

FOOD \$EN\$E RECIPES

Italian Sausage Soup with Stuffed Rigatoni

Ingredients

1 pound Italian sausage (remove casings)	5 cups beef broth
1 cup chopped onion	1 cup diced carrots
1 teaspoon minced garlic	12 oz package stuffed rigatoni
1/2 cup water	1 cup sliced zucchini
2 14.5 oz cans diced tomatoes	3 tablespoons chopped parsley

Directions

1. In a large pot, brown sausage. Remove sausage and drain.
2. Sauté onions and garlic. Stir in beef broth, water, tomatoes, carrots and sausage.
3. Stir in zucchini and parsley. Cover and simmer for 30 minutes. Add rigatoni during the last 10 minutes.
4. Sprinkle with Parmesan cheese on top of each serving. Serve warm with garlic bread.

MAKES 4 SERVINGS

Quick Meatball Lasagna

Ingredients

1 pkg (16 oz) cooked meatballs	15 oz light ricotta cheese
1 jar (26 oz) spaghetti sauce	2 cups shredded mozzarella cheese
1 pkg (9oz) lasagna noodles (no boil)	1/4 cup grated parmesan cheese
2 eggs	1/2 teaspoon salt & pepper

Directions

1. Preheat oven to 350°F. Slice thawed meatballs in half, set aside.
2. Spray 13x9 baking dish with cooking spray. Spread 1 cup sauce evenly in bottom of dish. Layer 3 uncooked noodles over sauce.
3. In large bowl, beat eggs with whisk. Add ricotta, mozzarella and parmesan cheeses to egg and stir well.
4. Spread half of the ricotta mixture evenly over noodles.
5. Top ricotta with half of the meatballs.
6. Pour 1 1/2 cups of sauce over meatballs. Layer 3 more noodles over them.
7. Place remaining meatballs over noodles. Pour remaining sauce over meatballs.
8. Bake 1 hour at 350°F.

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.

