add fresh chopped onions and bell pepper and cook on medium heat until mixture boils.
- 3.Reduce heat and cook for 10 minutes. Then let it cool. Reduce heat and cook for 10 minutes.
- 4.Using your favorite pizza dough or your favorite store brand, make the pizza crust
- 5.Once sauce is cool, spread sauce evenly over the pizza crust.
- 6.Next spread 1 cup of cheese evenly on top of sauce.
- 7.Next you add 1 cup of can chicken to the pizza, sprinkling it evenly.
- 8.After the chicken is added, the beans are added, also evenly across pizza.
- 9.Last but not least, you too off the pizza with ½ cup of cheese.
- 10.Cooking directions: Follow the directions on the pizza dough or cook until brown and to your liking.



Honey Bear Bars

Prep Time: 15 min. Servings: 1 By: Sarah Anderson,
Wayne County

Ingredients

2 tablespoons peanut butter

1 granola bar

1 banana

6 strawberries

Directions

1. Take your granola bar and smash it to make it small pieces.

2. Then take and layer the peanut butter and fruit.

*It should be in a parfait format.



A Leaf of Faith Casserole

Prep Time: 1.5 hours Servings: 8 By: Faith Bautista,
Bryan County

Ingredients

2 12.5 ounce cans of canned chicken
14.5 ounce can of black beans
14.5 ounce can of red beans
14.5 ounce can of stewed tomatoes
2 tbsp butter
1/2 tsp sea salt
1/4 tsp celery salt
1/4 tsp oregano
Large onion chopped
14.5 ounce can of green beans
2 cups dry rotini pasta
20 butter crackers
1/4 tsp crushed red pepper flakes
1/4 tsp black pepper
1/4 tsp garlic powder
1/4 tsp cayenne pepper

Directions

1. Preheat oven to 325 degrees
2. Boil pasta to firm bite
3. Open and drain all cans of chicken, beans and tomatoes
4. Melt butter and add crushed crackers to coat and set aside for topping casserole.
5. Combine remaining ingredients together and pour into casserole dish.
6. Sprinkle cracker mixture on top.
7. Bake for 35 minutes.



Rotisserie Chicken Pot Pie

Prep Time: 45 min. Servings: 8 By: Abby Bennett,
Decatur County

Ingredients

1 pre-cooked rotisserie chicken
(2 cans 10 oz. canned chicken
may be substituted)

32 oz chicken broth

15 oz. Whole kernel corn

15 oz. Early peas

15 oz. Diced tomatoes

15 oz. Diced potatoes

12 oz. Bottle barbecue sauce

Soup crackers

Directions

1. Drain corn, peas and potatoes and place in large pot along with tomatoes and chicken broth.

2. Cook on high for 15 minutes while deboning chicken and removing skin.

3. Stir in chicken and barbecue sauce to ingredients in pot, turn heat to medium.

4. Cover and cook for an additional 30 minutes stirring occasionally.

5. Season to taste and serve with soup crackers.



Hearty Fiesta Chicken Wrap

Prep Time: 45 min. Servings: 10 By: Kaylee Rae Bradford,
Wayne County

Ingredients

12.5 oz. can of chicken

15.25 oz. southwest corn salsa

15.5 oz. black beans

10 oz. stewed Rotel tomatoes

2 cups shredded lettuce

1 cup shredded pepper jack

1/2 cup sour cream

Wheat wrap (Mission medium size)

Directions

1. Drain chicken
2. Cut into chunks (sizes may vary)
3. Strain all remaining ingredients
4. Combine together in pot 5. Cook for 20 minutes
6. Assemble dish
7. Apply secondary ingredients



Clucking Creamy Chicken with Rice

Prep Time: 30 min. Servings: 6 By: Zy'Keria Bronner,
Bibb County

Ingredients

2 cups instant rice

1 can of chicken chunks,
drained

1 can of condensed cream of
chicken soup

Directions

1. Bring rice to a boil in a large pot

2. boil until rice kernels are soft

3. Drain the water

4. Add the can of chicken to pot
and stir over low heat

5. Add the can of cream of chicken
soup

6. Cook for about 10 more minutes
or until heated throughout



Tuna Casserole

Prep Time: 25 min. Servings: 5 By: Joleigh Butler, Bulloch County

Ingredients

16 oz. pasta (choose your favorite)

2 - 5 oz. cans of tuna or chicken

1 can of cream of mushroom soup

1 cup milk

1 cup grated cheese

Salt and pepper to taste

Directions

1. Cook pasta according to package directions.

2. Place pasta in large bowl and add remaining ingredients, mix well.

3. Spray 9x13 casserole dish with cooking spray and add mixture.

4. Bake at 350 degrees for 30 minutes.



Mandarin Pepper Chicken

Prep Time: 30 min. Servings: 4 By: Tiffany Erthal, Bibb County

Ingredients

2 12.5 ounce canned chicken
11 ounce mandarin oranges
2-3 ounce packages of Ramen Noodle Soup (oriental, lime or chicken flavor)
2 ounces of diced onions
1 ounce of red bell peppers
1 ounce jalapeno peppers
2 tbsp. teriyaki sauce
2 tbsp. vegetable oil
1 ounce of canned chow mein noodles (if available)

Directions

1. Boil 4 cups of water in a saucepan, add ramen noodles and cook for 3 minutes
2. Drain noodles, toss with seasoning packet and set aside
3. Heat oil and teriyaki sauce in a skillet
4. Add chicken, onions, and peppers and cook for 2 minutes
5. Add Ramen noodles seasoning packet to skillet and toss
6. Add mandarin oranges
7. Add noodles to skillet
8. Cook for an additional 1 minute
9. Plate and garnish with chow mein noodles



Sweet Potato Casserole

Prep Time: 30 min. Servings: 12 By: Amanda Hollingsworth, Wilcox County

Ingredients

2 cans of sweet potatoes-
drained

1 can unsweetened
applesauce

1/2 cup chopped nuts of
your choice

2 tbsp margarine

1 dash nutmeg(optional)

Directions

1. Mix sweet potatoes, applesauce,
margarine and nutmeg.

2. Spread into casserole dish.

3. Sprinkle nuts on top.

4. Bake at 350 for 25-30 minutes.



Beef and Cheese Stroganoff

Prep Time: 30 min. Servings: 8 By: Rebekah Ibbotson,
Harrison County

Ingredients

1/2 cup of cut onions
1 lb of hamburger meat
1 bag of egg noodles
2 cans of cream of mushrooms soup
1 can of vegetables mix
2 tsp of Worcestershire sauce
1/2 cup of beef stock
2 tbsp of salt
2 cups of mozzarella cheese

Directions

1. Cook the meat is brown
2. Cook the noodles according to the directions on the bag
3. In a different skillet cook the chopped onion then add onions, cream of mushroom soup, vegetable mix, beef stock, Worcestershire sauce, salt and cheese to meat.
4. When noodles are done mix in the meat and cheese sauce into the noodles



A Taste of Mexico

Vegetarian Style

Prep Time: 30 min. Servings: 4-5 By: Rylie Ibbotson,
Haralson County

Ingredients

1 pouch pre cooked rice
8.8oz one can of black beans
rinsed
1 can of Mexican corn
1 can of Rotel tomatoes
2 tablespoons of taco seasoning
1/2 small onion
1 teaspoon of salt
1 cup of cheese
1 tablespoon of butter

Directions

1. cook rice according to the package direction
2. cook onions in a different skillet
3. In the same skillet has the cooked onions add the can of Mexican corn, can of Rotel tomatoes, the can of black beans, 1 tablespoon of taco seasoning and let it all simmer.
4. Add 1 tablespoon of taco seasoning to the rice Mix the rice and the veg. mix together add cheese



30 Minute Chicken Veggie Chili

Prep Time: 40 min. Servings: 8 By: Delaney Millerick, Newton County

Ingredients

10oz can chicken breast, drained
15oz can red beans
1 onion, diced
3 medium carrots
28oz can crushed tomatoes
29oz can tomato sauce
2 tbsp chili powder
1 clove garlic, minced
12oz whole wheat egg noodles
Shredded cheddar cheese
2 tbsp oil
Salt and pepper to taste
4oz sour cream

Directions

1. In a large pot, add oil, onion, garlic, and carrots and sauté on medium heat until the carrots are soft and the onions are translucent.
2. While the vegetables are cooking, place the beans in a colander and rinse them under cool water, once the vegetables are done, add the beans to the pot.
3. Next, add the crushed tomatoes, tomato sauce, chili powder, chicken, and salt and pepper to taste. Turn up heat to medium high and bring to a boil.
4. Once boiling, cover and reduce heat to low and simmer for 15-20 minutes.
5. While chili is simmering, cook egg noodles according to package directions.
6. Distribute into bowls and top with cheese.



Ally's Southwest Fiesta of Flavor

Prep Time: 45 min. Servings: 8 By: Ally Runyon,
Columbia County

Ingredients

4 thin chicken breasts
1 can black beans
1 can corn- drained
1 can diced tomatoes, drain
and save juice
2 packets of taco
seasoning
2 cans queso blanco sauce
2 packs Knorr taco rice
Tortilla chips- crushed
4 cups water for rice
Olive oil (cover frying pan)

Directions

1. Add black beans, corn, tomatoes and queso blanco to a bowl and mix together, set aside
2. Boil water and add rice
3. Cut up chicken into bite size pieces and add chicken and taco seasoning packet to the frying pan
4. Cook chicken and rice until done
5. Add chicken to the rice in the rice pot
6. Add bowl of ingredients to the pot Heat through, stirring so it doesn't stick
7. Once it is hot, serve $\frac{1}{2}$ cup in a bowl and sprinkle crushed chips on top



Kai's Kickin' Chicken Tacos

Prep Time: 10 min. Servings: 4 By: Kai Thomas, Bibb
County

Ingredients

4 cans of chicken
Salt Black Pepper
2 tsp. chili powder
2 tsp. cumin
1/2 tsp. garlic powder
1/4 tsp. paprika
1/4 tsp. cayenne
8 corn tortillas
Toppings: thinly sliced red
onion - canned diced tomatoes
- shredded Monterey jack -
diced avocados - fresh cilantro
- lime wedges

Directions

1. In a large skillet over medium heat.
2. Season chicken with salt and pepper and add to skillet
3. Cook until golden brown (about 6 minutes)
4. Add spices and stir until coated, 1 minute
5. Build tacos: In tortillas, layer chicken and desired toppings.
6. Serve with lime wedges.



Four Bean Turkey Chili

Prep Time: 45 min. Servings: 8 By: Parker
Varnadoe, Madison County

Ingredients

1 pound ground turkey
1/2 cup chopped onion
1/2 cup chopped green pepper 2
cans (14 1/2 oz.) stewed tomatoes,
cut up
1 can (16 oz.) kidney beans, rinsed
and drained
1 can (16 oz.) chili beans, undrained
1 can (15 oz.) pinto beans, rinsed and
drained
1 can (15 oz.) black beans, rinsed and
drained
1 jalapeño pepper, seeded and
chopped (optional)
1 tbsp chili powder
1 tsp ground cumin
1/2 tsp salt
1/4 tsp cayenne pepper

Directions

1. In a Dutch oven or soup kettle, cook the turkey, onion and green pepper over medium heat until meat is no longer pink. Drain.
2. Stir in the remaining ingredients.
3. Bring to a boil.
4. Reduce heat; cover and simmer for 20 minutes.



Tuna Melt Casserole

Prep Time: 10-15 min. Servings: 8 By: Kaley Wilder,
Spalding County

Ingredients

2 boxes of mac and
cheese dinner (7.25 oz
per box)

2 cans of tuna (4 oz per
can)

1 can of English peas (15
oz per can)

Directions

1. Make mac and cheese dinner
according to the instructions
on the box

2. Drain tuna completely

3. Add tuna to mac and cheese

4. Reheat peas for 1 minute

5. Add peas to tuna and mac
and cheese

6. Stir everything together and
serve



Buffalo Chicken Pasta Bake

Prep Time: 45 min. Servings: 6-8 By: Carly Williams,
Wayne County

Ingredients

12.5 oz can of chicken
1 box spiral rotini noodles
1 can of black beans
2 oz of Texas Pete hot sauce
1/2 cup of ranch dressing
1/2 cup mild shredded cheese
1/4 cup mild shredded cheese

Directions

1. drain chicken then shred and add to bowl
2. drain beans and add to bowl
3. cook noodles according to box add noodles to bowl after cooked and drained
4. add 2 oz Texas Pete hot sauce to bowl add 1/2 cup ranch to bowl add 1/2 cup of mild shredded cheese mix thoroughly
5. add to casserole dish then add 1/4 cup of cheese on top and spread evenly
6. bake for 25 minutes

Participants and Winners



1st place winner Marshall Amerson,
Emanuel County: 2nd place winner: Amanda
Hollingsworth, Wilcox County, and 3rd
place winner: Ally Runyon, Columbia
County



Pantry Pride Finalists competed live at the
Georgia National Fair.



Marshall Amerson,
Emanuel County