Tips:

Taco Spaghetti

- Cook the spaghetti noodles separate from the stockpot or cook with 1.5 cups of water instead of 3
- Can add corn and black beans, jalapenos for a spicy kick
- In replacement of water you can use beef broth
- I did it without tomato paste because I did not have it, and the dish was still great!
- I also made my own taco seasoning for this recipe however you can use the packet like mentioned down below

Sloppy Joe Pie

- Did not use a 9-in pan, I used a 8-in. cake pan
- I used dry milk instead of whole milk, and followed what makes a cup of whole milk on the container of the dry milk
- If you do not have the sloppy joe mix, you can use Ketchup, bottled barbecue sauce, chili powder, onion powder, garlic powder, black pepper, and basil
- Lactose intolerance you can opt out on the cheese, and replace the milk with water
- For my sloppy joe mix, I used half of this mix:
    - 3 Tbsp. brown sugar
    - 1 Tbsp. minced onion
    - 1 Tbsp. smoked paprika or regular paprika
    - 1 tsp ground cumin
    - 1 tsp garlic salt
   - 1 tsp salt
    - 1 tsp black pepper

RESOURCES:

Taco Spaghetti: Ochi Scobie. One-Pot Taco Spaghetti. https://tasty.co/recipe/one-pot-taco-spaghetti. Accessed February 10, 2021.

Sloppy Joe Pie: Sloppy Joe Pie. https://www.tasteofhome.com/recipes/sloppy-joe-pie/. Accessed March 10, 2021.

Sloppy Joe mix: Erin. Homemade Sloppy Joe Mix. https://www.5dollardinners.com/homemade-sloppy-joe-mix/. Published September 9, 2019. Accessed March 10, 2021.
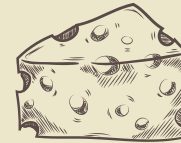
My opinions:

- Taco Spaghetti: Delicious and tasted like tacos to me.
- Sloppy Joe Pie: Sweet and went well with the biscuits.
- If you want more tips you can go to the websites.
- Replace the ingredients or use what you have in your kitchen

https://www.queensu.ca/gazette/stories/more-food-banks-are-needed-during-coronavirus-pandemic

FOOD PANTRY ITEMS' RECIPE

By Christina Lao, Dietetic student from California State University of Fresno

Sloppy Joe Pie

Ingredients:
- 1 lb ground beef
- 1/2 cup onion, chopped
- 1 can (8oz) tomato sauce
- 1 can (8.75 oz) whole kernel corn, drained
- 1/4 water
- 1 packet of sloppy joe mix
- 2 tubes (6 oz each) refrigerated buttermilk biscuits
- 2 Tbsp. whole milk
- 1/3 cup cornmeal
- 1 cup shredded cheddar cheese
- minced fresh parsley, optional

DIRECTIONS

1. Preheat oven to 375°. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in tomato sauce, corn, water and sloppy joe seasoning; cook over medium heat until bubbly. Reduce heat and simmer for 5 minutes; remove from heat and set aside.
2. Separate biscuits; flatten each to a 3-1/2-in. circle. Place milk and cornmeal in separate shallow bowls; dip both sides into milk and then into cornmeal. Place seven biscuits around the sides and three on the bottom of an ungreased 9-in. pie plate.
3. Press biscuits together to form a crust, leaving a scalloped edge around rim. Sprinkle with 1/2 cup cheese. Spoon meat mixture over cheese.
4. Bake until crust is deep golden brown, 20-25 minutes. Sprinkle with remaining cheese and, if desired, fresh parsley. Let stand 5 minutes before serving.

TACO SPAGHETTI

Ingredients:
- 1 Tbsp. olive oil
- 1 lb ground beef
- 1/2 cup yellow onions, diced
- 4 1/2 Tbsp. Taco seasoning or 1 packet of taco seasoning
- 1 Tbsp. tomato paste
- 10 oz canned diced tomatoes
- 8 oz spaghetti noodles
- 3 cups water
- 1/2 cup cheddar cheese
- 1/2 cup mozzarella cheese
- 1 Roma tomato, diced
- 2 Tbsp. fresh cilantro (optional)
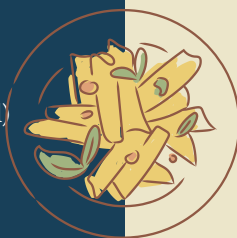
Directions:

1. Heat olive oil in a large stockpot over medium-high heat. Add ground beef, yellow onions, and taco seasoning. Cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks.
2. Stir in tomato paste and diced tomatoes, then stir.
3. Add spaghetti and water. Bring to a boil; cover, reduce heat, and simmer until pasta is cooked through, about 15 minutes.
4. Remove from heat and top with cheddar cheese, mozzarella cheese, Roma tomato, and cilantro. Mix until cheese is melted.
5. Serve immediately. Garnish with additional tomato and cilantro, if desired.