



Catholic  
Charities  
West Virginia

the

Catholic Charities Mobile Food Pantry

cook  
book

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Note: Each section is sorted into meals of the day for your convenience. Each recipe uses at least 2 items that are offered through our food pantry, though they may not necessarily be given out every month, such as holiday specials and seasonal produce.

For all recipes that use milk or cheese- low-fat, nonfat, or skim milk variations are encouraged as they are generally healthier options.

**BREAKFAST**

# Grilled Banana, Peanut Butter, and Honey on Toast

prep time  
Serves 1

Per Serving:  
353 cals  
9.9g fat  
61.6g carbs  
8.9g protein  
0mg cholesterol  
333.8mg sodium  
5.7g fiber  
23.6g sugar

## Ingredients

- 1 banana, peeled and split into thirds
- 2 slices bread
- 1 tbsp. peanut butter
- 1 tsp. honey
- 1/8 tsp. cinnamon

## Note:

- If you push your thumb down through the center of the banana, from the top, it will split into thirds.
- The pantry provides creamy and crunchy peanut butter options. The recipe calls for light or natural peanut butter if available.
- Nutritional value may vary.

## Here's how...

- 1 Preheat griller/broiler to medium. Cut the banana slices in half, creating 6 pieces.
- 2 Place the bread slices on a baking tray, and place under the griller/broiler and cook 1 to 2 minutes or until 1 side is toasted.
- 3 Spread peanut butter on untoasted side of each slice. Top with the banana (3 pieces per slice) and brush pieces with honey.
- 4 Place back under the griller/broiler for 2 minutes or until banana is lightly browned. Sprinkle with cinnamon and drizzle with extra honey if desired.

# Spiced Porridge

prep time

Serves 2

cook time

Ready In:

25 minutes

516 cals

## Ingredients

- 5 tbsp. flake cereal
- 1 3/4 cups milk
- 1 tsp cinnamon
- salt
- 1/2 lemon
- 2 bananas
- 5 oz yogurt
- 3 tbsp sugar



<https://eatsmarter.com/recipes/spiced-porridge>

## Here's how...

- 1 In a small pot, bring cereal flakes, milk, cinnamon, and pinch of salt to a boil over medium heat while stirring. Simmer 1 minute. Squeeze lemon. Peel bananas, cut into diagonal slices. Drizzle 1 tsp lemon juice over bananas, toss.
- 2 Pour cooked porridge into 2 oven-safe dishes and top with banana slices. Spread yogurt on bananas and sprinkle with sugar. Using kitchen torch or oven broiler, heat sugar until it starts bubbling and turns golden brown. Serve immediately.

# Apple Pancake Rings

prep time

Serves 4 to 6

cook time

Prep Time: 10  
minutes

Cook Time: 20  
minutes

Ready In: 30  
minutes

## Ingredients

- 1 box  
pancake mix
- 1/2 cup  
(additional)  
buttermilk
- 1 tsp  
pumpkin pie  
spice
- zest of 1/2  
lemon



<http://www.tasteandtellblog.com/apple-pancake-rings/>



## Here's how...

- 1 Heat griddle over medium heat.
- 2 Prepare the pancake mix, mixing in the additional buttermilk, pumpkin pie spice, and lemon zest.
- 3 Peel the apples and core them, and slice them into 1/8 inch slices. Use a toothpick to dip each slice into the pancake batter, then onto griddle.
- 4 Cook until golden brown, flipping once. Serve warm or with apple cider that has been reduced with cinnamon.

# Salmon, Mustard, and Pea Frittata

prep time  
Serves 4

cook time  
Prep Time: 15  
minutes  
Cook Time: 16  
minutes  
Ready In: 31  
minutes

Per Serving:  
342 cals  
22.1g fat  
2.7g fiber  
5.9g carbs (total)  
29.3g protein  
337mg cholesterol  
272mg sodium

## Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 1 cup peas
- 410g canned salmon, or tuna
- 6 eggs
- 1/3 cup Milk
- 3 tsp mustard
- salad leaves to serve



<http://www.taste.com.au/recipes/salmon-mustard-pea-frittata/9aa9bcc8-764b-4685-859e-aa2f89c95891>

## Here's how...

- 1 Heat oil in a circular ovenproof frying pan (approx. 22cm) over medium heat. Cook onion for 3 to 5 minutes or until softened. Stir in peas. Cook for 1 to 2 minutes or until tender. Arrange salmon over peas.
- 2 Whisk eggs, milk, and mustard together in a jug. Season with salt and pepper. Pour egg mixture over salmon. Reduce heat to low. Cook for 10 minutes or until egg is almost set.
- 3 Preheat grill on medium-high heat. Place frying pan under grill. Cook frittata for 2 to 3 minutes or until golden and set. Cool for 5 minutes. Cut into wedges. Serve with salad leaves.

# Overnight Oats—3 Ways

prep time  
Serves 1

cook time  
Prep Time: 10  
minutes  
Cook Time:  
overnight

Per Serving:  
75 cals  
1.5g fat  
75mg potassium  
13.5g carbs  
2.5g protein  
0mg cholesterol  
0mg sodium  
.5g sugar

## Ingredients

- 1/4 cup  
oats
- 1/2 to 3/4  
cup water
- 1 pinch salt
- raspberries/  
Blackberries
- banana/  
honey
- apple/  
cinnamon

## Note:

- Water can be substituted  
for milk or non-dairy milk  
products.

## To make Pumpkin Oatmeal:

- 1/2 cup  
canned  
pumpkin  
puree
- 1/4 tsp  
pumpkin pie  
spice
- 1 tsp  
cinnamon  
sugar

## Here's how...

- 1 Combine water, oats, and salt in a microwaveable container or a mason jar, and shake until oats are soaked.
- 2 Refrigerate overnight (or up to 5 days).
- 3 The following morning, microwave for 30 seconds and then stir. Repeat. Microwave for another 15-30 seconds ONLY if the oats are not hot. If microwaving for longer than 1 minute, watch to make sure it doesn't boil over. OR leave the oats cold.
- 4 Let oats sit for 2-3 minutes to thicken. Apply toppings.

Note: Adding honey will raise the sugar content. Nutritional information provided only includes the oats and water base. Similarly, if milk is substituted for water, the fat content will raise.

# Cinnamon Oatmeal Muffins

prep time  
Serves 12

cook time

Per Serving:  
138.7 cal  
5g fat  
19.9g carbs  
3.7g protein  
28.8mg cholesterol  
200mg sodium  
5.4g sugar  
1.1g fiber

## Ingredients

- 1 1/4 cups flour
- 1/4 cup sugar
- 1 cup oats
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 2 tsp baking powder
- 4 tbsp. butter
- 1 cup milk
- 1 egg

## Directions

1. Preheat oven to 350°F.
2. Combine flour, sugar, salt, oats, cinnamon, and baking powder in a bowl.
3. Melt butter, and mix together with the milk and egg. Stir into the flour mixture until just combined. Do not over mix.
4. Place mixture evenly into 12 muffin cups. Bake for 20-25 minutes or until golden.

# Ultimate French Toast

prep time  
Serves 4

cook time  
Prep Time: 10  
minutes  
Cook Time: 10  
minutes  
Ready In: 20  
minutes

Per Serving:  
209 cals  
6.8g fat  
26.2g carbs  
10.4g protein  
187mg cholesterol  
414mg sodium

## Ingredients

- 4 eggs
- 2 tbsp. milk
- 1/4 tsp.  
ground  
cinnamon
- 8 slices  
bread

## Directions

1. Combine eggs, milk, and cinnamon; beat well. Dip bread into egg mixture until completely coated.
2. Heat a lightly oiled griddle or frying pan over medium-high heat. Cook bread slices until they are golden brown on both sides. Serve hot.

# Crust-less Breakfast Quiche

prep time  
Serves 12

cook time  
Ready In: 30  
minutes

Per Serving:  
169.9 cal  
12.8g fat  
5.6g carbs  
7.6g protein  
72.3mg cholesterol  
374.2mg sodium  
0.7g sugar  
0.1g fiber

## Ingredients

- 3 eggs
- 1 1/2 cups milk
- 1/2 cup pancake mix
- 12 oz sausage
- 1/2 cup cheese



<http://www.food.com/recipe/crustless-breakfast-quiche-muffins-247054>



## Here's how...

- 1 Preheat oven to 350°F. brown sausage, breaking with a spoon; drain well.
- 2 Mix egg, milk, and pancake mix. Season with salt and pepper.
- 3 Divide egg mixture between 12 greased muffin tins.
- 4 Divide sausage between muffin tins and cover with cheese.
- 5 Bake 15-20 minutes or until tooth pick inserted comes out clean. Freeze left over muffins in single serving bags. To reheat, microwave frozen muffins for about 1 minute.



**LUNCH**

# Tuna Pasta Salad

prep time  
Serves 4

cook time

Per Serving:  
500.5 cal  
23.2g fat  
55.4g carbs  
17.9g protein  
33.6mg cholesterol  
776.8mg sodium  
6.5g sugar

## Ingredients

- 1 (7 oz) package pasta, cooked & drained
- 1 (6 oz) can tuna, drained & flaked
- 1 large carrot, Shredded
- 1/4 cup chopped onion
- 1 cup mayonnaise
- 1/4 cup milk
- 1 tbsp lemon juice
- 2 tsp mustard
- 1/2 tsp salt
- 1 tsp pepper

## Directions

1. In a large salad bowl, combine pasta, tuna, carrot, and onion. In another bowl, combine remaining ingredients; whisk until smooth. Pour over pasta mixture; toss to coat. Cover and refrigerate 1-2 hours.

# Taco Soup

prep time  
Serves 6-8



[http://www.food.com/  
recipe/taco-soup-345246?  
nl=email\\_share](http://www.food.com/recipe/taco-soup-345246?nl=email_share)

Per Serving:  
462.6 cals  
19g fat  
47.4g carbs  
28.1g protein  
71.2mg cholesterol  
613.9mg sodium  
7.5g sugar  
8.5g fiber

## Ingredients

- 1 lb ground beef
- 1/2 cup chopped onion
- 1 (28 oz) can diced tomatoes, undrained
- 1 (15 oz) can corn, undrained
- 1 (8 oz) can tomato sauce
- 1/2 cup rice
- 1-2 cups water
- 1 (1 oz) package taco seasoning
- 1 cup cheese

## Directions

1. In large pot, cook beef and onions until beef is browned and onions are tender; drain. Stir in tomatoes, beans, corn, tomato sauce, water, uncooked rice, and taco seasoning.
2. Simmer for 15 minutes.
3. Garnish with cheese.

# Green Pea Salad with Cheddar Cheese

prep time  
Serves 6

cook time  
Prep Time: 10  
minutes  
Ready In: 10  
minutes

Per Serving:  
386 cals  
27.5g fat  
20.9g carbs  
14.3g protein  
133mg cholesterol  
948mg sodium

## Ingredients

- 3 (14.5 oz) cans peas, drained
- 3 hard-cooked eggs, chopped
- 3/4 cup cheese cubes
- 2/3 cup mayonnaise
- 1/2 cup onion, chopped
- salt and ground black pepper

## Directions

1. Mix peas, eggs, cheese cubes, mayonnaise, and onion together in a bowl until ingredients are coated in mayonnaise; season with salt and pepper.



<http://allrecipes.com/recipe/240465/green-pea-salad-with-cheddar-cheese/?evt19=1>

# Mixed Vegetable Casserole

prep time  
Serves 6

Prep Time: 15  
minutes  
Cook Time: 30  
minutes  
Ready In: 45  
minutes

Per Serving:  
589 cals  
42.9g fat  
35.4g carbs  
13.9g protein  
39mg cholesterol  
1435mg sodium

## Ingredients

- 2 (15 oz) cans mixed vegetables, drained
- 1 small onion, diced
- 1 (10.75 oz) can condensed cream of chicken soup
- 1 cup mayonnaise
- 1 cup cheese
- 36 round crackers, crushed

## Directions

1. Preheat oven to 350°F.
2. In a medium bowl, combine the mixed vegetables, onion, soup, mayonnaise, and cheese. Mix well and spread mixture into a 9x13 baking dish. Top with cracker crumbs.
3. Bake about 30 minutes, or until browned and bubbly.

# Healthy Macaroni Salad

prep time  
Serves 4

Per Serving:  
312 cals  
16.4g fat  
31.4g carbs  
10.1g protein  
109.9mg cholesterol  
406.9mg sodium  
1.7g fiber  
4.5g sugar

## Ingredients

- 1 cup elbow macaroni
- 4 cups water
- 1/2 cucumber
- 2 hard-boiled eggs, diced
- 1/2 cup cheese, diced
- 1/2 cup celery, diced
- 1/2 cup carrot, grated
- 1/2 cup mayonnaise
- 1 tsp. lemon juice

## Directions

1. Cook macaroni as directed on package.
2. Drain and chill, adding lemon juice to macaroni.
3. When chilled, add rest of ingredients and refrigerate till serving.



# Sweet Baked Corn

prep time  
Serves 6-8

Per Serving:  
185.5 cals  
7.9g fat  
24.7g carbs  
6g protein  
86.8mg cholesterol  
464.3mg sodium  
1.4g fiber  
11.7g sugar

## Ingredients

- 2 cups corn
- 2 tbsp. flour
- 1/4 cup granulated sugar
- 2 slightly beaten eggs
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 tbsp. melted butter
- 1 1/2 cups milk

## Directions

1. Mix sugar, salt, flour, milk, and eggs.
2. Add corn.
3. Bake at 375°F in a well-greased baking dish for 45 minutes or until firm.

# Roasted Corn Cheese Dip

prep time  
Serves 12

Prep Time: 15  
minutes  
Ready In: 35  
minutes

Per Serving:  
156 cals  
11g fat  
8g carbs  
7g protein  
33mg cholesterol  
190mg sodium  
1g fiber  
3g sugar  
141mg potassium  
150mg calcium  
0mg iron

## Ingredients

- 3 cups corn
- 2 cups cheese
- 8 oz cream cheese, cut into small pieces
- 1/8 tsp. cayenne pepper or chili powder



<http://www.eatingwell.com/recipe/250510/>

## Here's how...

- 1 Preheat oven to 375°F.
- 2 Coat a medium (10") cast-iron skillet with cooking spray; heat over medium-high heat. Add corn; cook, stirring occasionally, until mostly golden brown, 5 to 7 minutes. (corn kernels may "pop" as they brown.) Remove from
- 3 Bake until golden and bubbling, 18 to 20 minutes. Sprinkle the cheese dip with cayenne or chili powder and serve.



**DINNER**

# Tomato and Butter Pasta

prep time  
Serves 3

Per Serving:  
584 cals  
18.9g fat  
85.8g carbs  
18g protein  
150mg cholesterol  
539mg sodium

## Ingredients

- 1 (16 oz) package pasta
- 1 (8 oz) can tomato sauce
- 1/4 cup butter

## Directions

1. In a large pot with boiling salted water, cook pasta until al dente (firm). Drain.
2. Meanwhile, in a small saucepan, mix together the tomato sauce and butter. Simmer for 1 to 2 minutes.
3. Combine the cool and drained pasta with the tomato sauce. Cool for 5 minutes.

# Green Bean Corn Casserole

prep time  
Serves 8

Prep Time: 15  
minutes  
Cook Time: 40  
minutes  
Ready In: 55  
minutes

## Ingredients

- 1 (10 3/4 oz) can cream of celery soup
- 1 cup sour cream
- 1 cup shredded cheese
- 1/2 cup finely chopped onion
- 2 (14.5 oz) cans green beans
- 2 cups corn
- 1/4 cup crushed crackers
- butter flavor spray (optional)

1. Preheat oven to 350°F.
2. In a large bowl, combine soup, sour cream, cheese, and onion. Mix in corn and beans.
3. Transfer to 2 quart baking dish prepared with non-stick cooking spray (or run a stick of butter over the pan.) Cover, bake 25 minutes. Uncover, sprinkle crackers around outside edge. Spray crackers with butter flavored spray.
4. Bake for 15 more minutes.

# Cheesy Zucchini Casserole

prep time  
Serves 4

Prep Time: 20  
minutes  
Cook Time: 1  
hour  
Ready In: 1  
hour 20 minutes

Per Serving:  
437 cals  
32.4g fat  
18.7g carbs  
18.9g protein  
136mg cholesterol  
1076mg sodium

## Ingredients

- 4 slices bread, cubed
- 1/4 cup melted butter
- 2 cups cubed zucchini
- 1 onion, chopped
- 1 tsp. garlic salt
- 1 egg, beaten
- 2 cups shredded cheese

## Note:

- garlic powder can be substituted for garlic salt



<http://allrecipes.com/recipe/20867/cheesy-zucchini-casserole-i/>



## Here's how...

- 1 Preheat oven to 350°F. Place bread cubes in a medium bowl and pour melted butter over the bread. Add the zucchini, onion, garlic salt, and egg; mix well. Transfer the mixture into a 9x13 baking dish and top with cheese.
- 2 Bake, covered, in preheated oven for 30 minutes. Then uncover the dish and bake for another 30 minutes.

# Hamburger Pie

prep time  
Serves 6

Per Serving:  
460.1 cals  
12.1g fat  
66.5g carbs  
59.3mg cholesterol  
380.2g sodium  
9.9g fiber  
7.9g sugar  
23.6g protein

## Ingredients

- 1 lb lean ground beef
- 1/2 onion, chopped
- 1 (15 oz) can green beans
- 1 (10 3/4 oz) can tomato soup
- 5 potatoes
- milk; to mash potatoes
- 2 tbsp. butter
- salt
- pepper



<http://www.food.com/recipe/hamburger-pie-103358>

## Here's how...

- 1 Cook potatoes until tender, mash with milk, butter, salt,
- 2 While potatoes are cooking, brown ground beef and onions; drain off fat.
- 3 Drain liquid from green beans. Stir tomato soup and green beans into ground beef. Season to taste with salt and pepper.
- 4 Pour beef mixture into a 1 1/2 quart casserole dish.
- 5 Spoon mashed potatoes over the top.
- 6 Bake, uncovered, in a 350°F oven for 30 minutes.

Note: you may want to place a sheet of foil under the casserole dish, this tends to “bubble over”.

# Mexican Skillet Spaghetti

prep time  
Serves 4

Per Serving:  
467 cals  
11.5g fat  
52.7g carbs  
85.2mg cholesterol  
1023.7mg sodium  
3.7g fiber  
6.5g sugar  
36.9g protein

## Ingredients

- 1 lb extra lean ground beef
- 1/2 tsp. salt
- 1 (15 oz) can tomato sauce
- 4 3/4 cups water
- 1 1/2 (1 1/3 oz) packages taco seasoning
- 1/2 cup cheese
- 2 tbsp. instant minced onion (or finely chopped onion)
- 8 oz spaghetti, uncooked

## Note:

- can use 2 packages of taco seasoning if you prefer spicier foods

## Here's how...

- 1 In a Dutch oven or 12" skillet, brown ground meat. Add salt, tomato sauce, water, taco mix, and onion.
- 2 Bring to a boil; add spaghetti.
- 3 Simmer covered for 25 to 30 minutes or until spaghetti is tender, stirring frequently.
- 4 Sprinkle with cheese and serve.

# Pierogi Casserole

prep time  
Serves 12

Per Serving:  
363.7 cals  
22.9g fat  
32g carbs  
60.8mg cholesterol  
231.4mg sodium  
1.9g fiber  
2.7g sugar  
7.9g protein

## Ingredients

- 12 servings prepared instant mashed potatoes
- 1/4 lb cheese, grated
- 3 onions
- 1 1/4 cups butter
- salt and pepper
- 16 oz lasagna noodles, cooked



<http://www.jennycancook.com/recipes/polish-pierogi/>

Pictured above: Pierogies, main ingredient of the Pierogi Casserole.

## Here's how...

- 1 Preheat oven to 350°F.
- 2 Grease a 9x13" pan.
- 3 Sauté onions in butter.
- 4 Mix 1/2 of onion mixture, potatoes, and cheese.
- 5 Put a layer of noodles in greased pan.
- 6 Top with 1/3 of potato mixture.
- 7 Repeat until there are 3 potato layers and 4 noodles.
- 8 Bake 350°F for 1 hour. Let rest for 10 minutes before cutting.

# Sweet Potato, Corn, & Black Bean Hash

prep time  
Serves 2

Per Serving:  
317 cals  
6g fat  
57g carbs  
13g protein  
0mg cholesterol  
15g fiber  
13g sugar

## Ingredients

- 2 tsp. canola oil
- 3/4 cup water
- 2 onions, chopped
- 1 sweet potato, peeled and cut into 1/2" dice
- 2 cloves garlic, minced
- 2 tbsp. chopped fresh cilantro
- 2 jalapeno pepper, seeded and minced
- 4 tsp. ground cumin
- 1/2 tsp. salt and pepper
- 3/4 cup corn
- 1 (15 oz) can black beans, rinsed
- 1 lime, cut into wedges

## Note:

- Garlic powder can be substituted with minced garlic.



<http://www.eatingwell.com/recipe/248428/sweet-potato-corn-black-bean-hash/>



## Here's how...

- 1 Heat oil in a large cast-iron skillet, medium-high heat. Add onions, sauté until brown in spots, 3 to 5 minutes. Add sweet potato, cook; stirring until browns in spots, 5 to 7 minutes.
- 2 Stir in garlic, jalapeno, cumin, salt; sauté until fragrant, about 30 seconds.
- 3 Add water, cook, scraping brown bits, until liquid absorbs, 3 to 5 minutes.



# **DESSERTS/ SWEETS**

# Quick Peanut Butter Cookies

prep time  
Serves 36

Prep Time: 15  
minutes  
Cook Time: 8  
minutes  
Ready In: 40  
minutes

Per Serving:  
66 cals

## Ingredients

- 1 cup  
peanut butter
- 1 cup  
white sugar
- 1 egg
- 1 tsp.  
baking soda

## Directions

1. Preheat oven to 325°F.
2. In a medium bowl, mix together the peanut butter, sugar, egg, and baking soda until well blended. Roll dough into 1" balls. Place on ungreased cookie sheets.
3. Bake for 6 to 8 minutes in the preheated oven. Cool on cookie sheets until set, before transferring to wire racks to cool completely.

# Summer Berry Dumpling Cobbler

prep time  
Serves 4-6

Ready In: 50  
minutes



[http://www.food.com/  
recipe/summer-berry-  
dumpling-cobbler-244061](http://www.food.com/recipe/summer-berry-dumpling-cobbler-244061)

Per Serving:  
515.1 cals  
19.1g fat  
40.7mg cholesterol  
596mg sodium  
79.7g carbs  
1.7g fiber  
53.9g sugar  
8g protein

## Ingredients

- 1 (16 oz) package frozen berries or 1 (16 oz) package equivalent of fresh berries
- 1 cup sugar
- 1/8 cup butter
- 1/4 cup uncooked oats
- 1 (4 oz) package light cream cheese, softened
- 3/8 cup milk
- 1 cup & 2 tbsp. pancake mix

1. Preheat oven to 350°F.
2. Bring berries, butter, and 1/2 cup sugar to a boil and melt all sugar, stirring constantly.
3. Beat cream cheese and remaining sugar with a mixer until fluffy. Add milk, pancake mix, and oats; mix well. Dollop mixture over hot filling. Sprinkle dumplings with sugar.
4. Bake for 35 minutes or until golden brown.

# Grandma's Peach Cobbler

prep time  
Serves 6

Per Serving:  
490.8 cal  
16.7g fat  
85.3g carbs  
44.9mg cholesterol  
297.9mg sodium  
1.2g fiber  
70.9g sugar  
3.2g protein

## Ingredients

- 2 cups sliced peaches
- 2 cups sugar
- 1/2 cup butter
- 3/4 cup flour
- 2 tsp. baking powder
- 1 pinch salt
- 3/4 cup milk

## Directions

1. Mix peaches with 1 cup sugar.
2. Put butter in a deep square cake pan and set in the preheating oven (350°F.)
3. Stir up batter of the remaining sugar, flour, baking powder, salt, and milk.
4. Pour the batter over the melted butter. Do NOT stir.
5. Pout the peaches on top and bake for an hour until golden brown.

# Light Autumn Fruit Cakes

prep time  
Serves 8

Per Serving:  
161 cals

## Ingredients

- 1 zucchini
- 1 apple (peeled, cored, finely chopped)
- 1/2 cup peanut butter
- 1/4 cup honey
- 2 eggs
- 1/2 tsp. baking powder
- 2 tsp. ground cinnamon
- 1/4 tsp. grated nutmeg
- 1 pinch salt

## Directions

1. Heat the oven to 350°F. Grease 6 to 8 muffin tins.
2. Put all the ingredients in a mixing bowl and mix thoroughly.
3. Spoon into the tins and bake for 25 to 30 minutes until golden brown. Place on a wire rack to cool completely.

# Mom's Best Pumpkin Bread

prep time  
Serves 24

Per Serving:  
265.1 cals  
10.1g fat  
41.4g carbs  
31mg cholesterol  
270.8mg sodium  
.7g fiber  
25.5g sugar  
3.3g protein

## Ingredients

- 3 cups sugar
- 4 eggs
- 1 cup oil
- 1 1/2 tsp. salt
- 1 tsp. nutmeg
- 1 tsp. cinnamon
- 2/3 cup water
- 29 oz pumpkin
- 3 1/2 cups flour
- 2 tsp. baking soda
- 1/2 tsp. baking powder



<http://www.food.com/recipe/moms-best-pumpkin-bread-199619>



## Here's how...

- 1 In a large bowl, mix together ingredients in the order given.
- 2 Divide mixture into 3 greased loaf pans.
- 3 Bake at 350°F for approximately 1 hour or until toothpick inserted in middle comes out clean.