

FOOD \$EN\$E RECI-

Italian Wedding Soup

Ingredients

1/2 lb ground beef	broth
1 egg, beaten	2 cups chopped spinach
2 tablespoons bread crumbs	1/2 cup orzo or other pasta, uncooked
1 tablespoon Parmesan cheese	1/3 cup chopped carrots
5 cups low-sodium chicken	

Directions

1. In a medium bowl, combine beef, egg, bread crumbs, and Parmesan cheese, and shape into 3/4 inch meatballs.
2. In a large saucepan, heat broth to boiling. Stir in spinach, orzo, carrot, and meatballs.
3. Reduce heat to medium and cook for 10 minutes, or until orzo is tender.
4. Stir frequently to avoid sticking.
5. Serve with additional Parmesan cheese on top, if desired.

Makes 4 servings.

Sausage with Tomatoes and White

Ingredients

1 tablespoons olive oil	1/2 teaspoon dried oregano
1 lb polish sausage, sliced 1/2 inch thick	1/2 teaspoon dried basil
1 chopped onion	1 (14.5 oz) can diced tomatoes
2 minced garlic cloves	1 (15 oz) can cannellini beans
	1 cup Mexican cheese blend

Directions

1. Heat oil in a large skillet. Add sausage and cook over medium-high heat until lightly browned. Remove sausage with slotted spoon.
2. Reduce heat to medium. Add onion and cook until soft.
3. Reduce heat to low. Add garlic, oregano, and basil and cook for 1 minute.
4. Add sausage, tomatoes, and beans, and bring to a boil.
5. Reduce heat and simmer for 10 minutes.
6. Serve and top with 1 tablespoon of cheese

Makes 4-6 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

