

2022 Chopped — Hot Dish Edition

COOKBOOK



Food Bank of Iowa Chopped — Hot Dish Edition

Food Bank of Iowa proudly partners with EverybodyEats™ and Nationwide® to present the “Food Bank of Iowa Chopped — Hot Dish Edition” Iowa State Fair casserole competition.

2022 was the second year for the casserole competition — one the largest food contests at the Iowa State Fair.

Contest rules ask participants to create a simple, affordable and tasty casserole using ingredients commonly available from community food pantry shelves stocked by Food Bank of Iowa or otherwise easily attainable by folks feeding a family on a tight budget. Entries are judged on flavor, ease of preparation and overall appearance. This cookbook was created to share the winning entry recipes. We welcome you to join us next year and try for one of the many generous prizes awarded to the winners.



2022 winner Holly Houg of Urbandale with Michelle Book, Eric Hanson, Brad Liggett, Marji Guyler-Alaniz, Iowa Gov. Kim Reynolds and Lois Aldridge.



Emcees were Food Bank of Iowa CEO Michelle Book and Sugar Freakshow bakery owner Andrew Fuller, Season 1 winner of Netflix's "Is it Cake?"



Nationwide Executive Brad Liggett reconnected with Marji Guyler-Alaniz of EverybodyEats to help Food Bank of Iowa co-sponsor the event.



Contest judging was well attended on the last day of the Iowa State Fair on Aug. 21, 2022.

About this Cookbook



Photos courtesy of David Hernandez

Working together for a hunger-free Iowa

For more than 40 years, Food Bank of Iowa has provided food for Iowa children, families and seniors to lead full and active lives, strengthening the communities where they live. Much has changed since 1982. Food Bank of Iowa serves more people through our 700 partners in 55 counties — providing 300 times more food today than we did in 1982. But much has stayed the same. Food insecurity is pervasive. And Food Bank of Iowa remains focused on our mission to alleviate hunger in our state.

Food Bank of Iowa and Nationwide are honored to host the annual CHOPPED — HOT DISH EDITION casserole competition at the Iowa State Fair. This is the latest edition of our cookbook, which shares winning recipes as well as basic cooking instructions for common dietary staples such as rice and beans. We've also included some helpful food preservation methods and safety guidelines.

Please share this cookbook with your friends and family and visit foodbankiowa.org to learn how you can volunteer, donate and advocate for our neighbors facing food insecurity.

The only way we can solve hunger is by working together.



Food Bank of Iowa Chopped — Hot Dish Edition

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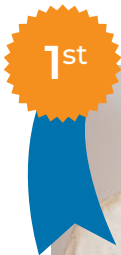




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Food Bank of Iowa Chopped — Hot Dish Edition 2022 winning recipes



Taco Chili Mac **Page 7**



Photo courtesy of David Hernandez

Chopped — Hot Dish Edition first-place winner Holly Houg of Urbandale (center, wearing teal t-shirt) poses with event judges (left to right): Eric Hanson, KCCI-TV; Brad Liggett, Nationwide; Houg; Marji Guyler-Alaniz, FarmHer; Iowa Gov. Kim Reynolds and Lois Aldridge, Iowa State Fair.

“Hardworking Iowans struggling to make ends meet are often operating on a tight budget with little extra time to be creative in the kitchen. Our pantry partners regularly ask for affordable, tasty and simple recipes.”

— Michelle Book,
Food Bank of Iowa CEO

2nd



Easy Cheesy
Chicken,
Broccoli
and Rice

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Mexican
Pork Potato
Casserole

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1st**Iowa State Fair 2022 Chopped – Hot Dish Edition 1st place winner**

Photo courtesy of David Hernandez

TACO CHILI MAC

YIELD 6 servings | **PREP TIME** 32 minutes | **BAKE TIME** 6-8 minutes

INGREDIENTS

1 pound ground venison
1 packet of taco seasoning, divided
1 (8-ounce) can tomato sauce
7 ounces taco sauce
2 ¼ cups beef broth
1 cup milk
1 teaspoon onion powder
8 ounces elbow macaroni
4 ounces corn
½ cup black beans
2 cups corn or tortilla chips,
coarsely crushed
2 cups cheddar cheese, divided
2 tablespoons fresh cilantro,
if desired
¼ cup sour cream, if desired

DIRECTIONS

Preheat oven to 400° F.

Heat a large, oven-safe skillet over medium-high heat. Add ground venison to pan, breaking it into chunks. Add 2 tablespoons of the taco seasoning to the meat. Continue cooking until meat is browned, about 5-7 minutes. Drain. Stir in tomato sauce, taco sauce, beef broth, milk and onion powder. Bring to a simmer and stir in the pasta. Continue simmering, uncovered, over medium heat for about 10 minutes or until pasta is tender, stirring occasionally. Add the corn and beans.

Meanwhile, combine the crushed chips, 1 cup of the cheese and the remainder of the taco seasoning; set aside.

Once the pasta is cooked, mix in the remaining 1 cup of cheese. Top with chip mixture and bake uncovered for 6-8 minutes or until cheese is melted. Right before serving, top with sour cream and cilantro, if desired.

**FOODBANK**
OF IOWA**2022 FIRST PLACE RECIPE**

created by Holly Houg of Urbandale, Iowa

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2nd



Photo courtesy of Jordan Arts

EASY CHEESY CHICKEN, BROCCOLI AND RICE

YIELD 4 servings | **TOTAL COOK TIME** 45 minutes

INGREDIENTS

1 chicken bouillon cube
2 ¼ cups broccoli florets (bite sized)
2 ¼ cups boiling water
3 tablespoons canola oil, divided
¼ cup yellow onion
¾ pound boneless chicken breast
1 cup long-grain white rice
¾ teaspoon salt
1 teaspoon lemon pepper
½ cup cheddar cheese
½ cup sour cream
3 tablespoons cheddar cheese

DIRECTIONS

Place bouillon cube and broccoli florets in a large glass measuring cup. Pour the boiling water over the bouillon and broccoli. Cover the measuring cup with a saucer so that the broccoli steams.

Finely dice onion and cut chicken into bite-sized pieces.

Heat 2 tablespoons oil in a large skillet. Add onion and chicken and saute over medium heat until chicken is no longer pink.

Add remaining tablespoon of oil to the skillet along with the salt, rice and lemon pepper. Continue cooking with the chicken and onion until rice is lightly browned.

Pour the bouillon/broccoli/water into the skillet. Put lid on the skillet and keep on a low simmer for 15 minutes, stirring occasionally, until broth is absorbed and rice is tender.

Stir in ½ cup sour cream and ½ cup cheddar cheese. Sprinkle 3 tablespoons cheddar cheese on top. Put lid on the skillet and let stand until cheese is melted, about 5 minutes.



FOODBANK
OF IOWA

2022 SECOND PLACE RECIPE

created by Marcia Miller of Des Moines, Iowa

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3rd



Photo courtesy of Jordon Arts

MEXICAN PORK POTATO CASSEROLE

YIELD 8 servings | **TOTAL COOK TIME** 55 minutes

INGREDIENTS

1 package frozen corn, thawed
2 (10.5-ounce) cans condensed cream of chicken soup, undiluted
1 cup sour cream
1 small onion, chopped
1 can black beans, drained and rinsed
1 (30-ounce) package frozen shredded hashbrowns, thawed
2 $\frac{3}{4}$ cups shredded cheddar cheese
3 cups salsa
1 $\frac{1}{2}$ pounds ground pork
 $\frac{1}{2}$ teaspoon black pepper
 $\frac{1}{2}$ teaspoon salt
1 teaspoon garlic salt
1 cup crushed cornflakes
 $\frac{1}{2}$ cup butter, melted

DIRECTIONS

Pre-heat oven to 375 degrees.

In a large bowl, combine corn, black beans, and thawed potatoes and 2 cups of cheese.

In a large skillet, cook ground pork over medium heat until no longer pink; drain. Stir into potato mixture.

Stir in all other ingredients EXCEPT corn flakes, melted butter and the remaining cheese. Pour into a greased 9x13-inch baking dish.

Combine crushed cornflakes with melted butter and spread over the casserole. Top with remaining cheese.

Bake 25 to 30 minutes.

1st

Iowa State Fair 2021 Chopped – Hot Dish Edition 1st place winner



Photo courtesy of Marji Guyler-Alaniz

FAMILY FAVORITE SKILLET CASSEROLE

YIELD 4 servings | **PREP TIME** 35 minutes | **BAKE TIME** 20 minutes

INGREDIENTS

½ pound ground pork
¾ cup frozen three pepper and onion blend, roughly chopped
1 (14.5-ounce) can cut green beans, drained
1 (6.5-ounce) can mushroom stems and pieces, drained
½ cup sour cream
¼ cup mayonnaise
¼ cup milk
1 ½ teaspoons salt
1 ½ teaspoons pepper
1 teaspoon celery salt
2 teaspoons Cajun seasoning blend
1 teaspoon garlic powder
1 ¼ cups shredded sharp cheddar cheese, divided
⅓ cup green onions, chopped
1 ½ pounds frozen seasoned tater tots

DIRECTIONS

Preheat oven to 375° F.
Brown pork in large skillet over medium heat. Add in peppers, onions, green beans and mushrooms. Continue to cook on medium low until meat is cooked through and vegetables are tender. Remove from heat.
Combine sour cream, mayonnaise, milk, and seasonings in a small mixing bowl. Mix in ¾ cup cheese and all the green onion. Add to skillet and fold until mixed well. Spread evenly in skillet and top with remaining cheese. Place tater tots on top of the mixture, leaving the center open.
Bake at 375° F for 15 minutes. Turn broiler on high and cook for an additional 5 minutes or until tots are golden and crisp.
Cool before serving.



FOODBANK
OF IOWA

2021 FIRST PLACE RECIPE

created by Olivia Smith of Winterset, Iowa

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2nd



Photo courtesy of Marji Guyler-Alaniz

SMOTHERED MEATBALL AND GREEN BEAN CASSEROLE

YIELD 6-8 servings | **TOTAL COOK TIME** 55 minutes

MEATBALLS

⅓ pound ground pork
⅓ pound ground ham
⅓ pound ground beef
1 egg
½ cup breadcrumbs
⅓ cup milk
2 tablespoons minced parsley
1 package onion soup mix
½ teaspoon pepper
1 teaspoon garlic

Preheat oven to 350° F. Mix all ingredients together. Roll into small meatballs, approximately 1 ½ inches. Place in casserole dish and cook for 10-12 minutes, or until brown. Remove from pan and set aside.

GREEN BEANS

1 (10-ounce) package frozen green beans
½ onion, sliced
Salt and pepper to taste

Microwave green beans and onion for 3 minutes. Add salt and pepper, transfer to casserole dish and cook at 350° F for 5 minutes. Remove from oven, set aside.

SAUCE

1 can cream of mushroom soup
3 tablespoons ketchup
2 tablespoons Worcestershire sauce
½ teaspoon onion powder
1 teaspoon Chicago steak seasoning

Mix all together. Spoon half of the sauce over the green beans (still in baking dish) and half over the meatballs. Place sauced meatballs on top of green bean mixture.

POTATOES

1 (18-ounce) package instant mashed potatoes, prepared according to package instructions (reduce water by half, add 2 cups milk)
2 ounces cream cheese
⅓ cup sour cream
3 tablespoons butter or margarine, softened
1 teaspoon garlic powder
½ teaspoon salt
½ teaspoon pepper
¾ cup shredded cheddar cheese, divided

Mix together. Scoop potatoes on top of casserole and top with ½ cup cheese.

Bake assembled casserole for 20 minutes. Top with remaining ¼ cup cheese if desired.



FOODBANK
OF IOWA

2021 SECOND PLACE RECIPE
created by Susie Jones of Winterset, Iowa

3rd



Photo courtesy of Marji Guyler-Alaniz

CINNAMON TOAST PEACH PECAN BREAKFAST CASSEROLE

YIELD 6-8 servings | **TOTAL COOK TIME** 60 minutes

INGREDIENTS

3 eggs
1 cup milk
1 teaspoon vanilla
8 slices stale cinnamon bread
3 tablespoons cornstarch
½ cup sugar
1 teaspoon cinnamon
1 tablespoon lemon juice
5 cups sliced peaches

TOPPING

½ cup all-purpose flour
¼ cup packed light brown sugar
½ cup oats
½ teaspoon cinnamon
8 tablespoons butter, chilled
1 cup cinnamon toast cereal, coarsely chopped
1 cup chopped pecans

DIRECTIONS

Preheat oven to 350° F.

Mix eggs, milk and vanilla. Dip bread into egg mixture and heat on griddle, 1 minute each side. Cut each piece into 4 squares, place in baking dish.

Mix cornstarch, ½ cup sugar, ½ teaspoon cinnamon, lemon juice and peaches in a bowl. Spread over French toast.

In a medium bowl combine flour, brown sugar, oats and ½ teaspoon cinnamon. Mix thoroughly. Cut butter into small pieces with a pastry cutter or fork, and blend into mixture until it resembles coarse meal. Mix in cereal and pecans, spread over peaches.

Bake 40 minutes.



FOODBANK
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2021 THIRD PLACE RECIPE

created by Anita Van Gundy of Des Moines, Iowa 12



Photo courtesy of Marji Guyler-Alaniz

MO'S CHEESY TATER TOT HOT DISH

YIELD 6-8 servings | **TOTAL COOK TIME** 60 minutes

INGREDIENTS

1 pound ground pork
2 (10.5-ounce) cans cream
of mushroom soup
2 cans water
1 cup frozen corn
1 package onion soup mix
2 cups instant rice
1 cup cheddar cheese
Salt & pepper
1 (32-ounce) package frozen
tater tots
Potato chips, crumbled
Sriracha (optional)

DIRECTIONS

Preheat oven to 375° F.

Brown ground pork, draining any excess fat. Add soup, water, corn and soup mix to pan and mix over low heat until combined. Stir as needed.

Add 2 cups instant rice to casserole dish; top with ½ cup cheese. Pour pork mix into dish and stir together, adding salt and pepper as needed. Top with remaining cheese, tater tots and potato chips.

Bake for 30-40 minutes, or until rice is cooked. Top with sriracha as desired.



Photo courtesy of Marji Guyler-Alariz

SHOWSTOPPING QUICHE

YIELD 8 servings | **TOTAL COOK TIME** 60 minutes

INGREDIENTS

For the Hashbrown Crust:

- 1 (24-ounce) package shredded hash browns, thawed
- 2 tablespoons melted butter
- 1 egg
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon pepper

For the Quiche:

- ¼ cup red pepper, diced
- 2 cups spinach
- 6 eggs
- ¼ cup sour cream
- ¼ cup heavy cream
- 3 cloves garlic, minced
- 1 cup pecorino romano cheese
- 5 slices pre-cooked bacon, chopped
- ¼ cup green onion, sliced
- ¼ cup corn
- ⅛ teaspoon red pepper flakes
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup sliced piquante peppers
- 2 tablespoons basil, chopped

DIRECTIONS

Grease 9-inch springform pan.

For the crust, combine hashbrowns, butter, egg and seasonings in a bowl. Press into pan, pushing up at the sides.

Cook at 410° F 18-20 minutes.

In a small pan, saute red pepper until soft and translucent. Add spinach and cook until wilted.

In a bowl, combine eggs, sour cream, heavy cream, garlic and cheese. Stir in bacon, onions, corn, red pepper and spinach. Season with red pepper flakes, salt and pepper and pour on top of hashbrown crust. Top with piquante peppers and basil.

Reduce heat to 350° F and cook 30-35 minutes.

Let cool before removing pan collar.



FOODBANK
OF IOWA

2021 HONORABLE MENTION RECIPE

created by Holly Houg of Urbandale, Iowa

COOKING INSTRUCTIONS



COOKING INSTRUCTIONS



DRIED BEANS (OVERNIGHT STOVETOP)

INGREDIENTS

Beans
Water
Salt/Pepper
Seasonings
Aromatics
- Onion
- Garlic cloves
- Herbs

DESCRIPTION

Cooking dried beans might require a bit more effort than heating up a can, but it is 100% worth the effort.

Boiling the beans with flavorings will give them a boost. Use in any recipe that calls for beans like tacos or burritos, casseroles or just eat them as a side on their own — mashed or whole!

1 pound dried beans = about 6 cups of cooked beans

DIRECTIONS

The day before you plan to cook your beans, rinse them and check for stones and debris. Place them in a very large bowl or pot and add enough water to cover by at least 4 inches. The beans will absorb the water so make sure to add enough. Cover and let sit for at least 6 hours but preferably overnight. If you forget or can't soak overnight, check out the Quick-Soak Method (next page).

Drain beans from their soaking liquid and give them a quick rinse. Add them to a large pot and cover with another 4 inches of fresh water. The beans will absorb even more liquid this time so be sure to add enough. With your water, add any aromatics that you like (a halved and peeled onion, garlic cloves, fresh herbs and 2 dried bay leaves). This adds a lot of flavor to your beans. Don't add salt at this stage! Salt tends to break down the skins and can turn your beans mushy.

Bring beans and water to a boil, then reduce heat and simmer, covered, for about an hour. Give an occasional stir and start checking them at around 45 minutes by tasting — keep cooking until they are completely tender. Add more water if necessary while cooking so that they stay completely covered.

When your beans are tender, remove the aromatics and drain. Now you can season with salt, pepper, and any other seasonings you prefer. They are ready to use in a recipe or eat!



COOKING INSTRUCTIONS



DRIED BEANS (QUICK-SOAK STOVETOP)

INGREDIENTS

Beans
Water
Salt/Pepper
Seasonings
Aromatics
- Onion
- Garlic cloves
- Herbs

DESCRIPTION

Cooking dried beans might require a bit more effort than heating up a can, but it is 100% worth the effort.

Boiling the beans with flavorings will give them a boost. Use in any recipe that calls for beans like tacos or burritos, casseroles or just eat them as a side on their own—mashed or whole!

1 pound dried beans = about 6 cups of cooked beans

DIRECTIONS

Rinse the beans and check for stones and debris. Transfer to a large pot and cover with 2 inches of water. Bring to a rolling boil and cook for 1 minute. Remove pan from heat, cover, and let beans soak for 1 hour.

Drain beans and return to pot. Cover with 4 inches of fresh water and add a halved onion, garlic, and bay leaves. Bring to a boil and cook for 10 minutes, then reduce heat to low. Cover the beans and lightly simmer until tender, 1-2 hours depending on the size and age of the beans. Stir occasionally and add more water if necessary.

When beans are tender, remove aromatics and then season to taste with salt and pepper.

COOKING INSTRUCTIONS



DRIED BEANS (MICROWAVE)

INGREDIENTS

Beans
Water
Salt/Pepper
Seasonings
Butter (optional)
Oil (optional)

DIRECTIONS

The day before, rinse beans and then soak overnight in 1 quart cold water. Do not drain.

Combine beans, soaking water and drippings in 4-5 quart casserole. Cover with tight-fitting lid and microwave on HIGH 7-10 minutes until boiling.

Stir, cover and microwave on MEDIUM 35-50 minutes, stirring gently every 15 minutes until beans are tender.

Drain beans. Season beans to taste. Enjoy!

MICROWAVE COOKING TIPS

To avoid boil over, always use a casserole at least twice the volume of the ingredients put into it. Add a tablespoon of meat drippings, margarine, butter or oil, to keep beans from bubbling over.

Always cover beans with a tight lid to keep them from cooking dry— not plastic food wrap, which will split during long cooking.

Never salt beans until after they're cooked; it can toughen them.

Never try to hurry the beans along! By keeping the power on HIGH (100%) the entire time, you'll merely toughen and dry them. Once the bean liquid has come to a boil, reduce the power to MEDIUM (50%) for the duration of cooking so the beans will absorb the liquid slowly and soften.

Make sure the beans are tender before you take them from the microwave. Although they will continue to absorb liquid as they stand, they won't become any more tender. If beans are not tender at the end of the recommended cooking time, continue to microwave in 5-minute increments, stirring after each.

COOKING INSTRUCTIONS

EGGS



SOFT-COOKED AND HARD-COOKED EGGS

Place eggs in saucepan. Add enough cold water to come at least 1 inch above eggs. Bring to rapid boil. Remove from heat and cover pan. Let stand 2-4 minutes for soft-cooked eggs or 15-20 minutes for hard-cooked eggs. Immediately run cold water over eggs to prevent further cooking.

For soft-cooked eggs, cut eggs in half and scoop egg from shell.

For hard-cooked eggs, remove shell by cracking or rolling it between your palms. Rinse peeled eggs with water to ensure all pieces of shell are removed.



POACHED EGGS

In pan or skillet, heat 1 ½ - 2 inches of water to boil; reduce to simmer. Break egg into small cup or saucer. Slip egg into water, holding cup or saucer close to surface. Cook 3-5 minutes depending on desired doneness. Lift egg from water with slotted spoon or spatula.



SCRAMBLED EGGS

Yield: 2 servings

Total cook time: 10 minutes

Ingredients:

4 eggs, beaten

¼ cup milk

½ teaspoon salt

Pepper, to taste

1 tablespoon vegetable oil

Combine eggs with milk and seasoning. Add oil to pan and heat until sizzling. Pour in egg mixture. Cook and stir over medium heat until eggs are well-cooked and firm, about 3-5 minutes.

COOKING INSTRUCTIONS



LENTILS

Lentils are as easy to prepare as pasta and can be used in a variety of meals and snacks!

INGREDIENTS

Lentils
Water

HOW TO STORE

Dry lentils
Store time: up to 1 year
Canned lentils (sealed)
Store time: several years
Cooked/canned lentils (open in refrigerator)
Up to 5 days
Cooked lentils (freezer)
6 months

DIRECTIONS

Rinse lentils with water — no need to soak!
Combine lentils and water; bring to a boil.
For every cup of lentils, use 2 ½ cups of water.
Most types of lentils need to simmer for 20-40 minutes until tender. Some types of lentils (like split red lentils) only take 5-10 minutes.

COOKING INSTRUCTIONS

MEAT



ROAST TURKEY

Preheat oven to 325° F. Place turkey breast side up in shallow roasting pan. Brush with margarine and bake uncovered. Follow timetable below for cook times.

Weight of Turkey

6-8 pounds	3 - 3 ½ hours
8-12 pounds	3 ½ - 4 ½ hours
12-16 pounds	4 ½ - 5 ½ hours
16-20 pounds	5 ½ - 6 ½ hours

Use a meat thermometer if possible. It will read 165° F if done. You can also test doneness by moving the drumstick up and down. The joint should move freely when the turkey is fully cooked. Remove from oven and let stand 20 minutes before carving.



ROAST BEEF

Yield: 6-8 servings
Total cook time: 2½ hours

Ingredients:
2-3 pound beef roast, such as heel of round, sirloin tip, or rump roast

Preheat oven to 325° F. Place roast on a rack in a shallow pan. Do not add water. Roast uncovered 1 ½ - 2 hours. Remove from oven and let stand 10-15 minutes.



BAKED HAM

Yield: 6-8 servings
Total cook time: 2 hours

Ingredients:
3-pound fully cooked ham with bone

Preheat oven to 325° F. Place ham, fat side up, on a rack in a shallow pan. Do not add water. Roast ham, uncovered, for 1 ½ hours. Remove from oven and let stand 10-15 minutes.

COOKING INSTRUCTIONS



OATMEAL

INGREDIENTS

½ cup old fashioned oatmeal
1 cup of water or milk
Dash of salt

DIRECTIONS

Combine water (or milk), salt and oats in a medium microwave-safe bowl. Microwave on HIGH for 2½ - 3 minutes. Stir before serving.

STOVETOP

In a small saucepan, bring water (or milk) and salt to a boil.

Stir in oats and cook about 5 minutes over medium heat, stirring occasionally.

COOKING INSTRUCTIONS



POTATOES

BAKED POTATOES — WHITE AND SWEET

Plan on 1 medium potato per person. Wash potatoes. Pierce white potatoes with fork before baking.

Cook at 325°-375° F for 1 hour or at 400°-450° F for 30-40 minutes.

When potatoes are done, cut a slit in top of each potato.

MASHED POTATOES

Yield: 2 servings

Total cook time: 30 minutes

Ingredients:

2 medium potatoes, peeled and sliced

¼ teaspoon salt

1 tablespoon margarine

2 tablespoons milk

Simmer potatoes in small amount of water, covered in pan for about 20 minutes.

Drain potatoes. Add salt and margarine; beat well. Gradually add milk, beating until light and fluffy.

COOKING INSTRUCTIONS



RICE (Long grain white rice)

INGREDIENTS

2 cups long grain white rice
Pinch of salt
3½ cups low-sodium chicken stock or water

DIRECTIONS

Place rice and cooking liquid in a large microwave-safe bowl. Rice doubles in size during cooking so choose a container large enough to accommodate final product.

Microwave uncovered on HIGH setting (100%) for 10 minutes. Then microwave uncovered on medium low setting for 15 minutes. Do not stir rice at any time during cooking. Remove from microwave. Cover and let rest for 5 minutes. Remove cover and if any liquid remains, pour it out.

Season with salt and fluff with a fork before serving.

STOVETOP

Place your rice in a fine mesh strainer and rinse under cold water until the water runs clear—about 20 seconds.

For most types of rice, you'll always use a ratio of 1 cup rice to 2 cups water. Feel free to swap the water with low-sodium chicken or vegetable broth for more flavor. Bring the cooking liquid to a boil and stir in rice and a pinch of salt.

After adding the rice, the temperature of your water will drop significantly and it will stop boiling. Let it come back to a gentle simmer. Cover the saucepan and reduce heat to low.

Taste it—let the rice be your indicator for doneness, not the water. If rice is chewy, or hard in the center, cook it a little longer. You don't want the rice grains to be mushy, either. If there's a little water left over, it's totally fine! Just tilt the saucepan slightly to drain it out.

Turn off the heat, replace the lid and let it rest for 5 minutes in the steamy saucepan. Use a fork and fluff the rice. It's now ready to serve!



COOKING INSTRUCTIONS



SPLIT PEAS

INGREDIENTS

Split peas
Water

HOW TO STORE

Dry split peas
Store time: Up to 1 year
Canned split peas (sealed)
Store time: Several years
Cooked/canned (opened in refrigerator)
Store time: Up to 5 days
Cooked split peas (freezer)
Store time: 6 months

DIRECTIONS

Rinse split peas with water—no need to soak!
Combine split peas and water, bring to a boil. For every cup of split peas, use 2 cups of water.
Simmer for 35-40 minutes.

ADDITIONAL TIPS

Cut down on prep time by cooking a batch of split peas and storing in the fridge or freezer to add to recipes all week long.

FOOD PRESERVATION GUIDE



HOW TO FREEZE VEGETABLES

Vegetables that hold up well to cooking (peas, green beans, broccoli, carrots) generally freeze well. Store in freezer for up to 18 months.

First, thoroughly clean your vegetables by rinsing in cold water.

Next, blanch (parboil) vegetables briefly in boiling water for 2-5 minutes until they are just barely tender. Test for doneness. Remove vegetables from boiling water and quickly submerge them in ice water for the same length of time or until completely cooled. Drain thoroughly.

Pack vegetables in a plastic freezer bag or freezer container. Force as much air out as possible. Date your packages and store in the freezer for later use.



HOW TO FREEZE CORN (OFF THE COB)

Remove husks and silk from corn and rinse thoroughly in cold water.

Place corn, a few cobs at a time, in a large pot of boiling water for 4 minutes.

Remove corn from boiling water and cool in ice water for 4 minutes.

Remove corn from ice water and cut kernels from the cob.

Pack corn in plastic freezer bags or containers. Force as much air out as possible. Date your packages and store in the freezer. For best quality, eat within 8-12 months of freezing.



HOW TO FREEZE BERRIES

Rinse (don't soak) berries thoroughly in cold water. (For strawberries, cut off and discard stems and slice the berries if desired.)

Arrange berries in a single layer on a baking sheet and place in the freezer for 2 hours, or until completely frozen.

Once frozen, transfer berries to a plastic freezer bag or freezer container. Force as much air out as possible. Date and store in the freezer for up to one year, although color and flavor may begin to fade after six months.

FOOD PRESERVATION GUIDE



HOW TO FREEZE STRAWBERRIES (DRY SUGAR METHOD)

Rinse strawberries in a colander, discarding any unripe or bruised berries. Drain well and let rest a few minutes to dry.

Cut off and discard berry stems. Slice or cut strawberries into halves or quarters. Transfer into a large bowl.

Sprinkle $\frac{1}{2}$ cup of sugar per quart of strawberries into the bowl. Gently stir strawberries to coat and dissolve sugar.

Immediately transfer sugar-coated strawberries into plastic freezer bags or other airtight containers. Label and date contents and store in freezer for up to one year.



HOW TO FREEZE TOMATOES

Wash tomatoes. Remove stems. Using a paring knife, cut an "X" in the bottom of each tomato.

Bring a large pot of water to a boil. Blanch a few tomatoes at a time in the boiling water, just long enough until the skin starts to curl up where you scored it (about 30-90 seconds depending on the size of the tomato).

Remove tomatoes from boiling water with a slotted spoon and dip them in ice water. Then place them in a colander placed over a bowl to catch any excess liquid.

When the tomatoes are cool enough to handle, core the tomatoes and remove the skin. The skin should slide off easily.

Tightly pack the tomatoes (whole, halved or quartered) into freezer bags or airtight containers. Force as much air out as possible. Label and date contents and store in freezer for up to one year.

FOOD PRESERVATION GUIDE



HOW TO FREEZE PEACHES

Start with ripe peaches.

Using a paring knife, cut an “X” in the bottom of each peach, taking care not to cut deeply into the flesh.

Place each peach in a pot of boiling water for 15 seconds.

Remove from boiling water with a slotted spoon and place directly into ice water to stop the cooking process.

Once cool, use a paring knife to catch the skin at the base of the “X” and peel toward the stem. The skin should come off easily.

Once peeled, cut the peach in half, starting along the crease of the peach and running your knife all the way around. Twist the two halves to release one from the pit. Use the tip of a knife or fork to release the pit from the remaining side.

Slice each peach half into 4-8 wedges and place in a bowl. Toss the juice of one lemon and $\frac{1}{2}$ teaspoon of sugar with every 8-10 peaches. The lemon juice will help prevent browning, and the sugar will release juice from the peaches, helping prevent air pockets when freezing. (You may also use a product such as Ball Fruit-Fresh Produce Protector instead of lemon juice, if desired.)

After tossing with lemon juice and sugar, place in a gallon-sized zipper freezer bag. Force as much air out as possible. Label and date contents and store in freezer for up to 12 months, although flavor may fade after six months. Storing bags flat will take up less freezer space.



OTHER FOOD PRESERVATION METHODS

Drying can be used to preserve herbs, fruits, vegetables and meats.

Canning can be used to preserve fruits, vegetables and meats. Proper equipment (glass jars, canning lids and rings, etc.) and boiling water are needed.

Pickling/fermenting can be used to preserve your produce. Salt, vinegar, glass jars and boiling water are needed.

For more information, visit the National Center for Home Food Preservation website and/or contact ISU Extension’s AnswerLine at 1-800-262-3804 with food preservation and safety questions.

FOOD SAFETY GUIDE



CLEAN: WASH YOUR HANDS AND SURFACES OFTEN

Germs that cause food poisoning can survive in many places and spread around your kitchen.

Wash hands for 20 seconds with soap and water before, during and after preparing food and before eating.

Wash your utensils, cutting boards and countertops with hot, soapy water.

Rinse fresh fruits and vegetables under running water.



SEPARATE MEATS FROM VEGETABLES DON'T CROSS CONTAMINATE

Raw meat, poultry, seafood and eggs can spread germs to ready-to-eat foods—unless you keep them separate.

Use separate cutting boards and plates for raw meat, poultry and seafood.

When grocery shopping, keep raw meat, poultry, seafood and their juices away from other foods.

Keep raw meat, poultry, seafood and eggs separate from all other foods in the fridge.



CHILL: REFRIGERATE PROMPTLY

Bacteria can multiply rapidly if food is left at room temperature or in the “Danger Zone” between 40° F and 140° F. Never leave perishable food out for more than 2 hours (or 1 hour if it’s hotter than 90° F outside).

Keep your refrigerator at 40° F or below and know when to throw food out.

Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

FOOD SAFETY GUIDE

COOK TO THE RIGHT TEMPERATURE

Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.

Use a food thermometer to ensure foods are cooked to a safe internal temperature. Check this chart for a detailed list of foods and temperatures.



FOOD	TYPE	INTERNAL TEMPERATURE (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160°
	Turkey, chicken	165°
Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145°
Poultry	All poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets and stuffing)	165°
Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145°
	Precooked ham (to reheat)	165° Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160°
Leftovers and casseroles	Leftovers and casseroles	165°
Seafood	Fish with fins	145° or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

CONVERSION GUIDE



DRY MEASUREMENTS	
Measurement	Equivalent
1 pound	16 ounces
1 cup	16 tablespoons
1 tablespoon	3 teaspoons
1/8 teaspoon	Pinch
1/16 teaspoon	Dash



LIQUID MEASUREMENT	
Measurement	Equivalent
4 quarts	1 gallon
2 pints	1 quart
4 cups	1 quart
2 cups	1 pint
1 cup	8 fluid ounces



The only way we can solve hunger is by working together.



Food Bank of Iowa provides food for Iowa children, families, seniors and veterans to lead full and active lives, strengthening the communities where they live. Anyone interested in joining the fight for a hunger-free Iowa can donate, volunteer or find advocacy information at foodbankiowa.org



FarmHer celebrates and lifts women who are a part of agriculture. Everybody eats and all food starts at the farm. Whether farming or meal planning FarmHers love the land, care for the community and feed the people. We proudly support Food Bank of Iowa. farmher.com



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