



Pantry Pride
COOKBOOK

recipes from Georgia 4-H members



UNIVERSITY OF GEORGIA
EXTENSION





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.

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



Table of Contents

Cucumber and Onion Salad	6
Banana Wrap	7
Peanut Butter Balls.....	8
Very Berry Chicken Salad.....	9
The Cracker Stacker	10
Powerball of Happiness	11
Cranberry Almond Chicken Salad	12
Coconut Crunch.....	13
Buffalo Bites.....	14
Black Bean Spinach Soufflé.....	16
O'Honey Peanut Butter Bars (Breakfast).....	17
Summer Casserole	18
Tomato Carrot Soup.....	19
Broccoli and Carrot Medley.....	20
Chicken Pot Pie.....	21
Banana Nut Bread.....	22
Traditional Rice Pudding	23
Keepie.....	24
Shrimp Mango Salsa.....	25
Buffalo Chicken Quesadillas	26
PB Quesadilla.....	28
Tee's Italian Stew.....	29
PB & G = Pasta, Beans & Greens.....	30
Chicken Taco Soup.....	31
Savannah's Secret Chicken Veggie Alfredo	32
Beans and Things.....	33
All in One Southern Rice Bowl.....	34
Shepard's Pie	35
Mama's Homemade Vegetable Soup	36

Table of Contents

Macaroni Casserole.....	37
Larry's Living Noodle Soup	38
Tex-Mex Supreme Skillet.....	39
Brunswick Dash Dinner	40
Chicken and Vegetable Casserole.....	41
Taco Bean Soup.....	42
Savory Beef Soup in A Snap.....	43
Fiesta Seven Can Soup	44
Low Budget Chicken Fried Rice.....	45
Taco Salad Soup	46
Chicken Pot Pie Cups with yogurt Parfait for Dessert!	47
Poppy Seed Chicken.....	48
Instant Pot Chili	49





CLOVERLEAF ENTRIES

Students aged 8-12

Cucumber and Onion Salad

Submitted by Molly Prevette, a 6th Grader from Bibb County

Prep Time: 20-60 minutes, Yields: 4 Servings

This recipe has vegetables that are healthy for you and a tasty dressing. It only has a few ingredients so it is budget friendly.

Ingredients:

1. 1 sliced and quartered tomato
2. 1 peeled, sliced cucumbers
3. 1 thin sliced green bell pepper
4. 1/2 Cup of oil
5. 1/3 Cup Apple Cider Vinegar
6. 1 Tbsp Dijon Mustard
7. 1/8 tsp garlic powder
8. Salt & Pepper to taste

Instructions:

1. Mix together oil, vinegar, Dijon mustard, garlic powder, salt & pepper in small bowl and refrigerate.
2. Cut sliced cucumbers in half (half moon shapes)
3. Put vegetables into a larger bowl
4. Add small bowl mixture to the large bowl of vegetables and toss until vegetables are fully coated
5. Cover bowl and chill for one hour
6. Enjoy!

Banana Wrap

Submitted by Langston Bennett, a 5th Grader from Decatur County

Prep Time: 10 minutes, Yields: 2 Servings

This recipe is easy and fun to make. The peanut butter and bananas make it nutritious and easy on your budget. Of course, chocolate chips make everything taste better!

Ingredients:

1. 2 pieces of wheat flatbread
2. 4 Tablespoons reduced fat crunchy peanut butter
3. 1 Banana
4. 2 Tablespoons of chocolate chips

Instructions:

1. Place wraps on plate and spread each with 2 Tablespoons of peanut butter.
2. Peel banana and cut in half crosswise.
3. Put one banana half on each wrap.
4. Sprinkle each with 1 Tablespoon of chocolate chips.
5. Roll banana in wrap and cut in half.
6. Enjoy!

Peanut Butter Balls

Submitted by Mallory Gibson, a 7th Grader from Columbia County

Yields: 5 balls per 3/4 cup

Peanut butter and granola are good sources of protein. This was very inexpensive to make and even cheaper utilizing the peanut butter from the Food Bank.

Ingredients:

1. 1 cup Peanut Butter
2. 3 Tbsp granola
3. 4 tsp either milk or dark chocolate
4. 2 tsp honey

Instructions:

1. Mix all the ingredients together in a medium mixing bowl.
2. Next, drop them by spoon onto a flat pan and place in the freezer for 45 minutes to chill.

Very Berry Chicken Salad

Submitted by Reece Ibbetson, a 6th Grader from Haralson County

Prep Time: 15 minutes, Yields: 4 Servings

Uses many pantry ingredients and is easy to mix together while also having lots of nutrients with protein

Ingredients:

1. One 12.5 oz can of Chunk White meat chicken 1/4 cup plain low-fat or fat-free yogurt
2. 1/4 cup reduced fat mayonnaise (can use olive oil type)
3. 1/4 cup Chopped pecans
4. 1/2 cup cranberries chopped
5. 1/2 of a small to medium onion chopped
6. 1/4 tsp. Black pepper
7. 1/4 tsp. garlic powder
8. 1/4 tsp. chili pepper Sprinkle of smoked paprika

Instructions:

1. Open and drain chicken. Then place in a medium bowl. Break up large pieces with the back of fork.
2. Chop your onion up into small cubes. Measure 1/4 cup and add to chicken.
3. Dice through the dried cranberries and pecans then add to the chicken/onions.
4. Measure and add yogurt, mayonnaise, and spices (Black pepper, chili pepper and garlic powder). Mix well
5. Smooth the top off and sprinkle with paprika
6. Can eat right away or refrigerate for 30 mins to chill off.
7. Enjoy on your favorite bite-size crackers.

The Cracker Stacker

Submitted by Tatiana Plummer, a 6th Grader from Fulton County

Prep Time: 15 minutes, Yields: 5 (4 Cracker Stackers each) Servings

This recipe is healthy and different. It is full of flavor and easy to make. None of the ingredients are very expensive and you don't need a lot of ingredients to make it. This is perfect for people of all ages.

Ingredients:

1. 20 multigrain crackers
2. 1 cup of tuna
3. 1 cup of peanut butter
4. 2 diced tomatoes
5. 1 cup of thinly sliced lettuce
6. 1/2 cup of chopped onions
7. 1 tsp of celery salt
8. 1 tsp of black pepper
9. 1 tbsp of honey
10. 10 small basil leaves

Instructions:

1. First mix the tuna, tomatoes, lettuce, onions, celery salt, and black pepper.
2. Lay out the crackers paired in twos.
3. Add a layer of peanut butter and then the tuna mixture to one cracker in each pair.
4. Drizzle some honey and then place a small basil leaf on the top of the tuna mixture of each pair.
5. Lastly, put the other cracker on top. Voila!

Powerball of Happiness

Submitted by Sara Sonnier, a 6th Grader from Columbia County

Prep Time: 30 minutes, Yields: 25 Servings

This snack provides a great source of protein and whole grains. It is also budget-friendly as it cost only 25 cents per serving.

Ingredients:

1. 2 cups Quick Cooking Oats
2. 1 cup Peanut Butter (any kind)
3. 1/2 cup Honey
4. 1 cup Trail Mix
5. 1 1/2 cup Cheerios

Instructions:

1. Combine the first 4 ingredients into a mixture.
2. Roll balls into 1 Tbsp balls.
3. Poor cheerios into a shallow plate and press each ball in the cheerios.
4. Place balls on baking sheet lined with parchment paper.
5. Refrigerate for 30 minutes.
6. Enjoy.

*You can keep leftovers in the refrigerator for up to 3 days.

Cranberry Almond Chicken Salad

Submitted by Aubrey Swearengin, a 6th Grader from Columbia County

Prep Time: 30 minutes, Yields: 4 Servings

This chicken salad is budget friendly at \$1.51 per serving. It used healthy ingredients that are not always found in chicken salad.

Ingredients:

1. 12.5 oz Canned Chicken
2. 1/4 c. Celery
3. 1/3 c. dried cranberries
4. 1/4 c. mayonnaise
5. Salt and Pepper to taste

Instructions:

1. Mix all the ingredients in a large bowl.
2. Serve on whole wheat crackers or as a sandwich on whole wheat bread.

Coconut Crunch

Submitted by Sara Wood, a 5th Grader from Floyd County

Prep Time: 15 minutes, Yields: 18 Servings

It is sugar free, has good fats, tastes delicious, you don't have to cook it, and it doesn't take a lot of ingredients. I think it is the yummiest snack!

Ingredients:

1. 1/8 tsp. Stevia or 2 tsp. Pyure
2. 1/2 cup cocoa powder, unsweetened
3. 8 Tbsp. coconut oil
4. 1/4 cup peanut flour
5. 16 Tbsp. shredded coconut, unsweetened

Instructions:

1. Combine ingredients.
2. Scoop rounded tablespoons and mound on parchment paper.
3. Freeze until solid.

Buffalo Bites

Submitted by William Sweet, a 5th Grader from Spalding County

Prep Time: 10 minutes, Yields: 24 (5 Buffalo Bites per Serving)

Combine canned chicken with BBQ sauce, hot sauce, place on a cracker (similar to Ritz) and top with a dill pickle. Canned chicken is a great source of protein. The sauces provide a sweet & spicy flavor combination. The pickle and Ritz cracker give this snack a nice taste.

Ingredients:

1. 4 cans of 5 oz canned chicken
2. 2 - 17.5 oz BBQ Sauce
3. 20 oz Hot Sauce
4. 32 oz Jar of Hamburger Dill Pickle Slices
5. 1 Box of Crackers (similar to Ritz)

Instructions:

1. Open and drain 4 cans of canned chicken. Empty into bowl.
2. Stir in 20 oz of BBQ Sauce and 20 oz of Hot Sauce.
3. Blend thoroughly together.
4. Scoop 1 teaspoon of mixture on cracker and top with a hamburger dill pickle slice.



JUNIOR ENTRIES

Students aged 12-13

Black Bean Spinach Soufflé

Submitted by Tiffany Erthal a 8th Grader from Bibb County

Prep Time: 40 minutes, Yields: 8 Servings

This recipe is very nutritious with spinach, black beans and tomatoes and not expensive to make!

Ingredients:

1. 1 fifteen ounce can of black beans
2. 1 twenty-four ounce can of salsa or diced tomatoes
3. 1 twelve ounce Stouffer's frozen spinach soufflé (or another brand if preferred)
4. 1 bag of tortilla chips or flour tortillas

Instructions:

1. Cook spinach soufflé for 7 minutes in microwave
2. Drain the can of beans
3. Put all ingredients in a 9x13 pan
4. Bake at 350 degrees for 30 minutes
5. Allow the dish to cool before dipping chips into pan
6. Enjoy this yummy and cost-effective dish!

O'Honey Peanut Butter Bars (Breakfast)

Submitted by Beautiful Griffy, a 7th Grader from Gwinnett County

Prep Time: 25 minutes, Yields: 16 Servings

This recipe calls for inexpensive ingredients. Most of the items are given at the food pantry. It is a healthier option than packaged cereal bars and it is fun to make at home.

Ingredients:

1. 1/2 cup white sugar
2. 1/2 cup honey
3. 1/2 cup peanut butter
4. 3 cups toasted oat cereal
5. 1 cup salted peanuts (optional)

Instructions:

1. Grease 9 x 13 inch pan.
2. In a large sauce pan over medium heat stir sugar and honey until completely mixed.
3. Stir in cereal and peanuts if desired.
4. Press mixture into greased pan and allow to cool.
5. Cut into bars and enjoy.

*Place leftovers in a an airtight container.

Summer Casserole

Submitted by Lance Adams, a 8th Grader from Decatur County

Prep Time: 45 minutes, Yields: 5-6 Servings

The crunchiness of the water chestnuts make this dish unique. The green beans, chicken and cheese make it nutritious and since each serving is only about \$1.00, this is a very economical entree.

Ingredients:

1. 1 - 14.5 oz. can no salt green beans, drained
2. 1 - 10.5 oz. can 98% fat free Cream of Mushroom soup
3. 1 - 5 oz. can chicken breast, drained
4. 1 - 8 oz. can no salt diced water chestnuts, drained
5. 1 - 8 oz. bag shredded Fiesta cheese (optional)

Instructions:

1. Preheat oven to 350 degrees.
2. In bowl, mix all ingredients with 1/2 bag of shredded cheese.
3. Spray 2.2 quart casserole dish and pour in mixture.
4. Top with remainder of cheese and place in oven.
5. Set timer for 30 minutes.
6. Serve and Enjoy!

Tomato Carrot Soup

Submitted by Rylie Ibbetson, a 8th Grader from Haralson County

Prep Time: 40 minutes, Yields: 6 Servings

Because I am a vegetarian I had to find a easy nutritious way to utilize everyday products that are found in my families pantry.

Ingredients:

1. Two 12 oz to 15 oz cans of Italian Canned Tomatoes
2. One 15 oz Can of Carrots
3. One 15 oz can of Fire Roasted tomatoes
4. One 15 oz or larger can of Cannelloni Beans (White Kidney)
5. 1/2 can of vegetable Broth Canned or boxed
6. 1 tsp. Basil
7. 1 tsp. oregano
8. 2 cloves of minced garlic
9. One small onion diced
10. Black pepper to taste
11. Soup Crackers

Instructions:

1. Add 1 tsp. vegetable oil to large high side skillet
2. Sauté onion and garlic in this oil until golden brown
3. Open the three cans of tomatoes (2 Italian and 1 Fire roasted) DO NOT drain but add directly to the onion mixture.
4. Drain Carrots, Cannelloni Beans then add to the pot with the other mixture
5. Bring to a boil and add in 1/2 cup vegetable broth
6. Let simmer for about 5 to 10 minutes and the with a emulsion blender slowly mix. You can at this time add more broth if you would like a thinner consistency.
7. Let cool for a while and enjoy with your favorite soup cracker.

Broccoli and Carrot Medley

Submitted by Elizabeth Wansley, a 7th Grader from McDuffie County

Prep Time: 5 minutes, Yields: 2..5 Servings

This recipe is quite simple without extra ingredients that would not be found at the food bank. No added cost, just simple delicious vegetables.

Ingredients:

1. 2 cups broccoli
2. 1/2 cup carrots
3. 1/4 teaspoon salt
4. 1/4 teaspoon pepper
5. 1 teaspoon olive oil

Instructions:

1. Add olive oil to your pan. Heat on medium/high heat.
2. Add broccoli and carrots.
3. Season with salt and pepper.
4. Cook for 3 minutes, stirring with a spatula constantly.
5. Strain with a strainer.
6. Place vegetables on a paper towel to absorb excess oil.
7. Put on an extra dash of salt before serv-

Chicken Pot Pie

Submitted by Kinsey Ward, a 7th Grader from Decatur County

Prep Time: 35 minutes, Yields: 6-8 Servings

Chicken Pot Pie is the ultimate creamy comfort food loaded with vegetables and chicken. it comes together in minutes and nearly all the ingredients are from a can making it budget friendly. Each serving is around \$2.00.

Ingredients:

1. 1 - 15 oz. can whole kernel corn, drained
2. 1 - 14.5 oz. can carrots, drained
3. 1 - 15 oz. peas, drained
4. 2 - 10 oz. cans chicken, drained
5. 2 - 10.5 oz. cans cream of chicken soup
6. 8 oz. chicken broth
7. 1 lb. gnocchi or 1 - 15 oz. can potatoes
8. 1 - 8 count crescent rolls

Instructions:

1. Preheat oven to 375 degrees.
2. In 4 quart saucepan, cook gnocchi for 2 minutes or until floating, drain.
3. Add all ingredients, except crescent rolls, to pan and heat thoroughly.
4. Pour mixture into casserole dish.
5. Top with crescent rolls.
6. Bake 10 minutes or until crescent rolls are golden brown.

Banana Nut Bread

Submitted by Sarah Ward, a 8th Grader from McDuffie County

Prep Time: 60 minutes, Yields: 8-12 Servings

It has high potassium because of the 3 bananas. The walnuts give the entrée some crunch.

Ingredients:

1. 8 tablespoons of butter
2. 1 cup of sugar
3. 2 eggs
4. 3 mashed bananas
5. 1/2 tsp of salt
6. 1 tsp of baking soda
7. 1 1/4 cups of all - purpose flour
8. 1/2 cup of chopped walnuts

Instructions:

1. Mash the bananas.
2. Make sure the butter is soft enough to mix.
3. Mix in the butter and sugar.
4. Add the eggs and stir.
5. Slowly add in salt, baking soda and flour.
6. Fold in the walnuts.
7. Pour in greased loaf pan.
8. Bake at 350 degrees Fahrenheit for 40 - 50 minutes.

Traditional Rice Pudding

Submitted by Janelle Spivey, a 7th Grader from Bulloch County

Prep Time: 25 minutes, Yields: 4 Servings

Rice pudding is a delicious, traditional Southern dessert. It's versatile, nutritious and perfect for almost any occasion.

Ingredients:

1. 1 1/3 c. water
2. 2/3 c. white rice
3. 1 can (12 oz.) evaporated milk
4. 1/2 c. sugar
5. 1 1/2 t. vanilla extract
6. 1/2 t. cinnamon
7. 1/2 t. nutmeg
8. 1/4 t. salt
9. 2 large eggs, lightly beaten

Instructions:

1. Place water and rice in medium saucepan; bring to a boil.
2. Reduce heat to low, then cover.
3. Cook for 12-15 minutes or until liquid is absorbed.
4. Stir in evaporated milk, sugar, vanilla, cinnamon, nutmeg and salt.
5. Stir a portion of rice mixture into the eggs.
6. Add egg mixture to rice mixture and blend well with a whisk.
7. Bring to a boil, stirring constantly for 2 minutes.
8. Serve warm or chilled.

Keepie

Submitted by Minnes Smith an 8th Grader from Polk County

Prep Time: 20 minutes, Yields: 6 Servings

We have a very large family and have often struggled to feed everyone. One of my favorite things to do was look in the cabinets and see what meal I could make with what we had. It is very easy to make and the ingredients are usually the last things that are left in everyone's kitchen. The beef gives you the protein, and the vegetables give you potassium, dietary fiber, vitamin A, and vitamin C and Vitamin B. The mustard and ketchup add flavor without adding extra salt.

Ingredients:

1. 2 1/2 pounds of ground beef
2. 1 can of green beans
3. 1 can of sweet peas
4. 1 can of whole kernel corn
5. 1/2 cup of mustard
6. 1/2 cup of ketchup

Instructions:

1. Brown ground beef in skillet
2. Drain off the fat from the ground beef
3. Return to heat/medium
4. Stir in the vegetables one can at a time
5. When vegetables are heated stir in the mustard and ketchup

Shrimp Mango Salsa

Submitted by Alanna Wilson, an 8th Grader from Columbia County

Prep Time: 45 minutes, Yields: 8 Servings

This recipe combines a unique blend of fresh vegetables making it very healthy. It pares sweet and spicy together with the fresh shrimp (lightly steamed) and the fresh lime squeezed over top. With fresh vegetables supplied through the Food Bank this helps to make this recipe budget-friendly.

Ingredients:

1. 1 Sereno pepper
2. 1 tomato
3. 1/2 sweet onion
4. 1 mango
5. 1/4 cup cilantro
6. 7 shrimp
7. Salt and pepper to taste
8. 1 fresh lime

Instructions:

1. Dice and chop all ingredients and add to medium mixing bowl.
2. Squeeze the juice of one lime over top and toss to coat.
3. Place in a serving dish and serve with tortilla chips or wheat pita chips.

Buffalo Chicken Quesadillas

Submitted by Madison Wood, an 8th Grader from Floyd County

Prep Time: 15 minutes, Yields: 10 Servings

Chicken with a kick that will make your taste buds go wild. This twist on the Mexican quesadilla! It's only \$1.25 per serving! It contains protein, carbohydrates, and healthy fats.

Ingredients:

1. 10 flour tortillas 5 cans of chicken, drained
2. 8 cups Mexican blend shredded cheese
3. 1/2 cup Frank's original hot sauce Butter

Instructions:

1. Heat a griddle or frying pan to medium heat. Grease with butter.
2. Place 1 tortilla on griddle/pan.
3. On 1/2 of the tortilla place 1/2 can of chicken, desired amount of cheese, and desired amount of hot sauce.
4. Fold and flip.
5. Cook 2 minutes on each side and serve.
6. Continue until all quesadillas are made.

*Can top with sour cream or blue cheese if desired.



SENIOR ENTRIES

Students aged 14-17

PB Quesadilla

Submitted by Marshall Amerson, a 10th Grader from Emmanuel County

Prep Time: 30 minutes, Yields: 2 Servings

It's quick and easy and it has 3 of the food groups. You can make these Quesadilla for about .50 each. They have different textures that make them appealing.

Ingredients:

1. 1/3 cup Peanut Butter
2. 1/3 cup Apple Sauce
3. 1/3 cup Banana Chips
4. 1/3 cup Cheerios
5. 1 Granola Bar
6. 2 Small Flour Tortillas

Instructions:

1. Crumble Granola Bar- Mix peanut butter, apple sauce, banana chips, cheerios and granola bar together.
2. Place mixture into tortillas fold in half then place them in the skillet and heat for 4 min. on each side. take up and they are ready to serve.

Tee's Italian Stew

Submitted by Dianah Anderson, an 11th Grader from Dougherty County

Prep Time: 45 minutes, Yields: 10 Servings

My recipe is unique, nutritious, tasty, and budget-friendly. Tee's Italian Stew is very unique. It's unique because it contains three out of five food groups which are grains, protein and vegetables. The recipe is also very nutritious because it is 125 calories per serving!

Ingredients:

1. 1 10 OZ CAN CHICKEN
2. 1TBSP OLIVE OIL
3. 1 10 OZ BAG SEASON BLEND (diced onion, bell pepper, celery)
4. 1 TBSP MINCED GARLIC
5. 1 15.8 CAN NORTHERN BEAN (UNDRAINED)
6. 1 15.8 WHITE KIDNEY BEANS (UNDRAINED)
7. 1 32 OZ. CHICKEN BROTH
8. 1 JAR BASIL PASTA SAUCE
9. 1 CUP CANNED CARROTS
10. 1 CUP CANNED GREEN BEANS
11. 1 CUP PURE PUMPKINS
12. 1 TSP DRIED Italian seasoning
13. 1/2tsp pepper
14. 1 TSP salt
15. 1 tsp crushed red pepper
16. 1 tsp rosemary and garlic
17. 1 cup small or medium elbow pasta

Instructions:

1. Preheat large nonstick sauce pan on medium high 2-3 minutes
2. Place oil in pan add chicken and seasoning blend stirring for about 2-3 minutes.
3. Stir in minced garlic, northern beans, kidney beans, broth, pasta sauce, carrot, green beans, Italian sauce, pepper, salt, red pepper, and rosemary and garlic.
4. Cover and bring to a boil.
5. Stir in pasta and cover and return to boiling.
6. Remove lid and reduce heat to medium low simmer 8-10 minutes until pasta is tender. Stirring occasionally.

PB&G = Pasta, Beans & Greens

Submitted by Journey Austinson, an 11th Grader from Decatur County

Prep Time: 30-40 minutes, Yields: 8 Servings

This vegan recipe is great for "Meatless Monday's". Using different types of pasta, beans and greens gives it a lot of versatility. Canned chicken or tuna can also be added to give the dish more protein. Because it is rich in fiber, protein and vitamin A, it is very nutritious. This easy recipe is very affordable at approximately \$1.00 per serving.

Ingredients:

1. 1/2 box (8 ounces) whole wheat pasta
2. 1 - 14 oz. can collards, drained
3. 1 - 15 oz. can No Salt diced tomatoes
4. 1 - 15 oz. can low sodium black, red or white beans, rinsed and drained
5. 2 Tablespoons olive oil
6. 1 Tablespoon minced garlic
7. 1/2 medium onion, chopped
8. 1/2 teaspoon salt
9. 1 teaspoon black pepper
10. 1 teaspoon dried red pepper flakes
11. 1/2 cup Parmesan cheese

Instructions:

1. In 6-quart pan, bring water to boil and cook pasta according to package directions.
2. Drain pasta and set aside.
3. Heat oil in large pan.
4. Add garlic and onion and cook on medium-low until soft.
5. Add drained collards, tomatoes with juice, rinsed and drained beans, salt and black pepper and red pepper to pan.
6. When mixture bubbles, turn to low heat and cook uncovered for 5 minutes.
7. Place bean/collard mixture on top of cooked pasta.
8. Sprinkle with grated Parmesan.

Optional: Drained canned chicken or tuna can be added to mixture for additional protein.



Chicken Taco Soup

Submitted by Abby Bennett, a 11th Grader from Decatur County

Prep Time: 30 minutes, Yields: 8 Servings

This soup recipe contains many nutritious vegetables and is very simple and tasty. Because it uses so many pantry foods, it is very economical to make. Just think, a nutritious, low-cost meal-all in one dish!

Ingredients:

1. 1 - 14.5 oz. can kidney beans, drained
2. 1 - 15.5 oz. can pinto beans, drained
3. 1 - 15.25 oz. can whole kernel corn, drained
4. 1 - 14.5 oz. can diced tomatoes with green chilies
5. 1 - 10 oz. can low sodium chicken broth
6. 1 taco seasoning envelope
7. 1/2 teaspoon chili powder
8. 1 teaspoon garlic powder

Instructions:

1. Combine all ingredients in 6-8 quart dutch oven and heat on high until boiling. Stir often.
2. Reduce to medium heat and cook for 5-10 minutes to enhance flavors.
3. Remove from heat and serve with tortilla chips, shredded cheese and sour cream.

Savannah's Secret Chicken Veggie Alfredo

Submitted by Savannah Cothorn, a 12th Grader from Coffee County

Prep Time: 30 minutes, Yields: 8 Servings

This recipe is very inexpensive and is a unique and nutritious Alfredo pasta dish because it has so many healthy vegetables. This dish also makes 8 servings, so it'll feed a big family.

Ingredients:

1. 16 oz. Mostaccioli Noodles
2. 3 - 16oz. Jars of Alfredo Sauce
3. 5.5 oz. can Chunk Chicken Breast
4. 2 - 15 oz. can of Whole Kernel Corn
5. 1- 14.5 oz. can of sliced carrots
6. 2 -15 oz. cans of sweet peas
7. 1- 15 oz. can of tomatoes
8. 1 tbsp. Salt
9. 2 tsp. Pepper
10. 1 tsp. Garlic Powder with Parsley

Instructions:

1. Boil the noodles for 10 minutes. Then drain.
2. Open all the vegetables and strain them. Then put them in a large pot with water and cook till soft. Then drain.
3. Open the chicken and drain. Then put it in a bowl and season with salt, pepper, and garlic powder.
4. Open Alfredo sauce and pour over chicken.
5. Then add in the vegetables and mix together.
6. Then add the noodles and stir.
7. Open the tomatoes, strain and rinse, and put 3 slices on top of the each plate of pasta and sprinkle a little parsley over each plate.

Beans and Things

Submitted by Jadarius Dean , a 12th Grader from Bibb County

Prep Time: 20-30 minutes, Yields: 3 Servings

This dish is unique because the different flavors blend well together giving it a delicious taste. This dish does not take long to cook and because black beans are a great source of protein, meat is not required. This healthy dish is also less expensive than buying an unhealthy meal at a restaurant.

Ingredients:

1. 3-4 Cups of Water
2. 4 tsp of Butter
3. 3 cups of Rice
4. Pinch of salt and pepper
5. 1 can of Black Bean
6. 1 can of Diced Tomatoes
7. cups of beef broth

Instructions:

1. Boil water then add 2 tsp of butter to pan then pour rice and salt and pepper
2. Stir rice constantly then let it sit to cook some
3. In another pan place the rest of the butter inside to let it melt then pour the black beans in the pan to simmer and cook
4. Stir constantly
5. Once black beans start to boil pour diced tomatoes and beef broth inside the pan to cook together
6. When everything is done cooking pour the rice in a bowl and the black beans and diced tomatoes on top to give it some flavor
7. Enjoy!

All in One Southern Rice Bowl

Submitted by Eliza Everson, a 10th Grader from Clarke County

Prep Time: 30-40 minutes, Yields: 4 Servings

My recipe uses seven ingredients commonly found at food banks and community food pantries. The other ingredients are low cost and common pantry items. This one dish entree offers a wide variety of nutrients, including foods from three food groups and features traditional southern favorites prepared in a healthy way. This recipe is also easy to modify to include other favorite vegetables, grains, or proteins.

Ingredients:

Rice bowl:

1. 2 cups instant brown rice
2. 1 package ramen noodles (broken into small pieces)
3. 4 eggs
4. 1 can collard greens
5. 1 can black eyed peas
6. 1 cup sweet potatoes (shredded)
7. 1 cup carrots (shredded)

Instructions:

1. Place eggs in a pot of cold water. Add enough water to cover by at least one inch. Bring to a rolling boil.
 2. Boil for three minutes.
 3. Cover and remove from heat. Let sit, covered, for ten minutes.
 4. Remove from hot water and run cold water over boiled eggs to stop cooking. Peel and slice in half.
 5. Wash and peel sweet potato and carrots.
 6. Use a mandolin to shred into matchstick sized pieces.
 7. Add 1 tablespoon butter to heated skillet; sauté until cooked (about 2-3 minutes).
 8. Remove from heat.
 9. Bring 1- 3/4 cups of water to a boil. Stir rice into boiling water.
 10. Reduce heat and simmer for 5 minutes. Remove from heat, and stir.
 11. Add one Tablespoon butter. Cover the rice and let sit for 5 minutes.
 12. Fluff and remove from heat. Keep covered until ready to serve.
 8. 2 Tbsp butter, divided
- ## **Spicy Peanut Sauce:**
1. 1/4 cup peanut butter
 2. 1/4 cup water
 3. 1 Tbsp apple cider vinegar
 4. 2 tsp Dijon-style mustard
 5. 2 tsp honey
 6. 2-3 tsp sriracha or 2-4 dashes of hot sauce salt to taste
 13. Bring 2 cups of water to boil in a saucepan. Break up ramen noodles and add to boiling water. Cook noodles for about 3 minutes. Turn off heat and allow noodles to cool. DO NOT ADD SEASONING PACKET. Drain noodles just before serving.
 14. Wipe top of collard green can. Open can and pour contents into a small saucepan. Simmer.
 15. Wipe top of black-eyed peas can. Open can and pour contents into a colander. Rinse well. Pour into small saucepan. Add 1/2 cup of water to peas (about half a can). Simmer.
 16. To prepare sauce, combine all ingredients and stir with a whisk. Blend until smooth.
 17. Divide rice between 4 bowls. Rice should cover bottom of bowl and will serve as your base. Add other ingredients in sections on top of rice: sweet potatoes/carrots, collards, black-eyed peas, noodles, and eggs. Drizzle with sauce.

Shepard's Pie

Submitted by Wysdom Griffy a 9th Grader from Gwinnett County

Prep Time: 45 minutes, Yields: 4 Servings

Shepard's pie has simple ingredients that feeds a large family on a small budget. It can also be frozen for later use.

Ingredients:

1. 2 lbs. instant mashed potatoes
2. 8 tablespoon - butter or margarine
3. 1 medium onion chopped - 1 1/2 cups
4. 2 cups veggies (carrots, corn, green beans, peas, onions)
5. 2 lbs. turkey meat
6. 1/2 cup vegetable broth
7. 1 teaspoon Worcestershire sauce
8. Seasoning of choice - garlic powder, chili powder, black pepper, and cumin
9. 1 cup shredded cheddar cheese

Instructions:

1. Preheat oven to 350 degrees.
2. Lightly grease 2 quart oven safe containers
3. Using instant mashed potatoes boil water, pour water into potato flakes, add butter and pepper, stir and set aside.
4. Using a pan melt butter and add vegetables.
5. Sauté on medium heat.
6. Add onions and cook until tender.
7. Add ground turkey to vegetables, slowly add broth and Worcestershire sauce when turkey is cooked.
8. Add seasoning to taste as liked.
9. Lay beef mixture and potatoes. Layer cheese over the potatoes.
10. Place in oven on 350 until cheese has melted - approximately 20 minutes.
11. Remove and enjoy.

Mama's Homemade Vegetable Soup

Submitted by Olivia Hill, a 10th Grader from Bibb County

Prep Time: 30 minutes, Yields: 4 Servings

This recipe is unique because my grandmother made this soup for me when I was sick. It is also special to me because she had all the ingredients already and some were grown in my backyard!

Ingredients:

1. 1 Cup of green beans
2. 6 - 1/2 Cups of Chicken Broth
3. 1 - 1/2 Cups of corn
4. 1 - 1/2 Cups of sweet peas
5. 2 tbs olive oil
6. 3/4 cups of diced onions
7. 2 - 1/2 Cups of yellow potatoes
8. 2 cans of diced tomatoes
9. Salt and Pepper for taste

Instructions:

- 1) Add green beans, tomatoes, potatoes, onions, olive oil, broth to a large pot
- 2) Bring to a boil
- 3) Reduce heat and simmer until potatoes are soft
- 4) Add in corn and peas
- 5) Simmer for 5 minutes or until your desired taste has been met
- 6) Season with salt and pepper for taste
- 7) Enjoy!

Macaroni Casserole

Submitted by Riley Holbert, a 9th Grader from Floyd County

Prep Time: 45 minutes, Yields: 12 Servings

This recipe is a tasty treat with the health benefits from fresh broccoli. It also contains easy to find simple ingredients that are budget friendly and won't break the bank. It can also feed multiple people.

Ingredients:

1. 16 oz Elbow noodles
2. 16 oz Velveeta
3. 10.5 oz Cream of mushroom soup
4. 7 oz Shredded cheese
5. 12 oz broccoli
6. 1 cup Dry bread crumbs

Instructions:

1. Preheat oven to 350
2. Boil noodles as directed
3. Boil broccoli as directed
4. As your noodles and broccoli cook cube Velveeta
5. Combine noodles, broccoli, Velveeta, and cream of mushroom soup
6. Salt and pepper to taste
7. Stir until cheese is melted
8. Put in oven safe dish
9. Sprinkle bread crumbs and shredded cheese on top
10. Bake on 350 for 10 mins or until cheese is melted

Larry's Living Noodle Soup

Submitted by Larry Howard, a 12th Grader from Bibb County

Prep Time: 10-20 minutes, Yields: 2 Servings

Larry living noodle soup will have you living life like Larry, which means healthier, energetic, and free of sickness that may come along. This is one the best soups to try because it contains great flavors, its healthy, and its affordable and easy to cook.

Ingredients:

1. 1 Chicken flavored Ramen noodle packet
2. 2 tsp of butter
3. 1 can of Peas
4. 1 can of Carrots
5. 1 can of chicken
6. 1 tsp of salt and pepper

Instructions:

1. Place the butter and noodles in a pan and pour enough water to cover the top of the noodles
2. Boil for about 7-10 minutes
3. In another pan cook a can of peas and carrots in a pot on medium for about 5-7 minutes then add salt and pepper
4. Bake chicken until golden brown then chop it up
5. Combine all ingredients into one pot and simmer for 5 minutes
6. Enjoy!

Tex-Mex Supreme Skillet

Submitted by Rachel Ibbetson, a 11th Grader from Haralson County

Prep Time: 40 minutes, Yields: 6-8 Servings

Uses a lot of pantry ingredients found in our house plus it makes a lot of food for your money. Nutritious and healthy!

Ingredients:

1. 1 to 1 1/2 pounds of fresh or frozen ground beef (can also use ground turkey)
2. Two small bags of Brown or Whole Grain minute rice
3. One 15 oz can of Rotel (Do not Drain)
4. One 12 oz to 15 oz can of black beans drained
5. One 12 oz to 15 oz can of Kidney beans drained
6. One 12 oz to 15 oz can of sweet corn (yellow or white) drained
7. One 15 oz or larger can of Chili ready or regular diced tomatoes (Do Not Drain)
8. One can of Stewed tomatoes (Do Not Drain)
9. 1 - 1/2 Tablespoons taco seasoning
10. 1 - 1/4 tsp. chili powder
11. 2 tsp garlic powder
12. 2 tsp black pepper
13. One Medium onion chopped
14. Two Cloves of Garlic Minced

Instructions:

1. Bring a small pot of water to boil for the rice. Cook rice till tender
2. Add a tablespoon of oil to a large skillet and brown ground beef over medium heat.
3. Drain out the fat (set the meat aside) and add another tablespoon of oil to pan saute onions and garlic till golden brown.
4. Add to the pan of onion mixture the meat that was placed aside and add the taco seasoning, chili powder, garlic powder and black pepper. Mix well
5. Then add the Rotel, Tomatoes, Black beans, Kidney beans, and corn to the mixture. Finally add the cooked rice and stir well.
6. Let the pot simmer for about 10 minutes to have the mixture thicken and come together.
7. Serve in bowl with crackers. Can top off with Cheese, sour cream and diced green onion

Brunswick Dash Dinner

Submitted by Rebekah Ibbetson, a 11th Grader from Haralson County

Prep Time: 40 minutes, Yields: 6-8 Servings

Many times my family forgets to take meat out of the freezer and then there's no protein for dinner, so I created this recipe to utilize our can goods. It is a very nutritious meal that allows us to feed many on a budget and even have left overs for lunch the next day. Sometimes we cook this meal with left over roasted chicken or pork because we want to not waste food so we make it into a new dish.

Ingredients:

1. (2) 12.5 oz can white chunked chicken meat (can also use left over chicken)
2. (2) 15 oz can of mixed vegetables
3. (1) 4 oz canned sliced mushrooms
4. (1) 15 oz can (fire roasted) diced tomatoes
5. (1) 15 oz canned sweet corn
6. 3 Cups Freeze dried shredded potatoes
7. (1) 15 oz can pinto beans
8. Bottle of Honey BBQ Sauce
9. One Medium Onion diced
10. Two Cloves of Garlic minced
11. Black pepper to taste

Instructions:

1. Add a Tablespoon of oil to a large skillet, saute onions and garlic.
2. Re-hydrate the potatoes in warm water. After about 5 mins add to the onion mixture and brown until crisp.
3. Drain the chicken (Or shred leftover), mushrooms, mixed vegetables, tomatoes, corn and beans.
4. Add the chicken, veggies, beans and tomatoes to the mixture. Add about one cup of the BBQ sauce of your liking to the mixture.
5. Mix well and let simmer for about ten mins. Add black pepper to taste.
6. Serve in a bowl, can be served with shredded cheese on top. Also can have whole grain cracker on the side.
7. Enjoy!

Chicken and Vegetable Casserole

Submitted by Kaleigh Jordan, a 12th Grader from Johnson County

Prep Time: 45 minutes, Yields: 6 Servings

The recipe contains 4 of the 5 food groups (Vegetable, protein, dairy and grain). The total cost of ingredients not found in a food bank is \$3.60, so that's \$0.60 per serving.

Ingredients:

1. 1/2 cup onion, chopped
2. 1/2 cup bell pepper, chopped
3. 1 12.5 oz. can chicken
4. 1 14.5 oz. can low sodium green beans
5. 1 14.5 can low sodium diced tomatoes
6. 1 15.25 oz. can whole kernel corn
7. 2 T. light mayonnaise
8. 3 T. fat free, plain yogurt
9. 1/2 tsp. black pepper
10. 1/4 tsp. red pepper
11. 1 1/2 cups shredded cheddar cheese
12. 1 cup cereal (Rice Chex)

Instructions:

1. Preheat oven to 350 degrees F.
2. Grease the pan. Add chopped onion and bell pepper.
3. Cook until soft, about 4-5 minutes.
4. In a mixing bowl add the chicken, green beans, diced tomatoes, corn, mayonnaise, yogurt, black pepper, red pepper, 1 cup cheese, onion, and bell pepper.
5. Mix well.
6. Pour into a baking pan.
7. Crush cereal.
8. Top with 1/2 cup cheese and crushed cereal.
9. Place in the oven and bake for 20 minutes.

Taco Bean Soup

Submitted by Savannah Reynolds, a 9th Grader from Emmanuel County

Prep Time: 40 minutes, Yields: 8 Servings

Almost all of the ingredients are non-perishable food items found in most food pantries. The variety of beans and vegetables in the soup provide protein, fiber, and other essential nutrients without much fat and excessive calories. It is a quick and easy soup to prepare, and it tastes fantastic.

Ingredients:

1. 1 Tablespoon of Vegetable Oil
2. 1 large onion, diced
3. 1 can (15 1/4 oz) whole kernel corn, undrained
4. 1 can (15 1/4 oz) black beans, drained and rinsed
5. 1 can (15 1/4 oz) pinto beans, drained and rinsed
6. 1 can (15 1/4 oz) garbanzo beans, drained and rinsed
7. 1 can (15 1/4 oz) light or dark red kidney beans, drained and rinsed
8. 1 can (15 1/4 oz) diced tomatoes, undrained
9. 1 (10 3/4 oz) can tomato soup, undiluted
10. 1 (1.25 oz) envelope of taco seasoning
11. 1 cup water
12. Salt to taste
13. Optional toppings- grated cheese, sour cream, tortilla chips

Instructions:

1. Heat vegetable oil in a Dutch oven over medium heat.
2. Brown onions in hot oil.
3. Add other ingredients except optional toppings and mix well.
4. Cover and simmer on low for 30 minutes to allow flavors to blend and soup to heat through.
5. Serve warm with toppings if desired.
6. Leftovers may be refrigerated and reheated.

Savory Beef Soup in A Snap

Submitted by Alexandria Rivera, a 9th Grader from Coffee County

Prep Time: 40 minutes, Yields: 4 Servings

This recipe creates the feeling that you've eaten enough and that you've eaten the right things. It has a good, savory taste with the noodle flavoring, roast beef, and vegetables combined together. Also, it provides a serving of vegetables and protein to keep your body healthy and energized.

Ingredients:

1. 2 packages Ramen Beef Noodles
2. 1 12 oz. can of Fully Cooked Roast Beef with juice
3. 1 14 oz. can of Bean Sprouts drained
4. 1 12 oz. package of frozen Stir Fry Vegetables
5. 2-4 eggs boiled (optional)

Instructions:

1. Boil eggs and allow to cool, shell, and cut in half lengthwise.
2. Boil 4 cups of water in a saucepan.
3. Set aside the Ramen flavor packets. Break the Ramen noodles into smaller pieces and place in the boiling water. Boil for 3-4 minutes.
4. While noodles are boiling, heat the package of frozen stir fry vegetables according to the package directions, until cooked.
5. When noodles are done, turn heat off and add flavor packets, stir to dissolve.
6. Add roast beef, bean sprouts, and cooked stir fry vegetables. Stir.
7. Add 2 boiled egg halves to each serving for garnish (optional).

Fiesta Seven Can Soup

Submitted by Parker Varnadoe, a 10th Grader from Madison County

Prep Time: 25 minutes, Yields: 6 Servings

This Fiesta soup is easy to make, no draining the cans and cooks in 15 minutes. I like serving it with warm tortillas. It would be great for big groups/teenage gatherings. You can add extras like pasta and different seasonings to it or eat it just like it is. Processed cheese makes this recipe very creamy and looks amazing! It is sure to cure the hunger pains with low calories and great nutrition calling for a variety of cans of vegetables, chili and beans and processed cheese delivering fiber, folate, thiamin, phosphorus, vitamin C, magnesium, molybdenum, vitamin B1, and vitamin B6 as well as copper, phosphorus, iron, magnesium, manganese, potassium and calcium to keep your body doing the Fiesta!

Ingredients:

1. 1 can 15-ounce Kidney Beans
2. 1 can (15-Ounce) Pinto Beans
3. 1 can (15-Ounce Size) Black Beans
4. 1 can (15-ounce Diced Tomatoes
5. 1 can (15-ounce) Fiesta variety Corn (I Used Fiesta Variety)
6. 1 can (10 Ounce) Tomatoes with Green Chiles
7. Salt And Pepper, to taste
8. 8 ounces, weight Processed cheese, Cubed

Instructions:

1. Preparation Without draining the cans, empty the corn, chili, kidney beans, pinto beans, black beans, tomatoes and tomatoes with green chilies into a large pot over high heat.
2. Bring to a boil, reduce the heat and simmer for 10 to 15 minutes to bring all the flavors together.
3. Add salt and pepper as needed.
4. Dice the cheese and stir it into the soup until melted.
5. Serve immediately.

Low Budget Chicken Fried Rice

Submitted by Katherine White, an 11th Grader from Hall County

Prep Time: 35 minutes, Yields: 4 Servings

This meal is roughly over ten dollars and will feed a family of 4. You'll turn your regular boiled rice in to a flavorful dish your whole family will enjoy.

Ingredients:

1. 2 10 oz can chicken breast
2. 1 16 oz can peas and carrots
3. 1 cup of white rice
4. 2 eggs
5. 2 packets of ramen noodle flavor packets

Instructions:

1. Cook rice according to the package
2. After the rice is finished cooking, add rice to a large saucepan along with peas, carrots, eggs, and flavor packets
3. On high heat cook the rice for about 10 minutes
4. Scoop a cup into a bowl and enjoy!

Taco Salad Soup

Submitted by Randy Wilson, an 11th Grader from Columbia County

Prep Time: 35-45 minutes, Yields: 6 Hearty Bowls

This recipe uses primarily all ingredients from the Georgia Food Bank making it very low cost and budget- friendly. All of the cans of beans can be rinsed prior to adding to the recipe which will reduce the sodium content. This recipe is rich in protein and fiber.

Ingredients:

1. 1 lb ground beef (can substitute chicken)
2. 1 small onion, diced
3. 1 15 oz. can Kidney beans, drained and rinsed
4. 1 15 oz. can Black Beans, drained and rinsed
5. 1 15 oz can Corn, drained and rinsed
6. 1 15 oz can diced tomatoes
7. 1 8 oz. can tomato sauce
8. 1 pouch (2 Tbsp) taco season (could make homemade to reduce sodium)
9. Toppings: shredded cheddar cheese sliced avocado corn chips lime wedges

Instructions:

1. Brown the ground beef in a 4 quart sauce pan. Drain off the fat.
2. Add all the rinsed and drained beans to the ground beef.
3. Stir and heat on medium heat for 5 minutes then let simmer on low heat for 15 minutes.
4. Serve in bowls and garnish with all the toppings: Grated cheese on top, then avocado slices and Corn chips.
5. Place small wedge of lime on side of bowl.

Chicken Pot Pie Cups with Yogurt Parfait for Dessert!

Submitted by Rhiannon Wimer an 10th Grader from Bibb County

Prep Time: 40 minutes, Yields: 8 Servings

With this recipe , one gets the delicious taste of creamy chicken and veggies in bite sized portions with a delicious baked biscuit mix crust. Served along with the yogurt one gets food from all levels of the food pyramid(protein, vegetables, fruit, dairy, carbohydrates). The only ingredients that need to be kept refrigerated are the eggs and yogurt.

Ingredients:

1. 1 - 15 oz Can of Kidney Beans
2. 1 - 14 oz of canned carrots
3. 1 - 12 oz of canned chicken
4. 1 can of creamed chicken 10.5 oz
5. 1 can of evaporated milk 12 oz
6. 2 eggs
7. 2 cups of all purpose baking mix
8. 2 tbsp barbecue sauce
9. 1 cup dried crasins (optional)
10. 2 cups of plain yogurt (optional)
11. 1/2 cup of honey (optional)
12. Canola oil non stick spray

Instructions:

- 1) Take the chicken, canned beans, canned carrots, barbecue sauce, 1/2 cup milk and combine them.
- 2) Take the eggs, baking mix and 1 cup of milk and combine them in a different bowl.
- 3) Preheat the oven to 350 degrees.
- 4) Take a muffin tin and spray the canola oil in the cups.
- 5) Put the chicken veggie mix in the muffin tins
- 6) Pour the baking mix over each little cup of chicken veggie mix in the tin.
- 7) Put the muffin tin in and bake for 15 to 20 mins.
- 8) Combine the yogurt, honey, and crasins in a different bowl and serve as a side dish or dessert!
- 9) Enjoy your nutritious and well-balanced meal!

Poppy Seed Chicken

Submitted by Julia Wood, an 10th Grader from Floyd County

Prep Time: 30-35 minutes, Yields: 10 Servings

This dish is a family favorite recipe with a few twists. Made for every family gathering, this dish is a healthy food option. It is made with carbohydrates, protein, and healthy fats. This recipe has a total cost of \$17.42. The cost per serving is \$1.74.

Ingredients:

1. 4 cans chicken, drained
2. 1 can cream of celery
3. 1 can cream of chicken
4. 3 Tbsp poppy seed
5. 1 sleeve of saltine crackers, crushed
6. 1 stick of butter, melted
7. 8 oz. sour cream
8. 1 C uncooked rice
9. 2 C water

Instructions:

1. Preheat oven to 350 degrees.
2. Take an empty bowl and mix the crackers, poppy seed, and butter until they are combined. Set aside.
3. In separate dish combine the remaining ingredients. Mix thoroughly.
4. Even out mixture with spatula in a 9 x13 baking dish and then top evenly with cracker mixture.
5. Cook 30 minutes.
6. While putting casserole ingredients together have water on stove and bring it to a boil.
7. While casserole is cooking add rice to boiling water and follow directions for cooking.
8. Serve the casserole over rice.

Instant Pot Chili

Submitted by Lauren Wood, an 12th Grader from Floyd County

Prep Time: 45 minutes, Yields: 10-12 Servings

This recipe is unique due to its unexpected ingredient of cocoa powder. It is budget friendly at \$1 per serving with things you normally already have in your pantry. It can be cooked quickly in your Instant Pot. It makes a nutritious entrée with its good amount of protein and vegetables and is very tasty with all the spices.

Ingredients:

1. 2 lbs ground beef
2. 1 can black beans, drained
3. 1 can dark red kidney beans, NOT drained
4. 1 can crushed tomatoes (28 oz)
5. 1 can petite diced tomatoes (14 oz)
6. 1 can tomato sauce (8 oz)
7. 1 can tomato paste (6 oz)
8. 1 cup beef broth
9. 1 Tbsp chili powder
10. 2 Tbsp plus 2 tsp dried onion flakes
11. 1 tsp cocoa powder (unsweetened)
12. 2 tsp onion powder
13. 1 tsp garlic powder
14. 1 tsp cumin 1 tsp ground coriander
15. 1/2 tsp salt
16. 1/4 tsp pepper
17. Pinch of cayenne pepper

Instructions:

1. Brown ground beef on sauté setting.
2. Drain ground beef after cooking and return to pot.
3. Add all other ingredients and spices and stir briefly.
4. Put on lid, set to sealing, and press the bean/chili button.
5. When finished let it release pressure for 5 minutes and then quick release.
6. Serve and garnish with cheese and corn chips.