

## FOOD \$EN\$E RECIPES

### Ground Chicken Pizza Burgers

#### Ingredients:

1 lb ground chicken*	1 tablespoon Italian seasoning
1/2 cup tomato sauce*	1 teaspoon garlic powder
1/2 cup Italian bread crumbs	1/4 teaspoon black pepper
1 cup shredded cheese	

#### Directions

1. Preheat oven to 350°F.
2. Combine tomato sauce with bread crumbs.
3. Then add cheese, Italian seasoning, garlic powder and black pepper.
4. Mix with ground chicken.
5. Form 6 equally portioned burgers.
6. Bake for 20 minutes, flip burgers and bake for a remaining 20 minutes.

### Meatball Stew

#### Ingredients:

1 lb Italian meatballs, frozen*	1 cup frozen carrots
16 oz beef broth	14.5oz can diced tomatoes
16 oz tomato soup	1/4 cup chopped fresh parsley
9 oz frozen peas	1/2 cup Parmesan cheese

#### Directions

1. Preheat crock pot to low or use a large pot on stove over medium-low heat.
2. Place meatballs, broth, tomato soup, peas, carrots and diced tomatoes in crock pot or pot
3. Cook on low for 8 to 10 hours; stir occasionally.
4. Place stew in bowl and top with fresh parsley and Parmesan cheese.

Makes 4 Servings

\* Ingredient in Food \$en\$e package

## ABOUT FOOD \$EN\$E

The Food \$en\$e program is designed to increase self-sufficiency by helping individuals stretch their food dollars. Food Bank of CNY is able to purchase food items in large quantities, and this savings is passed on to the program's customers. The Food Bank organizes this program with nearly 40 sites in 11 counties.

Monthly Food \$en\$e packages are created by the Food Bank, a newsletter is generated and distributed to each site coordinator. The coordinators are responsible for taking orders from customers, placing the order with the Food Bank, and distributing the packages on a specific date. The monthly newsletter includes information for the coordinators, the current month's Food \$en\$e package, the projected package for the following month, and recipes using food items from the unit.

Anyone who needs to stretch their food dollars can participate. The cost of the package is \$15.50, participants pre-pay with

