

RECIPE BOOK

UNT FOOD PANTRY
DIAMOND EAGLE STUDENT RESOURCE CENTER

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Air-Fryer Black Bean Chimichangas

Link: <https://www.tasteofhome.com/recipes/air-fryer-black-bean-chimichangas/>

Required Ingredients

- In the pantry: black beans, rice, and canned corn
- Others: cilantro, green onions, tortillas, olive oil

Required Equipment: air fryer, microwave oven

Air-Fryer Cinnamon Almonds

Link: <https://www.tasteofhome.com/recipes/air-fryer-cinnamon-almonds/>

Required Ingredients

- In the pantry: almonds
- Others: egg white, vanilla extract, sugar, brown sugar, salt, and ground cinnamon

Required Equipment: air-fryer, and bowl

Aglio E Olio

Link: <https://www.bbcgoodfood.com/recipes/spaghetti-aglio-e-olio>

Required Ingredients

- In the pantry: spaghetti
- Others: olive oil, garlic cloves, red chili, parsley

Required Equipment: stove, pan

Apple Pie

Link: <https://www.allrecipes.com/recipe/12324/apple-pie-i/>

Required Ingredients

- In the pantry: apples
- Others: pastry crust pie, sugar, ground cinnamon, butter

Required Equipment: oven, pie dish

BBQ Chicken Quesadilla

Link: <https://www.allrecipes.com/recipe/258192/bbq-chicken-quesadilla/>

Required Ingredients

- In the pantry: rice, canned chicken breast, kidney beans
- Others: BBQ sauce, cheddar cheese, tortilla.

Required Equipment: pan

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Braised Chickpeas with Kale

Link: <https://themodernproper.com/braised-chickpeas-with-chard>

Required Ingredients

- In the pantry: tomato sauce, canned chickpeas
- Others: olive oil, garlic, kale/spinach, marinara sauce

Required Equipment: skillet, stove

Canned Chicken & Rice

Link: <https://www.allrecipes.com/recipe/8909/chicken-and-rice/>

Required Ingredients

- In the pantry: instant rice, canned chicken breast, cream of chicken soup

Required Equipment: pan or cooking pot

Chicken and Pea Casserole

Link: <https://www.allrecipes.com/recipe/86371/chicken-and-pea-casserole/>

Required Ingredients

- In the pantry: pasta, cream of mushroom soup, canned chicken breast, canned peas
- Others: sour cream, Parmesan cheese, onion powder, garlic powder

Required Equipment: oven, pot, baking dish

Chicken & Potato Casserole

Link: <https://www.allrecipes.com/recipe/279847/chicken-and-potato-casserole/>

Required Ingredients

- In the pantry: potatoes, canned corn, cream of chicken soup, canned chicken breast
- Others: milk, sour cream, butter, cheddar cheese, olive oil

Required Equipment: oven, pot, baking dish

Chickpeas Salad Sandwiches

Link: <https://www.delish.com/cooking/recipe-ideas/chickpea-tuna-salad-recipe/>

Required Ingredients

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- In the pantry: canned chickpeas, onion
- Others: mayo, Dijon mustard, celery, bread, lettuce, tomatoes

Required Equipment: bowl

Chicken Vodka Radiator

Link: <https://www.allrecipes.com/recipe/284492/chicken-vodka-radiator/>

Required Ingredients

- In the pantry: pasta, canned chicken breast, diced tomatoes
- Others: vodka Marianna sauce or any pasta sauce, garlic powder

Required Equipment: pot, saucepan

Chocolate-Pretzel Cereal Treats

Link: <https://www.foodnetwork.com/recipes/food-network-kitchen/chocolate-pretzel-cereal-treats-5484679>

Required Ingredients

- In the pantry: cocoa puffs cereal
- Others: unsalted butter, mini marshmallows, vanilla extract, salt, crushed pretzels, semisweet chocolate, coconut oil

Required Equipment: baking dish, pot, oven, microwave

Corn Fritters

Link: <https://cooktoria.com/corn-fritters/>

Required Ingredients

- In the pantry: canned corn, egg
- Others: all-purpose flour, baking powder, olive oil, green onions (optional), salt and pepper

Required Equipment: bowl, frying pan, stove

Creamed Chicken

Link: <https://www.food.com/recipe/50s-style-creamed-chicken-386882>

Required Ingredients

- In the pantry: canned chicken breast, cream of mushroom soup, onion, noodles
- Others: mushrooms, olive oil, sour cream

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Required Equipment: stove, skillet

Crispy Chickpeas

Link: <https://www.foodandwine.com/recipes/crispy-chickpeas>

Required Ingredients

- In the pantry: canned chickpeas
- Others: oil, ground coriander, ground cumin, salt, all-purpose flour

Required Equipment: bowl, saucepan

Diary-Free Potato Soup

Link: <https://thewholecook.com/30-minute-dairy-free-potato-soup/>

Required Ingredients

- In the pantry: potatoes, onions
- Others: chicken stock, unsweetened coconut milk, garlic powder, salt, pepper, dried thyme/chives

Required Equipment: pot, blender

Eggplant Pizza

Link: <https://www.purewow.com/recipes/eggplant-pizza-recipe>

Required Ingredients

- In the pantry: tomato sauce, tomatoes
- Others: eggplant, olive oil, shredded mozzarella cheese, basil

Required Equipment: oven, cutting board, baking tray

Elbow Macaroni and Kidney Bean Salad

Link: <https://www.allrecipes.com/recipe/elbow-macaroni-and-kidney-bean-salad/>

Required Ingredients

- In the pantry: elbow macaroni, kidney beans, onion
- Others: celery, mayonnaise, red wine vinegar, salt & pepper.

Required Equipment: pot, bowl

Fried Rice

Link: <https://www.food.com/recipe/chinese-fried-rice-38748>

Required Ingredients

- In the pantry: onions, rice, carrots, canned peas, egg

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- Others: oil, soy sauce, sesame oil, chicken/boneless pork (optional), green onions

Required Equipment: pan, stove

Garlic Chicken Puffs

Link: <https://www.allrecipes.com/recipe/236304/garlic-chicken-puffs/>

Required Ingredients

- In the pantry: canned chicken breast
- Others: cooking spray, cream cheese, garlic powder, crescent roll dough

Required Equipment: oven, baking dish, scissor

Gluten-Free Almond Cookies

Link: <https://www.foodnetwork.com/recipes/food-network-kitchen/gluten-free-almond-shortbread-cookies-5449542>

Required Ingredients

- In the pantry: almonds
- Others: almond flour, coconut flour, unsalted butter, sugar, cream cheese, almond extract

Required Equipment: bowl, mixer, parchment paper, oven, baking sheet

Green Bean Casserole

Link: <https://www.campbells.com/recipes/green-bean-casserole/>

Required Ingredients

- In the pantry: canned green beans, cream of mushroom/chicken soup
- Others: French fried onions, milk, soy sauce

Required Equipment: oven, mixing bowl, baking dish

Hazelnut Cookies

Link: <https://www.allrecipes.com/recipe/265282/hazelnut-cookies/>

Required Ingredients

- In the pantry: hazelnuts
- Others: butter, white sugar, brown sugar, egg, flour, vanilla extract, baking powder, salt.

Required Equipment: oven, baking sheet

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Instant Ramen Carbonara

Link: <https://www.allrecipes.com/instant-ramen-carbonara-recipe-8727364>

Required Ingredients

- In the pantry: ramen, egg
- Others: bacon, parmesan cheese, dried parsley flakes, black pepper, garlic

Required Equipment: saucepan, stove, mixing bowl

Keto Beef Stew

Link: <https://www.tasteofhome.com/recipes/keto-beef-stew/>

Required Ingredients

- In the pantry: onions, tomato paste, celery, carrots
- Others: canola oil, garlic, beef broth, bay leaves, dried thyme, dried rosemary, salt & pepper

Required Equipment: stove

Lentil Soup

Link: <https://www.loveandlemons.com/best-lentil-soup/>

Required Ingredients

- In the pantry: lentils, onions, carrots, canned diced tomatoes
- Others: olive oil, kale, ground cumin, salt and pepper, garlic, white vinegar, thyme, vegetable broth, parsley, red pepper flakes, and parmesan cheese

Required Equipment: stove, pot, mixing bowl

Mashed Potatoes

Link: <https://www.spendwithpennies.com/how-to-make-mashed-potatoes/>

Required Ingredients

- In the pantry: potatoes, milk
- Others: salted butter, garlic, salt, and pepper

Required Equipment: stove, pot, potato masher

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Microwave Potato Chip

Link: <https://tasty.co/recipe/easy-microwave-potato-chips>

Required Ingredients

- In the pantry: potatoes
- Others: olive oil

Required Equipment: microwave, cutting board, bowl

Navy Beans Vegetables Soup

Link: <https://www.tasteofhome.com/recipes/navy-bean-vegetable-soup/>

Required Ingredients

- In the pantry: navy beans, carrot, onions, canned chicken breasts, celery
- Others: onion soup mix, leaf

Required Equipment: saucepan, slow cooker

Orange Chicken

Link: <https://www.allrecipes.com/recipe/22832/orange-juice-chicken/>

Required Ingredients

- In the pantry: orange, onions
- Others: chicken breast, Dijon mustard, brown sugar, butter, all-purpose flour

Required Equipment: oven, baking dish, saucepan

Pasta Chickpeas Salad

Link: <https://www.allrecipes.com/recipe/14166/pasta-chickpea-salad/>

Required Ingredients

- In the pantry: canned chickpeas, pasta
- Others: olive oil, olives, oregano, parsley, green onions, wine vinegar, and parmesan cheese

Required Equipment: saucepan, pot, bowl

Peanut Butter Cookies

Link: <https://www.allrecipes.com/recipe/10275/classic-peanut-butter-cookies/>

Required Ingredients

- In the pantry: peanut butter

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- Others: unsalted butter, sugar, brown sugar, egg, all-purpose flour, baking soda, baking powder, and salt

Required Equipment: oven, mixer, baking pan

Peach, Cheddar, & Honey Quesadillas

Link: <https://www.alwaysorderdessert.com/2018/10/peach-cheddar-honey-quesadillas.html>

Required Ingredients

- In the pantry: sliced peaches
- Others: salted butter, tortillas, cheddar cheese, and kosher salt

Required Equipment: pan, stove

Potato Wedges

Link: <https://tasty.co/recipe/potato-wedges>

Required Ingredients

- In the pantry: potatoes
- Others: olive oil, salt, pepper, garlic powder, dried oregano, paprika, and parmesan cheese

Required Equipment: oven, baking sheet

Potato Taquitos

Link: <https://www.shelikesfood.com/cheesy-potato-taquitos/>

Required Ingredients

- In the pantry: potatoes
- Others: olive oil, garlic powder, paprika, ground cumin, salt, grated cheese, corn tortillas, and cooking spray

Required Equipment: pot, oven, stove, baking sheet

Raisin Scones

Link: <https://www.allrecipes.com/recipe/79470/simple-scones/>

Required Ingredients

- In the pantry: raisins, egg
- Others: all-purpose flour, sugar, baking powder, salt, baking soda, unsalted butter, sour cream, and white sugar.

Required Equipment: oven, parchment paper, baking tray, mixing bowl.

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Rice & Pintos Salad

Link: <https://www.tasteofhome.com/recipes/warm-rice-pintos-salad/>

Required Ingredients

- In the pantry: rice, pinto beans, onions
- Others: olive oil, garlic, chili powder, ground cumin, green chiles, salsa, cilantro, romaine, and cheddar cheese

Required Equipment: saucepan, bowl.

Salmon Cucumber Sandwiches

Link: <https://www.thespruceeats.com/salmon-cucumber-sandwiches-479748>

Required Ingredients

- In the pantry: canned salmon
- Others: cucumbers, green onions, plain yogurt, mayonnaise, lemon juice, dill, sandwich buns, butter, and lettuce.

Required Equipment: bowl and cutting board.

Tomato Bruschetta

Link: <https://amindfullmom.com/tomato-bruschetta/>

Required Ingredients

- In the pantry: tomato
- Others: garlic, olive oil, basil leaves, salt, pepper, and baguette

Required Equipment: oven, cutting board, bowl

Tuna & White Bean Lettuce Wraps

Link: <https://www.tasteofhome.com/recipes/tuna-and-white-bean-lettuce-wraps/>

Required Ingredients

- In the pantry: tuna, white beans
- Others: red onion, olive oil, parsley, salt, pepper, lettuce, and avocado

Required Equipment: bowl

Tuna Casserole

Link: <https://www.allrecipes.com/recipe/18871/easy-tuna-casserole/>

Required Ingredients

- In the pantry: pasta, canned tuna, and cream of chicken soup
- Others: cheddar cheese and fried onions

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Required Equipment: oven, baking dish

Vegan Baked Curry Risotto

Link: <https://godairyfree.org/recipes/baked-curry-risotto>

Required Ingredients

- In the pantry: rice, canned chickpeas, canned peas, canned sliced carrots
- Others: coconut milk, vegetable stock, curry powder, lime juice, salt, pepper

Required Equipment: oven, baking dish