



25

ANNIVERSARY

EMPTY BOWLS

BENEFITING NORTH TEXAS FOOD BANK

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COOKBOOK

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MAIN DISHES





EMPTY BOWLS 2025 PRESENTING SPONSOR



Orange-Ginger Salmon

INGREDIENTS

- ¼ Cup Orange Juice
- 2 Tbsp Lite Soy Sauce
- 1 Tbsp Olive Oil
- 1 Tbsp Lime Juice
- 2 Cloves Garlic (minced)
- ½ Tbsp Ginger Root (grated, peeled)
- 1 Lb Salmon Fillet or Steak, cut into 4 portions
- 1 Tbsp Brown Sugar
- 1 tsp Freshly Ground Pepper

DIRECTIONS

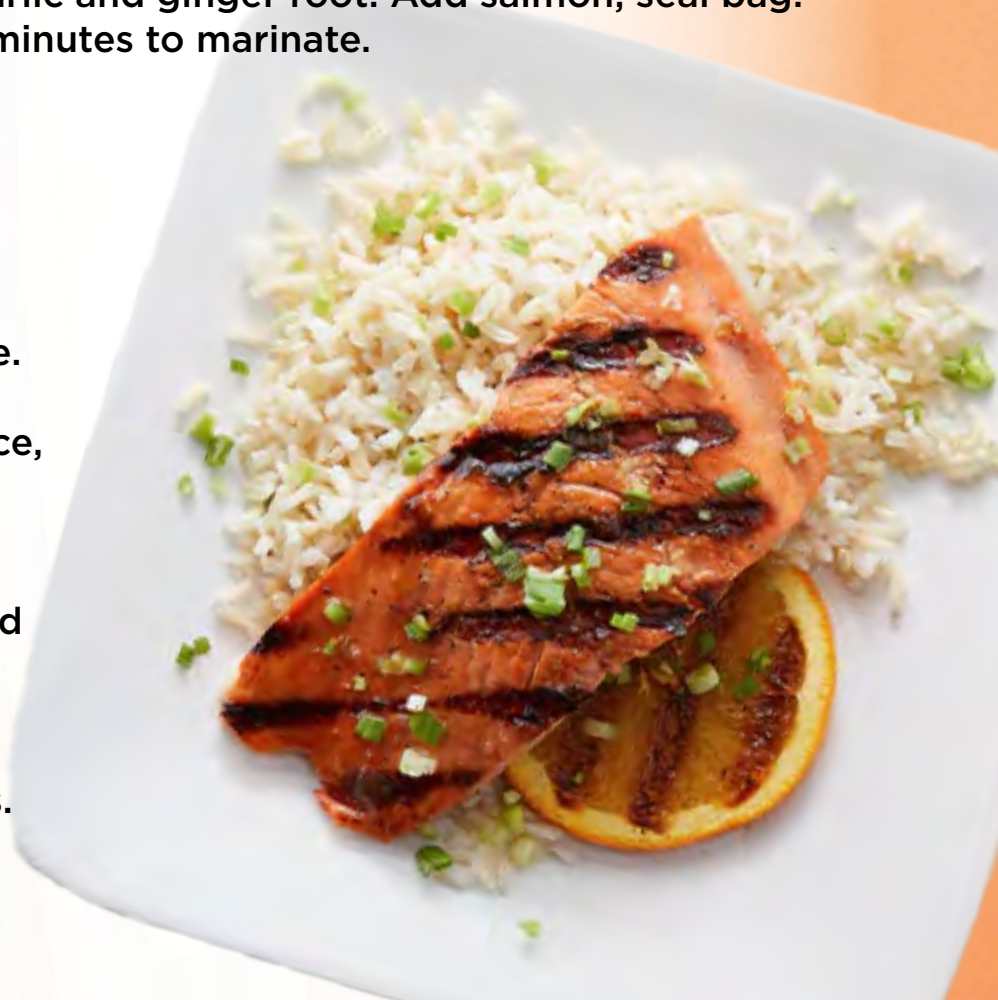
1) In a large resealable plastic food-storage bag, combine orange juice, soy sauce, oil, lime juice, garlic and ginger root. Add salmon; seal bag. Turn to coat. Let stand 20 minutes to marinate.

2) Coat grill grate with cooking spray. Preheat grill to medium-high heat.

3) Remove salmon from marinade; discard marinade. Place salmon on grill; cover grill. Grill, turning once, 8-10 minutes until internal temperature is 140°F.

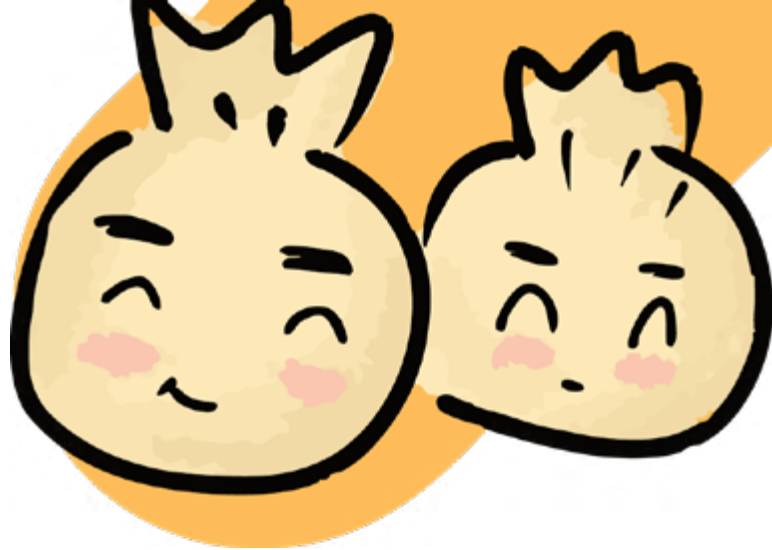
4) Serve on a bed of cooked brown rice with a side of vegetable.

5) Refrigerate any leftovers.



Chicken Dumplings

Chef Uno Brands Recipe



INGREDIENTS

- 2 Lbs Ground Chicken
- 4 Tbsp Lao Herb Oil
- ½ Cup Green Onions, Sliced
- ½ Cup Cilantro, Chopped
- 1 Cup Chopped Carrots
- ½ Cup, Diced White Onion
- ½ tsp White Pepper
- 1 Tbsp Soy Sauce
- 1 tsp Sugar
- 1 tsp Kosher Salt
- 2 Eggs
- 1 Package Round Dumpling Wrappers
- 1 Egg to Seal Dumplings

DIRECTIONS

Step 1

For the filling: In a large bowl, add the ground chicken with all the ingredients below it to a bowl and mix well.

Step 2

To fold the dumplings: Place 1 tablespoon filling in the center of each and fold in half to make a half-moon shape, pleating the edges to seal well. Repeat until filling is used.

Dumplings can be placed on a parchment paper lined baking sheet until ready to be cooked or frozen. If freezing place baking sheet in freezer so the dumplings don't stick together. Once frozen place them in an airtight bag.

Step 3

To cook: Heat sauté pan to medium high heat, place enough oil to coat the bottom of the pan. Place flat side of dumplings in the pan, don't over crowd to allow them to brown, 1-2 minutes. Flip dumpling to other side, add ¼ cup of water and then place lid. Cook for an additional 2 minutes (may take longer if frozen). Remove lid, plate and garnish with green onions.



Pad Thai

Chef Nikky Phinyawatana

INGREDIENTS

- 4 oz of rice noodles
- 4 Tbsp vegetable oil
- 4 oz of firm tofu, strained and cut into ¼-inch cubes or strips
- 8 shrimp
- 2 eggs
- 2 Cups bean sprouts
- 2 scallions, cut into 2-inch pieces

DIRECTIONS

- 1) Heat oil in a large non-stick wok or skillet over medium high heat. Fry tofu until crisp and remove with a slotted spoon. Set aside.
- 2) Add shrimp and cook until no longer translucent. Add eggs, stirring to scramble, and cook until set. (For vegetarians, stir-fry vegetables until they begin to soften, 2 to 3 minutes.)
- 3) Add noodles and tofu and up to ¼ cup water to steam the noodles. Cook until noodles are soft, about 2 to 4 minutes.
- 4) Once noodles are soft, add Pad Thai sauce. Stir fry for 2 to 3 minutes until all sauce is absorbed into noodles. When liquid is absorbed, remove wok from heat. If your wok is not hot enough, you will see a lot of juice in the wok at this point.
- 5) Add 1 cup of bean sprouts and all scallions. Toss to combine.

Serve immediately topped with remaining fresh bean sprouts and crushed peanuts.

FOR VEGETARIANS

substitute meat for 1 cup vegetables of choice, sliced thin (about ⅛-inch thick)

GARNISH

- Bean sprouts
- Crushed unsalted peanuts



Pulled Pork Croquettes with Creole Aoli & Bacon

Patrick Riddles, Lockhart Smokehouse

PORK MIX

- 5 oz by weight fresh white bread, crustless, cubed (about 5 slices)
- 1 ½ cup dressing (see below)
- 2 Lbs shredded pork butt

DRESSING

- 3 eggs
- 1 Cup mayo
- 3 Tbsp of Lockhart Smokehouse BBQ sauce
- 1 tsp of Lockhart Smokehouse Pork & Chicken Rub, plus Jerk Seasoning, and Chili powder to taste

PROCESS:

In a medium bowl, mix dressing ingredients together and add cubed bread crumbs and let soak for 5 minutes. Then gently fold the shredded pork into the bread mixture just until incorporated. Portion into small balls, about a golf ball size, and place onto a lightly greased cookie sheet. An ice cream scoop works nicely to form. Should make about 28-30 croquettes depending on size.

Bake at 375°F for 12-15 minutes, or until golden brown. Taste and sprinkle with a touch more pork rub if needed.

TOPPINGS

Creole Aoli

- 1 ½ Cup creole mustard
- 1 Cup mayo
- 1 Tbsp freshly chopped garlic
- ½ of a lemon (juice)

Mix all ingredients together and place small amount of creole aoli on top of the Pulled Pork Croquette. If you want a bit of extra pork crunch, top with cooked bacon, cut into 1-inch squares (Bacon is optional).

Trader Joe's Mustard Garlic Aoli is also a nice substitute if you are pinched for time.



Bacon Jalapeño Popper Grilled Cheese

Signature Sandwich Recipe

Freshly Roasted Jalapeños, Sour Cream, Bacon, Cream Cheese, Jack & Cheddar Cheeses and Spicy Pepper Jam on White Bread.

INGREDIENTS

- 4 oz Jalapeños roasted and sliced
- (or two fresh Jalapeños)
- 2 oz Cream Cheese
- 2 oz Spicy Pepper Jam
- 3 oz Bacon (cooked & crumbled)
- 3 oz Monterey Jack & Cheddar Cheese (shredded and mixed together)
- 2 oz Sour Cream
- 2 Slices White Bread
- Butter for griddle

DIRECTIONS

- 1) Lay first bread slice on a buttered griddle.
- 2) Layer ingredients beginning with cream cheese followed Spicy Pepper Jam.
- 3) Next, add Crumbled Bacon and then layer on Mixed Cheeses.
- 4) Top with Roasted Jalapeno Slices.
- 5) Cook on griddle until the ingredients begin to melt.
- 6) Add sour cream on top.
- 7) Close sandwich with second slice of white bread, flip and continue cooking until the inside is completely melted and the bread is toasted to perfection!



CIRCLE RANCH

Chef Dan Landsberg

Beef Chili

PREP TIME: 20 MINUTES - COOK TIME: 30-40 MINUTES - SERVING SIZE: 8-10

INGREDIENTS

- 2 Lbs Ground Beef 75/25 blend
- 2 Tbsp Corn Oil
- 3 Tbsp Mild New Mexico Chili
- 1 ½ tsp Chipotle Powder
- 1 Tbsp Guajillo Powder
- 1 Tbsp Light Ancho Chili Powder
- 2 tsp Cumin Ground
- 2 Tbsp Ground Black Pepper
- 2 Tbsp Kosher Salt
- Chopped Fresh Thyme
- 1 Cup Yellow Onion Small Dice
- 1 Cup Carrot Small Dice
- 1 Cup Beet Small Dice
- 1 Cup Parsnip Small Dice
- 2 Cups Portobello Mushroom Cap Gills Removed Small Dice
- 2 Tbsp Garlic Puree
- ½ Cup Corn Flour
- 6 each Shiner Bock Beer Bottles
- 4 Cups Tomatoes Diced - Canned

DIRECTIONS

1) Combine Spices and reserve.

2) Heat 4 quart Heavy Gauged Stainless Steel or Enamel Coated Cast Iron Pot over medium high heat.

3) Once the pot is hot, add corn oil and heat until it just begins to smoke lightly. Add beef and brown well.

4) Once beef is browned, remove from pot leaving the fat/oil in the pot. Add mushrooms and brown. Once mushrooms are browned, add onions and garlic and sweat until translucent. Once translucent, add carrots, parsnips and beets and cook two minutes.

5) Add spices and bloom in the heat of the vegetables. Once bloomed and you smell the aromatics, add the beef back in and stir well coating the beef with spices and fond in the pan.

6) Once all is mixed well, add Shiner Bock Beer and tomatoes. Bring to a simmer and remain simmering until the carrots, beets and parsnip are soft.

7) Once vegetables are soft, whisk in Corn Flour ensuring no clumps form. Continue cooking at a light simmer to cook the raw flavor out and allow the chili to thicken.

8) Once the consistency is a medium thickness, taste. Adjust seasoning to your liking and top with your favorite condiments.





Mussels in Tomatillo Sauce

From the Kitchen of Chef Proprietor Salvatore Gisellu

Serves 4-6

INGREDIENTS

- 3 Lbs fresh mussels, cleaned
- 1 Tbsp chopped garlic
- 1 Tbsp extra virgin olive oil
- ½ Cup dry white wine
- 3 Cups green tomatillo sauce
- Toasted flatbread

Green Tomatillo Sauce:

- 2 Lbs green tomatillos, cut in half
- 2 jalapeños, cut in half
- 5 whole cloves of garlic
- 1 small yellow onion, cut in half
- 2 Tbsp fresh cilantro, chopped
- Juice of 3 limes
- 2 Tbsp Tequila
- Salt & Pepper

DIRECTIONS

Preheat oven to 350°F.

Combine tomatillos, jalapeños, garlic and onions in mixing bowl and season with salt, pepper and olive oil. Place on baking sheet and roast in oven for 25 minutes until browned.

Remove from oven and put in blender with cilantro, lime, salt, pepper, and tequila, making sure all juices from the roasting pan are added to the blender. Blend until smooth.

Heat large sauce pan or wok to medium high heat.

Add olive oil and garlic to pan and sauté for 2 minutes.

Add mussels and stir in white wine, cooking for 2-3 minutes until mussels open.

Add tomatillo sauce and bring to boil.

Serve with toasted flatbread.



Adam's Soup

Adam Ziegler, Ambit Energy

INGREDIENTS

- 1 Lb Ground Beef
- 1 Cup Onion (any kind, chopped)
- 30 oz Chunky Style Garden or Similar Vegetable Marinara Sauce
- 16 oz Frozen Mixed Vegetables
- 10.5 oz Beef Broth
- 2 Cups Water
- 1 Cup Celery (sliced)
- 1 tsp Sugar
- 1 tsp Salt
- ½ tsp Pepper
- 1 Can Rotel Tomatoes
- 1 Cup Elbow Macaroni
- 2 Cloves Garlic (minced)

DIRECTIONS

1) Cook ground beef, chopped onion and minced garlic until beef is brown, then drain fat.

2) Add remaining ingredients and bring to a boil.

3) Cover and reduce heat. Simmer for 30 minutes or until vegetables are tender.



Chicken & Rice

Krista Flowers, Ambit Energy

INGREDIENTS

- 2 Cans Chicken Broth (14.5 oz)
- 2 Cans French Onion Soup (10.5 oz)
- 4 Cups Rice
- Shredded Chicken (desired amount)
- 8 oz butter
- Salt and Pepper (to taste)

DIRECTIONS

- 1) Mix chicken broth, French Onion soup, rice, chicken, and salt and pepper in a glass 13x9 baking dish.
- 2) Slice the butter and place it over the top of the mixture. Cover with foil.
- 3) Bake in preheated oven at 350°F for 45 minutes, remove foil and continue to bake for an additional 15 minutes or until bubbling.



Chicken Pot Pie

Sarah Butler, Ambit Energy

INGREDIENTS

- 1 Can White Premium Chicken Meat (12.5 oz)
- 1 Can Veg-All Original Mixed Vegetables (29 oz)
- 1 Box Rolled Pie Crust
- 8 oz Cream Cheese (very soft)
- Tony's Seasoning
- Pepper

DIRECTIONS

- 1) Using a deep-dish pie pan, roll out one crust into dish.
- 2) In a bowl, soften cream cheese and add can of chicken with broth. Mash and stir well.
Add drained Veg-All, Tony's Seasoning and pepper (to taste). Pour into pie crust.
- 3) Dampen edge of pie crust with water to allow the pie crust to stick together.
- 4) Unroll second pie crust to cover the top of filling. Press edges of pie crusts together.
- 5) Cut about five slits in the top of the crust to vent. Spray top of pie crust with cooking spray and sprinkle Tony's Seasoning on top.
- 6) Put pie pan on foil-covered cooking sheet. Bake in preheated oven on 400°F for about 15-20 minutes. Turn oven down to 350°F. Continue cooking until bubbling and light brown.



Cajun Cabbage

Joe Crawford, Dispatch Coordinator, North Texas Food Bank

With over 30 years of service, Joe is the most tenured employee at NTFB! He is well known for his cooking skills and is often referred to as Chef Joe.

INGREDIENTS

- 2 Tbsp Olive Oil
- 1 Onion
- 1 tsp Minced Garlic
- 1 Can Rotel, Drained
- 1 Lb Andouille Sausage
- ½ Lb Deveined Shrimp (uncooked)
- 1 Small Cabbage
- ½ Cup Chicken Broth
- Salt and Pepper
- Cajun Seasoning

DIRECTIONS

- 1) Turn stove on to medium heat and add oil to large skillet with lid. Once oil is hot, add sausage and cook down. Remove sausage and set aside.
- 2) Add shrimp with Cajun Seasoning. Cook until almost done. Remove from pan.
- 3) Add onions and garlic and cook until soft.
- 4) Add shredded cabbage, drained Rotel and chicken broth. Stir.
- 5) Cook cabbage until soft but still has a bite.
- 6) Once cabbage is tender, add the cooked sausage and shrimp back to the skillet. Be careful to not overcook the shrimp.
- 7) Taste and add additional salt, pepper and Cajun Seasoning as needed.



Simple, Heart-Healthy Chili

Nutrition Team, North Texas Food Bank

Chili is a Texas staple and thanks to these tips from North Texas Food Bank's Nutrition Team, you can enjoy it while keeping heart health in mind.

INGREDIENTS

- 1 Carton Low-Sodium Chicken Broth
- 1 Large Can Low-Sodium Canned Chicken
- 1 Can Petite Diced Tomatoes (14.5 oz)
- 1 Can Kidney Beans (14.5 oz)
- 1 Bag Frozen Corn (10 oz)
- 1 Packet Chili Seasoning (low sodium if possible)
- Small bag of Shredded Cheddar or Colby Jack Cheese
- Green Onions, diced (for garnish, optional)

Nutrition Education Specialist Ashton Hinckley says eating healthier can be as simple as swapping regular beans or tomatoes for the low-sodium version. In this chili, she also adds low-sodium chicken to introduce a lean, heart-healthy protein. Not up for chicken? Ashton says the recipe is versatile depending on your palate. "You could use light and dark kidney beans or black beans to make it vegetarian," she says. "You can use shredded chicken or canned."

DIRECTIONS

- 1) Place a sauce pan on a stove or burner on medium heat.
- 2) Drain beans and add to pan. Drain chicken and add to pan.
- 3) Add tomatoes, corn and chili seasoning to pan.
- 4) Pour chicken broth into pan until all ingredients are well covered by broth. Stir.
- 5) Turn burner up to high until the chili begins to boil (3-5 minutes).
- 6) Stir, breaking chicken apart.
- 7) Once boiling, lower heat to low and let simmer for 5-10 minutes.
- 8) Once finished, top with green onions and cheese as desired.



Looking for more healthy recipes? Visit ntfb.org/nutrition-services.

Mama Dow's Famous Spaghetti Casserole

Danielle Dow, Corporate Giving Manager, North Texas Food Bank

This is the first dish Danielle's husband made for her while they were dating. Now married almost 7 years, she says adjust the spices to your liking — she usually adds a little more!

INGREDIENTS

- 1.5 Lbs Ground Beef
- 1 Large Onion (chopped)
- 3 Cloves of Garlic (crushed)
- 1 Can Cream of Mushroom Soup (10.75 oz)
- $\frac{3}{4}$ Cups Water
- 1 Can Chopped Tomatoes (undrained, 14-16 oz)
- 2 Tbsp Chili Powder
- 1 tsp Salt
- 1 tsp Pepper
- 8 oz Spaghetti
- 2 oz Sharp Cheddar (cut in small cubes)
- 1 Cup Shredded Sharp Cheddar Cheese

DIRECTIONS

- 1) Cook first 3 ingredients in Dutch Oven, stirring until meat is cooked and crumbles. Drain and return to Dutch Oven.
- 2) Stir in soup and next 4 ingredients.
- 3) Bring to a boil over medium heat. Cover, reduce heat and simmer for roughly 1 hour.
- 4) Cook spaghetti and drain. Stir spaghetti and cheese cubes into meat mixture. Spoon into lightly greased baking dish and sprinkle with cheese and bake for 20 minutes (uncovered).



VEGETABLES AND SIDES



SHRIMP CEVICHE

Senior Executive Chef Daniel Pittman

Shelf Life: 5 days

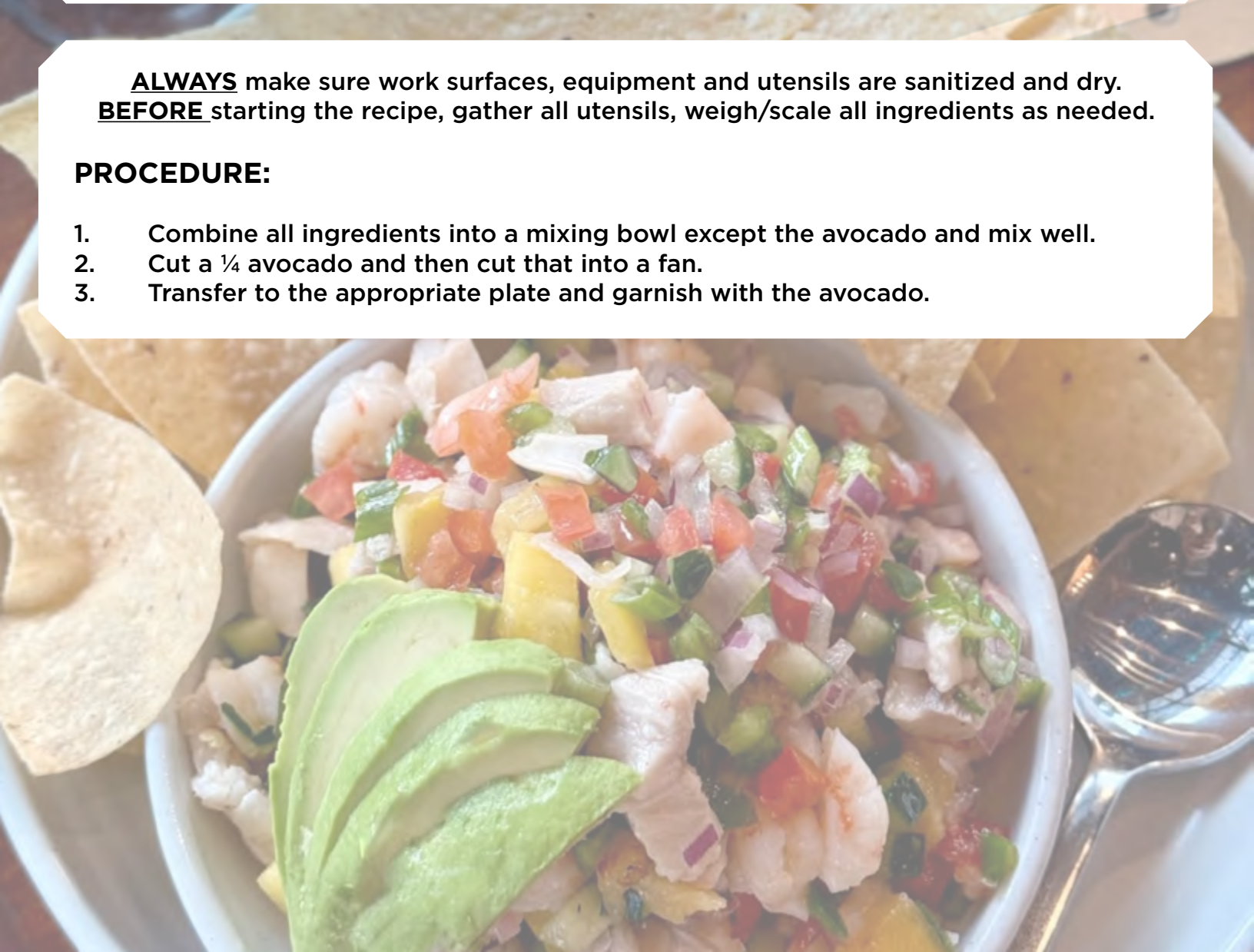
INGREDIENTS

- | | | | |
|------------------------------|--------|---------------|--------|
| • 31/40 shrimp (cut smaller) | 3 oz | • Kosher salt | 1 tsp |
| • Corvina diced | 2 oz | • Cilantro | .25 oz |
| • Cucumber | 1.5 oz | • Avocado | .25 ea |
| • Red Onion | 1.5 oz | • Lime Juice | 2 oz |
| • Serrano | 1.5 oz | • Olive Oil | 1 oz |
| • Grilled Pineapple | 1.5 oz | | |

ALWAYS make sure work surfaces, equipment and utensils are sanitized and dry.
BEFORE starting the recipe, gather all utensils, weigh/scale all ingredients as needed.

PROCEDURE:

1. Combine all ingredients into a mixing bowl except the avocado and mix well.
2. Cut a $\frac{1}{4}$ avocado and then cut that into a fan.
3. Transfer to the appropriate plate and garnish with the avocado.



Maque Choux

JacQue Lyons, Sr. Administrative Coordinator, North Texas Food Bank

JacQue grew up in Louisiana and often shares her love of Cajun and Creole food with the staff! Her recipes always draw a crowd at every event and potluck!

INGREDIENTS

- 6 Corn on the Cob (corn removed from the cob)
- 1 Cup Yellow Onion
- ½ Cup Red Onion
- ½ Cup Green Onion
- 1 Cup Bell Pepper (green, red, yellow)
- 1 Tbsp oil or butter
- ½ Cup Cilantro
- 1 Clove Garlic
- ½ Cup Celery
- 1 Tbsp Butter or Olive Oil
- 1 tsp Salt
- 1 tsp Pepper

DIRECTIONS

- 1) In a large skillet, add butter or oil. Add bell pepper and celery; sauté for 4-5 minutes.
- 2) Add onions; sauté until transparent.
- 3) Add corn, garlic and cilantro; cook for another 4-5 minutes.
- 4) Season to taste.

ADDITIONS

You can add any of the following: Cooked Chicken, Smoked Sausage, Shrimp, Bacon, Cooked Fajita Meat, Crawfish and Scallops.



Pasta Salad

Valarie Gray, Senior Administrative Coordinator, North Texas Food Bank

In addition to working at NTFB, Valarie is also a published author! She says her family requires this dish at almost any family gathering, even when it doesn't really go with the menu.

INGREDIENTS

- 1 Small Pkg Rotini, Colorful Noodles
- 1 Small Pkg Turkey Pepperoni
- 1 Small Container Cherry Tomatoes
- 1 Medium Cucumber
- 1 Small Jar Sliced Black Olives
- 1 Large Container Italian Dressing
- Parmesan Cheese

DIRECTIONS

- 1) Boil and cook noodles, then drain.
- 2) Slice turkey pepperoni in half.
- 3) Slice cherry tomatoes in half.
- 4) Cut cucumber in half, then slice in small pieces.
- 5) Drain black olives.
- 6) Add all ingredients above with the colorful noodles in large bowl.
- 7) Mix all together while adding dressing to your satisfaction.
- 8) Sprinkle with parmesan cheese.
- 9) Eat immediately or chill for 30 minutes.



Potato Soup

Peggy Bender

Peggy is the grandmother-in-law of Brandon Boling, Sr. Community Impact Specialist at North Texas Food Bank. Enjoy her prize-winning soup!

INGREDIENTS

- 3 (at least) Large Potatoes (peeled and cut)
- 2 Cans of Chicken Broth (14 oz)
- 1 Can Cream of Potato Soup
- 1 Can Cheddar Cheese Soup
- ½ tsp Minced Garlic
- ⅓ tsp Pepper
- 1 Package Cream Cheese (8 oz)

DIRECTIONS

- 1) In at least a 6-quart slow-cooker, combine potatoes, broth, soup, garlic and pepper.
- 2) Cover and cook for about 5 hours.
- 3) Add the cream cheese for at least 30 minutes, stirring occasionally until all is combined.
- 4) Garnish as desired.



Grandpa EJ's Stuffing

Kathleen Petty, Communications Manager, North Texas Food Bank

This is a family favorite each year for Thanksgiving. Kathleen's dad loves it so much that he also makes a gluten-free version so everyone can enjoy it!

INGREDIENTS

- 1 Loaf Bread
- ½ Onion (diced)
- 2 Stalks Celery (diced)
- ½ Cup Butter
- 3 tsp Garlic Powder
- 2 Tbsp Sage
- 1 Tbsp Sweet Basil
- 1 Lb Ground Beef
- ½ Lb Ground Sausage
- 1 Can Beef Broth or Beef Bone Broth
- 2 Cups Milk

DIRECTIONS

- 1) Place bread out on the counter for 24 hours to dry, or place in oven on low temp (200°F) for 1-2 hours, flipping half-way through.
- 2) Tear bread into pieces and place in baking dish.
- 3) Melt butter in skillet and sauté onion, garlic and celery.
- 4) Remove from pan and brown the meat in the same skillet. Once brown, add onion, garlic and celery back to pan.
- 5) In a bowl, combine the milk, broth, sage and basil.
- 6) Pour half of mixture over the dried bread.
- 7) Pour in meat, onion, garlic and celery. Toss lightly.
- 8) Add remaining milk mixture and toss again.
- 9) Cook for 45 minutes on 350°F, covered.
- 10) Remove cover and cook for an additional 15 minutes.



Trisha's Pineapple Cheese Casserole

Trisha Cunningham, President & CEO, North Texas Food Bank

This is a family favorite for every special holiday. Eat it as a side for something sweet with a savory meal. My family will grab a bowl and just eat that for breakfast or a snack if there are leftovers.

INGREDIENTS

- 1 Large Can Crushed Pineapple (drained)
- 2 Large Cans Pineapple Chunks (drained)
- $\frac{3}{4}$ to 1 Cup Sugar
- $\frac{3}{4}$ Cup All-Purpose Flour
- 2 Cups Sharp Cheddar Cheese (shredded)
- 1 $\frac{1}{2}$ Sleeves Ritz Crackers (crumbled)
- 1 Stick Butter (melted)

DIRECTIONS

- 1) Preheat oven to 350°F.
- 2) Spray bottom of 9x13 glass casserole or 2-quart casserole with non-stick cooking spray.
- 3) Spread drained crushed pineapple in bottom of the dish. Spread drained chunk pineapple on top of the crushed pineapple. (Don't drain dry—a little liquid makes it moist.)
- 4) In a small bowl, mix sugar, flour and cheese. Spread on top of pineapple.
- 5) Top with crumbled crackers. Pour melted butter over crackers.
- 6) Bake at 350°F for 30-40 minutes until bubbly.



TREAT YOURSELF





Empty Bowls' 25th Anniversary Signature Cocktail

PALOMA

For a refreshing alternative to the classic margarita, try this simple, yet thirst-quenching, Mexican paloma.

INGREDIENTS

- 1 ½ oz Añejo Tequila
- 2 oz Ruby Red or Pink Grapefruit Juice
- ½ oz Simple Syrup
- 2 oz Club Soda
- Fresh rosemary sprigs, for garnish
- Grapefruit slice, for garnish

Step 1 - In highball glass filled with cubed ice, pour in tequila, grapefruit juice and simple syrup.

Step 2 - Stir with bar spoon to incorporate. Top with soda.

Step 3 - Stir once more with bar spoon.

Step 4 - Garnish with rosemary sprig and grapefruit slice.



Cassie's Snickerdoodles

Cassie Collins, Community Engagement Director, North Texas Food Bank

These cookies are a family (and friend!) favorite. For an extra special treat, top a warm cookie with fresh whipped cream.

INGREDIENTS

- ½ Cup Butter
- ½ Cup Butter Crisco
- 1 ½ Cups Sugar
- 2 Eggs
- 1 Small Box of Instant Vanilla Pudding
- 1 Tbsp Vanilla
- 1 Tbsp Cinnamon
- 2 ⅓ Cup Flour
- 2 tsp Baking Powder
- 1 tsp Baking Soda

DIRECTIONS

- 1) Mix in order given.
- 2) Roll into balls and roll in cinnamon/sugar mixture.
- 3) Bake at 400°F for 8 minutes.
- 4) Or, freeze and bake later.

OPTIONS:

Substitute the vanilla pudding for butterscotch pudding. Roll in pumpkin pie spice instead of cinnamon sugar.



Grannie Ivie's Banana Pudding

Zahra Perez, Sr. Major Gift Officer, North Texas Food Bank

According to Zahra, this recipe serves about 10 people or 1 teenage boy!

INGREDIENTS

- 3-4 Bananas
- 1 Box Nabisco Nilla Wafers
- 1 Cup Sugar
- $\frac{2}{3}$ Cup All Purpose Flour
- 2 Eggs
- 4 Cups Milk
- 1 tsp Vanilla
- Dash of Salt

DIRECTIONS

- 1) Put all of the sugar, flour and salt in a pan.
- 2) Slowly add 1 cup milk, stirring as you go.
- 3) Stir really well, then add 2 more cups of milk.
- 4) Add the 2 eggs to the last cup of milk. Beat the eggs in the milk and then add this last cup to the pan.
- 5) Turn heat on at medium high (not too high because the pudding burns easily.)
- 6) While the pudding heats, put Nilla Wafers in the bowl and up the sides and slice 2-4 bananas into the bowl.
- 7) Stir the pudding occasionally to make sure that it isn't sticking to the pan. Heat and stir the pudding until thick. You must stir it constantly after it starts to heat to keep it from sticking. You can tell when the pudding is thick and then you can stop cooking.
- 8) Add 1 tsp vanilla extract after taking it off the burner.
- 9) Add the pudding to the bowl and then do another layer of wafers, bananas and pudding. When you have finished layering, top it off with crushed vanilla wafers on top. Enjoy!!



Mom's Gingerbread

Kathy Brown, Philanthropy Project Manager, North Texas Food Bank

This gingerbread is a favorite my mom makes every holiday season. For an extra treat, enjoy it with your favorite hot tea—and of course, a loved one.

INGREDIENTS

- 1 Cup Butter, melted
- 1 Cup Sugar
- 3 Eggs
- $\frac{1}{3}$ Cup Molasses
- $\frac{3}{4}$ Cup Hot Water
- 2 $\frac{1}{2}$ Cups All-Purpose Flour
- 1 $\frac{1}{2}$ tsp Ground Cinnamon
- 1 $\frac{1}{2}$ tsp Ground Ginger
- 1 tsp Baking Soda
- $\frac{1}{2}$ tsp Nutmeg
- $\frac{1}{2}$ tsp Salt

DIRECTIONS

- 1) Preheat oven to 350°F and lightly grease a 9x13 pan with non-stick spray.
- 2) Use a large bowl to beat butter and sugar on medium speed until fluffy, 4 minutes.
- 3) Add eggs and beat until smooth.
- 4) Slowly add molasses and hot water (a little at a time); beat on low speed.
- 5) Add the flour, ginger, cinnamon, baking soda, nutmeg and salt; beat on low until smooth and mixed.
- 6) Spread into greased pan and bake for 28 to 30 minutes. Insert a toothpick in the center to check for doneness.
- 7) Set aside to cool. Enjoy!



Riley's Chocolate Chip Cookies

Riley Mainord, Volunteer Experience Specialist, North Texas Food Bank

Riley's Chocolate Chip Cookies are a favorite among NTFB staff and volunteers! And, they are a staple for the events team during Empty Bowls Week!

INGREDIENTS

- $\frac{3}{4}$ Cup Packed Brown Sugar
- $\frac{3}{4}$ Cup Granulated Sugar
- 1 Cup Salted Butter, Melted
- 1 tsp Vanilla Extract
- 1 tsp Baking Soda
- 2 Eggs
- 2 $\frac{3}{4}$ Cup Flour
- 1 Cup Semi-Sweet Chocolate Chips (mini and regular sized)

DIRECTIONS

- 1) Preheat the oven to 375°F. Line a baking sheet with parchment paper.
- 2) In a mixing bowl, combine brown sugar, granulated sugar and melted butter. Mix until incorporated.
- 3) Add the eggs, vanilla and baking soda to the bowl and mix until well incorporated.
- 4) Add the flour to the bowl and mix until fully combined.
- 5) Add chocolate chips and stir until evenly distributed.
- 6) Using a small cookie scoop or your hands, portion the dough into balls and place them onto a baking sheet. If not baking all the dough at once, place the remaining dough in the fridge until ready for the next batch.
- 7) Bake the cookies for 9 to 11 minutes. (Typically, I find 10 minutes to be the perfect time.) You want the cookies to just start to turn golden on the edges. Enjoy!



Thank you!

As we celebrate the 25th anniversary of Empty Bowls, we know the signature event is only a success because of your generous support. Thank you for partnering with us as we work toward a hunger-free, healthy North Texas!



A special thank you to Ambit Energy for making this cookbook possible.

Thank you for your sponsorship!

For ingredients to cook these recipes, visit your neighborhood Kroger.

kroger.com

