

FOOD \$EN\$E RECIPES

Easy Beef Goulash

Ingredients

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|-----------------------|-----------------------------------|
| 1 pound ground beef | 1 can (14.5oz) diced tomatoes |
| 1 large chopped onion | 1 can (15oz) tomato sauce |
| 2 diced green peppers | 1 tablespoon Worcestershire sauce |
| 1 minced garlic clove | 2 cups elbow macaroni |

Directions

1. In a large skillet, brown ground beef over medium heat.
2. Add onions and green peppers. Cook over medium heat until soft.
3. Add garlic, tomatoes, tomato sauce and Worcestershire sauce to the beef mixture. Reduce heat and simmer 20 minutes.
4. While the beef mixture is cooking, cook the macaroni according to directions on box; drain and set aside.
5. Add the macaroni to the beef mixture, stir well and simmer another 20 minutes, covered.

MAKES 4 SERVINGS

Everyday Pot Roast

Ingredients

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|-------------------------------|----------------------------------|
| 2-3 lbs beef round roast | 1 bay leaf |
| 2 tablespoons cooking oil | 1/2 cup water or beef broth |
| 2 large chopped yellow onions | 7 peeled carrots, cut lengthwise |
| 4 cloves diced garlic | Salt and pepper |

Directions

1. Heat 2 tablespoons of oil in a large oven-proof pot.
2. Sprinkle salt and pepper over roast.
3. Brown roast in pot on all sides, several minutes on each side.
4. When roast is browned, remove from pan and set on a plate.
5. Add the onions and carrots to the pan and cook for about 5-10 minutes.
6. Set the roast on top of onions and carrots. Add garlic, bay leaf and water or broth.
7. Bring to simmer and cover.
8. Roast in oven at 300°F for 15 minutes.
9. Reduce temperature to 225°F and cook for 2-3 hours or until meat is tender.

MAKES 6 SERVINGS

ABOUT FOOD \$EN\$E

The Food \$en\$e program is designed to increase self-sufficiency by helping individuals stretch their food dollars. The 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 over 40 sites in a 14 county area.

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 fresh fruits and vegetables, meats, and staple food items.

