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Tree of Knowledge Indiana  
Community Coven

# COVEN CUPBOARD COOKBOOK



**Simple & affordable recipes  
to store or share**

Autumn 2022

## Make the Most of Food Pantry Items

- It can be a challenge to make meals from food pantry or food bank items, especially if you receive an assortment of foods rather than choosing your own. The goal is to use as much as possible, before anything goes to waste. The First step is to use items that will not be fresh for long.
- If you have fresh produce, its best to get to work FAST. Sort through the produce and remove any items that are moldy or looking questionable. A bad apple can ruin the bunch. Rinse the fruits before storing them so they are quick and easy to snack on OR pop them in the freezer. For veggies, look up the best way to store each item. For example, store chopped lettuce with a paper towel to keep from wilting or celery in water.
- If you're not sure what to use an ingredient for, try searching for recipes online. For example, type "recipes that use baguettes" or "recipes with dry split peas". Find recipes that you have most of the ingredients for, and purchase remaining ingredients (or get creative without them).
- If you are given an item that you have no clue how to use or are unable to eat, you can always give it to a friend or help out a neighbor.
- You are likely to get a LOT of bread because grocery store bakeries make it fresh every day. Rather than a mountain of sandwiches, consider tearing them up for bread puddings, stuffings, casseroles, etc.

In this booklet, you'll find recipes that include food items that are often given at food pantries, but may not be great on their own. Feel free to get creative with them or create your own recipes!

## Tips To Save Grocery Money



- Set a budget each month before shopping
- Plan your meals before grocery shopping
- Shop with a list and stick to it
- Make your shopping list with online shopping (Kroger, Walmart, etc) before you shop so that you know exactly how much you will spend.
- If there are multiple grocery stores in your area, create an online cart on each website to see which store would be cheaper
- Use grocery pickup or delivery so that you're not tempted to impulse buy
- Plan weekly meals based on sales if possible
- Choose simple meals with just a few key ingredients
- Buy in bulk when possible
- Buy generic store brands when possible, but its also okay to buy brands you love. Canned veggies are pretty much the same, but generic mac & cheese just doesn't beat Kraft
- Use cashback apps like Fetch or Ibotta to earn money back on items you buy
- Pack lunches to avoid eating out (or save dinner leftovers for lunch the next day)
- Keep a pantry inventory list so that you don't accidentally buy items you have
- Save recipes that you love so that you don't waste money on disappointing meals
- Plan meals based on what you already have in the kitchen. Try to get the fridge and pantry as close to empty as possible before shopping (and it makes it easier to scrub out the fridge & make a pantry inventory!)
- Avoid individually wrapped snacks and drinks. Get a large amount and divide it into Tupperware or bottles

## RECIPE: *Applesauce Pancakes*

### INFORMATION

PREP TIME: 10 minutes  
COOK TIME: 20 minutes  
SERVINGS: about 12

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### INGREDIENTS

2 cups flour  
3 TBsp sugar  
1 TBsp baking powder  
1 1/2 teaspoon salt  
2 eggs  
2 cups milk  
3/4 cup applesauce  
4 TBsp melted butter

### NOTES

To make these even healthier (and use up fresh fruit) you can puree other fruits into the applesauce. For example, use 3/4 cup applesauce, banana, and strawberry puree

### DIRECTIONS

- Whisk together flour, sugar, baking powder, and salt.
- Add eggs, milk, applesauce, and melted butter.
- Heat the skillet and coat with butter.
- Pour about 1/2 cup of batter onto the skillet and flip when the edges are golden brown.
- If you're feeling fancy, spread a layer of applesauce and cream cheese between the stack of pancakes!

## RECIPE: *Pantry Taco Soup*

### INFORMATION

PREP TIME: 10 minutes  
COOK TIME: 10 minutes  
SERVINGS: about 12

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### INGREDIENTS

1 can of beans  
1 can corn  
1 can tomatoes  
1 can cream of chicken soup  
1 can enchilada sauce  
1 can chicken broth  
1 can chicken meat  
1 packet taco season

### NOTES

You can also cook this in a crockpot. Follow the same steps, and cook on low 5-6 hours

### DIRECTIONS

- Drain and rinse the beans and corn.
- Mix everything in a pot and cook until warm.
- Top with cheese if you want

## RECIPE: *Blueberry Croissant Bake*

### INFORMATION

PREP TIME: 10 minutes  
COOK TIME: 40 minutes  
SERVINGS: about 8

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### INGREDIENTS

6 large croissants, torn  
into small pieces  
2 Cups fresh  
blueberries  
1 (8 ounce) package  
cream cheese  
2/3 Cup sugar  
2 large Eggs  
1 tsp vanilla  
3/4 Cup milk

### NOTES

This is a great way to use up any bread (not just croissants). You can substitute any fresh berries.

### DIRECTIONS

- Preheat oven to 350 degrees and butter a 9x13 baking dish
- Add half the chopped croissant pieces into the baking dish and sprinkle 1 cup blueberries
- Top with remaining croissants and blueberries
- Using a standing mixer, beat cream cheese until smooth. Mix in the sugar, eggs, vanilla and milk and beat until combined and smooth
- Pour cream cheese mixture over the croissants and blueberries and place into the fridge for overnight or bake immediately
- Bake in the oven for 40 minutes or until golden brown

## RECIPE: *Ham & Cheese Bread Bake*

### INFORMATION

PREP TIME: 10 minutes  
COOK TIME: 40 minutes  
SERVINGS: about 8

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### INGREDIENTS

6 large croissants  
1/2 lb ham cubes  
7 large eggs  
1/2 cup 2% milk  
1 tsp garlic powder  
1/4 tsp ground  
mustard  
1/2 tsp salt  
1/2 tsp black pepper  
1 cup shredded  
cheddar  
1 cup shredded  
mozzarella

### NOTES

This is a great way to use up any bread (not just croissants). You can add Spam or bacon if you don't have ham

### DIRECTIONS

- Pre-heat oven to 350 degrees F.
- Cut croissants into cubes.
- Grease a 9 x 13 inch rectangular casserole dish. Add cubed croissants to dish.
- In a large bowl, combine and whisk eggs, milk, garlic powder, ground mustard, salt and pepper.
- Add egg mixture to casserole dish filled with croissants, covering all the bread
- Add ham, shredded cheddar and shredded mozzarella and spread them evenly.
- Bake in the oven covered for 20 minutes. Uncover, and bake for another 20 minutes.
- Remove from oven. Serve and enjoy!

## RECIPE: *Chicken Noodle Soup*

### INFORMATION

PREP TIME: 10 minutes  
COOK TIME: 20 minutes  
SERVINGS: about 8

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### INGREDIENTS

1 can chicken  
1 can carrots  
1 packet italian  
dressing mix  
1 bag egg noodles  
1 boullion cube  
10 cups of water  
1 cup milk (optional)

### NOTES

You can use any  
noodles you have on  
hand. The milk makes  
it creamy, and you can  
use 1 tablespoon  
powdered milk for the  
same effect

### DIRECTIONS

- Drain the chicken and carrots.
- Add everything to a large pot and cover with water.
- Simmer until the noodles are cooked all the way

## RECIPE: *Chicken Pot Pie Soup*

### INFORMATION

PREP TIME: 10 minutes  
COOK TIME: 20 minutes  
SERVINGS: about 8

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### INGREDIENTS

1 can cream of  
chicken  
1 can chicken  
1 can mixed veggies  
2 cups broth

### NOTES

### DIRECTIONS

- mix everything in a sauce pot and simmer.
- Serve with rolls, bread & butter, or with biscuits if you have them

## RECIPE: *Best Butter Beans*

### INFORMATION

PREP TIME: 10 minutes  
COOK TIME: 20 minutes  
SERVINGS: about 8

### INGREDIENTS

- 1 TBsp olive oil
- ½ yellow onion
- 2 cloves garlic
- 15 ounces canned large butter beans, rinsed and drained
- 1 cup broth
- ½ tsp dried thyme
- salt & pepper
- Paprika

### NOTES

### DIRECTIONS

- In a medium pot, heat olive oil over medium heat.
- Add the onion and cook 5 minutes, stirring frequently, until softened.
- Add the garlic and cook, stirring, for 15 seconds.
- Add the beans, vegetable broth, thyme, salt, and pepper, stir, and bring to a boil. Lower the heat to a simmer and let cook, stirring occasionally, until the liquid has reduced and the beans are hot, 15-20 minutes.
- Serve warm, sprinkled with paprika.

## RECIPE: *Fruity Dump Cake*

### INFORMATION

PREP TIME: 10 minutes  
COOK TIME: 60 minutes  
SERVINGS: about 8

### INGREDIENTS

- 2 (15 oz) cans of fruit
- 1 box cake mix
- 1 stick of butter

### NOTES

You can make a lot of great variations of this simple recipe!

**Pineapple Upside Down**  
cherry filling + pineapple  
+ yellow cake

**Peach Cobbler**  
2 peaches +  
yellow cake

**Blueberry Lemon**  
2 blueberry pie filling +  
lemon cake

**Black Forest Cake**  
Chocolate cake +  
2 cherry pie filling

### DIRECTIONS

- Preheat oven to 350
- grease a 9x13 baking dish
- Dump fruit into the dish and sprinkle cake mix on top
- Slice up the stick of butter and scatter on top.
- Bake for 45-60 minutes or until bubbly and golden

RECIPE: *Big Bean Pot*

INFORMATION

PREP TIME: 10 minutes  
COOK TIME: 20 minutes  
SERVINGS: about 12

INGREDIENTS

2 cans green beans  
2 cans diced potatoes  
2 cans broth  
1 can spam (or sliced  
smoked sausage)  
salt & pepper  
paprika  
1/2 stick butter

NOTES

If your family grows green beans or you're able to get them fresh, this is a good way to use them up at their peak, but also great with canned beans

DIRECTIONS

- Drain the beans and potatoes before adding to a pot
- Add your meat. Smoked sausage is best, but spam is shelf stable and still tastes great.
- Add any seasonings you like and top with butter
- Simmer everything until your whole house smells good (about 15 minutes)
- Its not necessary, but you can serve with bread, biscuits, or cornbread to soak up the broth

RECIPE: *Musubi Bowls*

INFORMATION

PREP TIME: 10 minutes  
COOK TIME: 20 minutes  
SERVINGS: about 3 bowls

INGREDIENTS

1 can spam  
2 cups cooked rice  
1 TBsp soy sauce  
1 TBsp sugar  
1 TBsp water

Rice seasoning:  
1 TBsp sugar  
1 tsp vinegar  
1/2 tsp salt

NOTES

Teriyaki spam may sound strange, but musubi is a popular dish in Hawaii. While Musubi is a sushi, this meal is an easier alternative with all the flavor!

DIRECTIONS

- Cook rice using whichever method you prefer. set aside
- cut spam into 6 slices. Set aside
- mix soy sauce, sugar, and water in a hot skillet until combined
- add spam slices and sizzle each side. spam is fully cooked, so there is no need to overcook it.
- Flip the slices when the first side starts getting crispy and brown
- add seasoning to rice and remove spam from the skillet
- dice the spam and mix into the rice.
- sprinkle furikake if you have it

## RECIPE: *Pumpkin Cookies*

### INFORMATION

PREP TIME: 10 minutes

COOK TIME: 10 minutes

SERVINGS: about 12

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### INGREDIENTS

1 can pumpkin

1 box spiced cake mix

2 cups chocolate

chips

### NOTES

### DIRECTIONS

- Preheat oven to 350 degrees
- Mix the ingredients
- scoop about 12 onto a baking sheet
- bake 10 minutes

## Easy Meals From the Pantry

Many people don't have the time or energy to make meals that involve a lot of prep. Other folks don't have a lot of cabinet space for ingredients. This is why we wanted to include a few quick and simple meals that don't involve a long ingredient list.

### Chili Mac

1 can chili mixed into 1 box prepared mac & cheese

### BBQ Chicken Mac

1 can chili chicken mixed into 1 box prepared mac & cheese. Top with about 1 tablespoon BBQ sauce

### Veggie Ramen

Mix 1 can condensed veggie soup, 1 can water, ramen brick, and flavor packet. Simmer until the noodles are soft. This is more filling than plain veggie soup and can give ramen a new flavor if you're getting burnt out

### Fried Ham & Taters

If you prefer savory breakfasts, dice up a can of spam and fry it in a skillet with 2 cans of diced potatoes. When they're getting hot and crispy on the outside, season with salt & pepper or cover with cheese. Are you cooking for one? Use 1 can of potatoes and half a can of spam. Add the left over spam cubes to mac & cheese or mashed potatoes for lunch!