

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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OCTOBER 2014



IMPORTANT NOTICE! It's Time Again! Client Application Renewal!

Much of the food that we distribute comes from the Merrimack Valley Food Bank, the Massachusetts Emergency Food Assistance Program, and the USDA. In order to participate in these programs, we need to ask you to fill out applications on a yearly basis.

The 2015 application **MUST** be returned at or before the November distribution. **If you do not return your application by the November distribution you will not be eligible to receive your Turkey and Fixings at the Thanksgiving Distribution which takes place the Sunday before Thanksgiving.** In addition you will not be eligible for further assistance until the application is completely filled out and returned with other requirements (current utility bill or proof of residence).

We need to fulfill these requirements to participate in programs that provide us with a great deal of food.

Thank you for your understanding,

Tewksbury Community Pantry
Board of Directors

NOVEMBER DISTRIBUTION DATES

**Sunday, November 9, 2014
9:00 AM-Noon**

**Monday, November 10, 2014
7:00-8:30 PM**

**Saturday, November 15, 2014
10:00 AM-Noon**

**Thanksgiving
Distribution
Sunday, November 23rd
10:00 AM - 12:00 Noon**



November 2, 2014





Skillet Chili-Mexican Mac and Cheese

8 ounces elbow macaroni
1 tablespoon vegetable oil
1 pound ground turkey or lean ground beef
1 16-oz. jar tomato salsa
1 15-oz. can tomato sauce
1 cup shredded cheddar
1 avocado, diced
1 cup crushed tortilla chips

Bring a large pot of salted water to a boil over high heat. Cook pasta until just tender, about 8 minutes or as package label directs. Drain.

Warm oil in a large skillet over medium-high heat. Add meat and 1/2 tsp. salt. Cook, breaking up chunks with a wooden spoon, until meat loses its pink color, about 5 minutes. Stir in salsa and tomato sauce and bring to a simmer. Stir in pasta and cook until bubbling, about 3 minutes. Stir in cheese and cook, stirring, until cheese has melted, about 1 minute longer. Spoon into bowls, top with avocado and chips, if desired, and serve.

Cheeseburger Rice

1 tbsp. Oil
1 lb. ground beef
½ medium yellow onion, finely chopped (about ½ cup)
1 tbsp. Minced Garlic, or 4 cloves garlic, finely chopped
1 can (8 oz.) Tomato Sauce
2 tsp. chili powder
GOYA® Adobo All-Purpose Seasoning with Pepper, to taste
1 box (8 oz.) GOYA® Yellow Rice
½ cup shredded cheddar cheese

Heat oil in 12" skillet over medium-high heat. Add beef, onions and garlic. Cook, breaking up beef until beef is browned and vegetables are soft, about 5 minutes; drain and discard fat. Stir in tomato sauce and chili powder until combined, season with Adobo. Transfer beef to plate.

In same skillet, bring 2 cups water to boil. Stir in contents of yellow rice mix; boil 30 seconds. Reduce heat to medium low. Simmer, covered, until rice is tender and water is absorbed, about 25 minutes.

Remove skillet from heat; stir in reserved beef mixture. Sprinkle cheese on top of beef and rice. Let skillet sit, covered, until cheese is melted, about 5 minutes more. Serve warm

Special Dates in October and November

October is National Chili and Apple Month

Monday, Oct 13th ~ Columbus Day

Friday, Oct 17th ~ National Pasta Day

Friday, Oct 31st ~ Halloween

Sunday, Nov 2nd ~ Daylight savings time ends..turn your clocks back one hour

Tuesday, Nov 4th ~ Election Day

Thursday, Nov 6th ~ Full Moon

Apple Crisp

6 cups peeled, sliced apples (about 6 large apples)
1/2 cup granulated sugar
2 teaspoons cinnamon
3/4 cup flour
1/2 cup packed dark brown sugar
1/2 cup butter, softened
1/2 teaspoon pure vanilla extract

1. Place apples in a greased 8-inch square baking dish or a 1½ quart casserole.
2. Combine the granulated sugar and the cinnamon, stirring well.
3. Sprinkle the cinnamon-sugar mixture over apples.
4. Combine the flour, dark brown sugar, butter and vanilla; mixing with a spoon until a crumbly mixture is formed and all ingredients are well blended.
5. Spread this mixture over the sugared apples.
6. Bake the apple crisp in a 350-degree oven for 35 to 45 minutes, or until the apples are tender and the topping is a golden brown.

Serve the apple crisp warm, topped with vanilla ice cream.

