



THE UNIVERSITY OF TENNESSEE

**big orange**  
**pantry**

COOKBOOK



## BON APPÉTIT!

Welcome to the Big Orange Pantry Cookbook! This is a series of ten recipes with most ingredients found in The University of Tennessee's first ever food pantry. Each recipe is easy to prepare and can be altered to fit your specific needs.

### ENTRÉES

- 1) Mexican Rice Bowl
- 2) Sausage, Peppers, and Onion Sauté
- 3) Mixed Vegetable Fried Rice
- 4) Salmon Pasta

### BREAKFAST

- 5) Sweet and Spicy Avocado Toast
- 6) Coffee Oatmeal

### SIDES

- 7) Baked Potato Wedges
- 8) Fruit Salad

### SWEETS

- 9) Peanut Butter Banana Wrap
- 10) Apple "Donuts"

#### LOCATION:

Greve Hall | 821 Volunteer Blvd. | Ground Floor, Room G006

#### CONTACT:

The Office of the Dean of Students  
[bigorangepantry.utk.edu](http://bigorangepantry.utk.edu)



# MEXICAN RICE BOWL

## INGREDIENTS

- 2 Can Chicken
- 2 Tsp Oil
- 2 Cups rice
- 1/2 Cup Tomato, diced
- 1/2 Cup Onion, diced
- 1/2 Cup Bell
- Pepper, diced
- Salt to taste
- Pepper to taste

### Optional Toppings

- Shredded Cheese
- Sour Cream
- 1 Medium Avocado

## PREP TIME

TOTAL TIME: **40 MIN**

- Prep: 10 min
- Cook: 30 min

## DIRECTIONS

In a sauté pan, heat oil, then add onions and bell peppers. Cook until tender and the onion is slightly transparent. Add chicken and cook until heated through. Cook rice according to package instructions. In a bowl, layer the rice, onions and peppers, chicken, and diced tomato.

Add optional topping and enjoy!

## SERVING OPTIONS

Recipe makes two bowls. This easy meal is customizable to fit whatever ingredients you have in the pantry. For a vegetarian option, leave off the chicken and increase the vegetables or add beans. Salt and pepper are recommended, but any Mexican spices you have would be great additions to these bowls.



## SWEET N' SPICY AVOCADO TOAST

### INGREDIENTS

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- 1 Large Avocado
- 2 Pieces of Bread
- Red Pepper Flakes to taste
- Honey to taste
- Salt to taste

### PREP TIME

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TOTAL TIME: **8 MIN**

- Prep: 5 min
- Cook: 3 min

### DIRECTIONS

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Add toast to the toaster and cook to your preferred doneness. Prep avocado by slicing it around the pit. Remove the pit carefully by tapping the knife into the pit and twisting. Score the avocado and remove contents with a fork. Mash avocado into slices of toasted bread. Add salt and red pepper flakes. Drizzle honey and enjoy!

### SERVING OPTIONS

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Depending if you prefer sweet or spicy, you can alter the amount of spices and honey to your liking. Any bread works for this recipe and could also be done with a toasted tortilla. If you do not own a toaster, you can toast the bread using the oven or the stovetop. For some crunch, add a few of your favorite seeds or nuts on top.



# PEANUT BUTTER BANANA WRAP

## INGREDIENTS

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- 2 TBSP Peanut Butter
- 1 Banana
- 1 Tortilla

### Optional Ingredients

- 1 Handful of oats
- Drizzle of Honey

## DIRECTIONS

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Lay tortilla out flat. Spread your favorite peanut butter on the tortilla, leaving about a half an inch margin around the edges of the tortilla, lay out pieces of banana on peanut butter. Add oats for crunch and honey for sweetness and enjoy!

## SERVING OPTIONS

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This is a great option for breakfast or even a fulfilling snack before a long night of studying. If you would like some texture on the tortilla, you could wrap it up and heat it in a pan with oil or butter on each side for five minutes. If you do not have oats, you can substitute with your favorite cereal!

## PREP TIME

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TOTAL TIME: **10 MIN**

- Prep: 10 min
- Cook: 0 min



# SAUSAGE, PEPPERS, & ONION SAUTÉ

## INGREDIENTS

- Four Sausage Links
- One Red Pepper, sliced
- One Yellow Pepper, sliced
- One Onion, cubed
- One TBS Olive Oil
- 1/2 Cup Chicken Broth
- Salt, to taste
- Pepper, to taste

### Optional Ingredients

- Italian Seasoning, to taste
- One Cup Broccoli

## PREP TIME

TOTAL TIME: **25 MIN**

- Prep: 10 min
- Cook: 15 min

## DIRECTIONS

Add olive oil to a large saute pan on medium high heat. Place sausage links in the pan and cook on either side for 2 minutes, just browning the outer layer. Set sausage aside and slice after two minutes off the heat (sausage will NOT be cooked through). Add onions, then after two minutes, add bell peppers and seasonings. Cook until onions are translucent. Add chicken broth then add sliced sausage to the skillet. Cover and cook for ten minutes on medium heat. Uncover and enjoy!

## SERVING OPTIONS

Recipe makes two servings. Any oil or broth will work for this recipe. These sauteed onions and bell peppers could be added to soups, tacos, or healthy bowls as well. For meat substitutes, canned chicken, canned tuna, or beans would be delicious as well. You can also add and take away different vegetables based on what you have, and can pair the meal with rice or a piece of toast.



# BAKED POTATO WEDGES

## INGREDIENTS

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- Two Potatoes
- One TBS Olive Oil
- Salt, 2 TBS
- Pepper, to taste

### Optional Ingredient

- Italian Seasoning, to taste

## PREP TIME

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TOTAL TIME: **55 MIN**

- Prep: 15 min
- Cook: 40 min, flipping halfway through baking

## DIRECTIONS

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Preheat the oven to 400 degrees fahrenheit. Slice potatoes into wedges. Add potato wedges into a bowl of two tablespoons of salted water for 5 minutes. Pat potatoes dry with paper towels and then add them to a baking sheet. Top the potatoes with olive oil and spices. Toss until evenly coated. Bake for 40 minutes, flipping halfway through cooking. Add your favorite dipping sauce and enjoy!

## SERVING OPTIONS

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You can use any kind of potato or oil with this recipe. You can also slice them any way you like. If you slice them thinner than wedges, keep a close eye on them while they bake because they will be done faster. Serve as a side dish for two paired with any of your favorite dips.



# MIXED VEGETABLE FRIED RICE

## INGREDIENTS

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- 2 Cups Rice
- 1 Can Mixed
- Vegetables
- 1 Can Peas
- 1 Egg or 1 serving of Liquid Eggs
- 1 TBSP olive oil

### Optional Ingredient

- 1 TBSP Soy Sauce

## PREP TIME

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TOTAL TIME: **50 MIN**

- Prep: 10 min
- Cook: 40 min, according to rice instructions

## DIRECTIONS

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Cook rice following package instructions. Refrigerate rice for 30 minutes to 1 hour. In a saute pan, add olive oil. Add rice and fry for 7 minutes. Add vegetables. Once vegetables are heated scrape pan contents to one side and add 1 egg to the pan. Scramble egg and add to rice. Season with soy sauce throughout cooking and enjoy!

## SERVING OPTIONS

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This is a yummy and filling recipe that can be used as a side or a main vegetarian dish. It can feed multiple people or it can be stored in the fridge for up to 7 days for meal prep.





# APPLE “DONUTS”

## INGREDIENTS

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- 2 Apples of your choice
- 1 Cup chocolate of your choice (such as chocolate chips, or broken up chocolate bars)
- Any candy toppings you have on hand!

## DIRECTIONS

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Cut the apple vertically, about 1/2 an inch thick. Use a spoon to cut out the core section of the slices in a circular motion. Melt chocolate in the microwave in 30 second increments. Drizzle chocolate on apples. Top with whatever sweet treats you have on hand and enjoy!

## PREP TIME

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TOTAL TIME: **5 MIN**

- Prep: 5 min
- Cook: 0 min

## SERVING OPTIONS

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This is a healthier way to enjoy desert and a fun activity to do with family or friends. This is extremely customizable as well. If you do not like chocolate, use caramel or whipped cream! Have fun and be creative!



# SALMON PASTA

## INGREDIENTS

- 1 Can Pink Salmon
- 1 Bag Spaghetti Pasta
- 1 Can Cream of Mushroom
- Salt, to taste
- Pepper, to taste

### Optional Ingredient

- 1 Can Peas
- 1/2 Cup Milk

### Optional Topping

- Cheese of your choice

## PREP TIME

TOTAL TIME: **25 MIN**

- Prep: 5 min
- Cook: 20 min

## DIRECTIONS

Cook pasta according to package directions. In a pan, add cream of mushroom soup, peas and salmon. To thin sauce out, add 1/2 cup water or milk. Add cooked pasta and coat pasta in sauce. Add salt and pepper and serve with cheese on top and enjoy!

## SERVING OPTIONS

This pasta would be great on a cold day when you need some comfort food. Any type of pasta noodle, like bowtie or macaroni could work as well. This serving can feed up to four people and can also be stored for 3 days in the refrigerator for meal prep. It could be served with a piece of toasted bread and is a great option for dinner.



# COFFEE OATMEAL

## INGREDIENTS

- 1 Cup Quick Oats
- 1/4 Cup Coffee Grounds

### Optional Ingredient

- Milk

### Optional Topping

- Peanut Butter
- Raisins
- Peaches

## PREP TIME

TOTAL TIME: **5 MIN**

- Prep: 3 min
- Cook: 2 min

## DIRECTIONS

Cook oats according to package directions with either milk or water, except add your coffee grounds. When ready, add your favorite toppings and enjoy!

## SERVING OPTIONS

This is a very versatile breakfast that you can customize with what you have on hand. The coffee adds some extra flavor and extra energy to your dish. It is a great way to change up a typical bowl of oatmeal. You can even add in the peanut butter or fruit of your choice during the cook time to make them even more delicious.



# FRUIT SALAD

## INGREDIENTS

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- Canned Fruit Cocktail
- Canned Peaches
- Canned Mandarin
- Oranges
- 1 Packet Applesauce
- 1 Lemon or Lime

## DIRECTIONS

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Combine all fruits into a bowl. Add applesauce to taste. Squeeze one half of lemon juice or lime juice on fruit, stir, and enjoy!

## PREP TIME

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TOTAL TIME: **10 MIN**

- Prep: 10 min
- Cook: 0 min

## SERVING OPTIONS

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This fruit salad can be eaten with a fork on its own, put over a bed of lettuce, on top of some yogurt, or a garnish to oatmeal! It can be served as a sweet side dish or added to a meal. You can add any fruit that you have on hand besides bananas, which brown if they are not immediately eaten.