

FOOD \$EN\$E RECI-

Cheesy Crockpot Tortellini

Ingredients

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| 1 pound Italian Sausage | 1 cup grated Parmesan cheese |
| 1 jar (26oz) spaghetti sauce | 1/2 cup fresh parsley or 1 tbsp dried |
| 14 oz can diced tomatoes | Salt & pepper |
| 1 pound frozen tortellini | |
| 1 teaspoon of Italian seasonings | |

Directions

1. Cook sausage in a heavy skillet over medium until browned about 10 minutes.
2. Stir sausage frequently to break up as it cooks. Drain well and place in 4-5 quart slow cooker.
3. Add spaghetti sauce, tomatoes and Italian seasoning and stir well.
4. Cover and cook on low 7-8 hours. Then stir in tortellini cover again and cook on low for 20-30 minutes or until pasta is tender.
5. Sprinkle with cheese and parsley and let stand 5 minutes before serving.

MAKES 4 SERVINGS

Easy Chicken Pot Pie

Ingredients

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| 1 can (10.5 oz) cream of chicken soup | 1 package (16 oz) frozen mixed vegetables |
| 1 cup cooked cubed chicken | 1 cup of baking mix |
| 1 cup milk | Salt and pepper |
| 1 large egg | |

Directions

1. Preheat oven to 400F.
2. Stir the soup, 1/2 cup milk, vegetables and chicken in a 9-in pie plate.
3. Stir the remaining milk, egg and baking mix in a shall bowl.
4. Spread the batter over the chicken mixture.
5. Bake for 30 minutes or until the topping is golden brown.

MAKES 4 SERVINGS

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 cash or EBT card and pick up their Food \$en\$e packages at the end of the month. A food unit contains 10-12 items, including

