

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Safety Tips for Grilling

For charcoal grills, use only starter fluids designed for that purpose. Never use gasoline. If the fire is slow, add dry kindling. Don't add more liquid starter or you could cause a flash fire.

Never use a barbecue grill indoors or in an unventilated space. It's a fire hazard and could cause carbon monoxide poisoning.

Before using, place your grill at least 10 feet away from other objects, including the house and any shrubs or bushes. Make sure the area near the grill is free from combustible materials such as pine needles or leaves. Position the grill away from siding, deck railings, over-hanging eaves and overhanging branches.

Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it is work-ing properly and not leaking. Never use a match to check for leaks. If you detect a leak, immediately turn off the gas. Do not attempt to light the grill again until the leak is fixed.

Use long-handled utensils. Use barbecue utensils with long handles (forks, tongs, etc.) to avoid burns and splatters. Periodically remove grease buildup in trays, to prevent ignition by a hot grill.

Keep children and pets away from the grill area.



AUGUST DISTRIBUTION DATES

**Sunday, August 13TH
9:00 AM-Noon**

**Monday, August 14TH
7:00-8:30 PM**

**Saturday, August 19TH
10:00 AM-Noon**

Barbecue Food Safety

- *Keep meat and poultry refrigerated until ready to use
- *When carrying food to another location, keep it cold to minimize bacterial growth.
- *Completely thaw meat and poultry before grilling so it cooks more evenly
- *Be sure there are plenty of clean utensils and platters. To prevent food-borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.
- * Marinate foods in the refrigerator - not on the kitchen counter or outdoors.
- *Don't reuse platters or utensils. Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill side to serve your food.
- *Trim excess fat from meat to avoid flare-ups.
- *Never use cooking sprays around a lit grill
- *Refrigerate leftovers promptly.
- *Don't baste food with marinade that was used on raw meat; reserve some just for basting.

Recipe Corner



Frank and Beans Casserole

- 2 tablespoons oil
- 2 packages of hot dogs sliced
- 1 medium onion, chopped
- 1 cups tomato sauce
- 2 cans baked beans
- 1 boxes corn muffin mix, such as Jiffy brand
- 1 egg
- 2 tablespoons butter (1/2 stick), melted
- 1 cup milk
- 1 tablespoon chili powder
- 1 cups cheddar cheese, shredded

Pre-heat oven to 400°F. In large skillet, add the sliced hot dogs to the pan and brown, about 6-8 minutes. Add the chopped onion and cook for about 3-4 minutes. Add tomato sauce to the skillet. Add the baked beans and bring up to a simmer. While the hot dog mixture is simmering, mix the corn muffin mix with egg, melted butter, milk, chili powder, and the cheese.

Transfer the Hot Dog and Bean mixture to a baking dish, pour the corn muffin mixture over the top of the hot dog mixture and place in the oven and bake until cornbread is light golden in color, 12-15 minutes.

Bacon Potato Salad

- 2 pounds potatoes, peeled and cut into bite-size pieces
 - 1 (16 ounce) container sour cream
 - 1 (1 ounce) package ranch dressing mix
 - 1 1/4 cups cooked bacon, crumbled
 - 1 1/2 cups shredded cheese
 - 2 bunches green onions, thinly sliced
- Cook potatoes in salted water for about 20 minutes. Drain, then run under cold water until cool. Combine sour cream and ranch dressing mix in a small bowl until well-blended. Transfer the potatoes, bacon, cheddar cheese, and green onions to a large bowl. Stir in the sour cream mixture until well-coated. Cover and refrigerate for about 2 hours before serving.

Special Dates in July and August July is National Grilling Month

- ~July 13th ~ National Beans 'N' Franks Day
- ~July 14th ~ National Macaroni and Cheese Day
- ~July 16th ~ National Ice Cream Day
- ~July 23rd ~ Parents' Day
- ~July 28th ~ National Milk Chocolate Day
- ~August 3rd ~ Watermelon Day
- ~August 3th ~ Friendship Day
- ~August 6th ~ Sisters Day
- ~August 7th ~ National Lighthouse Day

Macaroni Salad Recipe

- 2 1/4 cups uncooked elbow macaroni
- 4 hard-cooked eggs, diced
- 1/2 cup diced onion or green onion
- 2 diced celery stalks
- 2 tablespoons dill pickle relish
- 2 cups salad dressing, not mayonnaise
- 3 tablespoons yellow mustard
- 1/4 cup sugar
- 2 teaspoons vinegar
- 1 teaspoon celery salt
- Dash paprika

Add macaroni to a pot of boiling water. Cook the macaroni according to package directions, or until tender. Drain and let cool.

While the macaroni is cooking, mix the next 4 ingredients together in a large bowl. Mix together the salad dressing, mustard, sugar, vinegar, and celery salt in a separate bowl. Mix the contents of the two bowls together. Add the macaroni and stir gently until well blended. Cover the macaroni salad and refrigerate overnight to blend the flavors.

Charcoal Grill Tips

To light a charcoal fire, place the coals in a pyramid shape 20 to 30 minutes prior to cooking. The pyramid provides ventilation for the coals to catch fire. Soak the coals with about 1/2 cup fluid. Wait 1 minute to let the fluid soak in, then light with a match. NEVER use gasoline or kerosene because either one can cause an explosion.