

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP) RECIPES

Nacho Party Dip

1 (8 oz) package cream cheese

1 can CSFP vegetarian beans, mashed

1 lb CSFP cheese, shredded

1 can CSFP diced tomatoes

2 tsp. onion powder

2 tsp. garlic powder

Bag of tortilla chips

1. Preheat oven to 350° F.
2. Spread 1 package of cream cheese on the bottom of a casserole dish.
3. Spread mashed vegetarian beans on top of cream cheese.
4. In a bowl, combine diced tomatoes, garlic and onion powder. Place tomato mixture on top of the vegetarian beans.
5. Sprinkle top of mixture with shredded cheese.
6. Bake at 350° F for 20-25 minutes or until cheese is melted.
7. Serve with tortilla chips.

Vegetable Medley

1 large onion, diced

2 Tbsp. butter or margarine

1 can CSFP carrots, drained

1 can CSFP corn, drained

1 can CSFP green beans, drained

1 can CSFP peas, drained

1 can CSFP potatoes, drained

½ cup CSFP cheese, shredded

Salt and pepper to taste

1. In a saucepan, over medium heat, sauté onion in butter or margarine until clear.
2. Add carrots, corn, green beans, peas and potatoes. Stir and cook for 3-5 minutes or until vegetables are hot.
3. Add in shredded cheese, stirring constantly until cheese melts.
4. Season to taste with salt & pepper. If mixture is too thick add water or milk.

Yummy Green Beans

½ cup CSFP rice, uncooked

1 cup water

2 cans CSFP green beans, drained

1 can (10 ¾ oz.) cream of chicken soup

½ cup CSFP UHT milk

1 cup CSFP cheese, cubed

1. In a saucepan, over high heat bring rice and water to a boil. Cover, reduce heat to low. Cook rice for 20 minutes or until all water is absorbed into rice.
2. Put green beans into a casserole dish.
3. Mix together other ingredients and pour over beans.
4. Bake at 350o F for 25-30 minutes.

Eggstraordinary Rice

1 cup water

½ cup CSFP rice, uncooked

1 Tbsp. butter or margarine

1 large onion, diced

2 eggs, lightly beaten

1 can CSFP carrots, drained

1 can CSFP corn, drained

1 can CSFP green beans, drained

1 can CSFP peas, drained

1 Tbsp. low sodium soy sauce

1. In saucepan over high heat, bring water and rice to a boil.
2. Cover and reduce heat to low. Cook for 15 minutes or until all water is absorbed into rice.
3. In a separate saucepan, over medium heat, melt butter or margarine. Add in onions and cook for 2-3 minutes until tender. Add in beaten eggs and scramble.
4. Add carrots, corn, green beans, and peas to scrambled eggs. Stir and heat for 5 minutes.
5. Add cooked rice to egg/vegetable mixture. Stir in soy sauce and serve.

Vegetable Beef Soup

4 cups water
1 Tbsp. olive oil
1 cup CSFP macaroni, uncooked
1 cup CSFP dried beans, cooked
1 large onion, diced
2 Tbsp. oil
1 can CSFP beef
1 can CSFP carrots, drained
1 can CSFP corn, drained
1 can CSFP green beans, drained 1 can CSFP peas, drained
1 can CSFP potatoes, drained
2 cans CSFP diced tomatoes
3 cups CSFP tomato juice
4 cups water

1. In a large saucepan, over high heat, bring 4 cups water, 1 Tbsp. olive oil and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. In a large pot, over medium heat, sauté the onion in oil for 5 minutes, stirring frequently.
3. Add tomato juice, water, carrots, corn, green beans, peas, potatoes, tomatoes, cooked red kidney beans, and cooked macaroni to the beef and onion mixture.
4. Heat on high for 15 minutes. Serve with crackers or bread.

Simple Salmon Chowder

1 Tbsp. oil
½ cup chopped onion
3 ½ cups chicken broth
2 cans CSFP potatoes, drained and diced
1 can CSFP whole kernel corn, undrained
¼ tsp. ground black pepper
1 can CSFP salmon
½ tsp. dried dill
1½ cups CSFP UHT milk

1. In a large saucepan, over medium heat, add oil and onion. Cook until onion has softened, about 5 minutes
2. Add chicken broth, drained diced potatoes, undrained can of corn, and ground black pepper. Bring to a boil, lower heat, and simmer for about 20 minutes.
3. Drain and remove bones from salmon.
4. Add salmon and dill to the pot.
5. Cook 5 minutes. Add milk. Stir and cook until heated through.

Microwave Salmon Casserole

1 cup CSFP macaroni, uncooked

1 cup hot water

¼ tsp. salt

2 Tbsp. margarine

1 small onion, chopped

2/3 cup CSFP UHT milk

2 Tbsp. flour

1 can CSFP salmon, drained

1 cup CSFP cheese, shredded

1 can CSFP peas, drained

1. Mix macaroni, water, onion, margarine, and salt in a microwavable dish. Cover with vented cover and microwave for three minutes.
2. Add milk and flour and stir. Cover and microwave for three minutes longer.
3. Add cheese and salmon. Stir and microwave for three minutes.
4. Remove and stir in green peas, microwave for 1 minute longer.
5. Stir and serve.

Baked Chicken Rice Casserole

2 cups CSFP chicken

1 cup CSFP rice, uncooked

1 can cream of mushroom soup

½ cup chopped onion

2/3 CSFP non fat dry milk mixed with 1½ cups lukewarm water

1 cup CSFP cheese, shredded

1. Preheat oven to 350 o F.
2. Mix all ingredients except for cheese in a large casserole dish. Cover the casserole and bake at 350 o F for 1 ½ to 2 hours.
3. Ten minutes before casserole is done take the casserole out of the oven and sprinkle the shredded cheese on top.
4. Place the casserole back into the oven for about 10 minutes, or until the cheese has melted.