

Manasquan Food Pantry

2016 Recipe Contest Winners

Main Dish Winner

Sweet and Sour Pork Ribs

Submitted by Lovette Johnson

- 4 pounds pork spareribs
- 1 ½ Cups Chicken Broth
- 1 Cup Pineapple Juice
- ½ to 1 Cup Barbecue Sauce
- 2 Tbsp Brown Sugar
- 2 Tbsp Cider Vinegar
- 2 Tbsp Soy Sauce
- 2 Tbsp Cornstarch
- ½ Tsp Salt
- ¼ Tsp Ground Black Pepper

Spread ribs meaty side up in a single layer. Brown in 450 degree oven for 20-30 mins. Remove from oven and drain fat. Reduce heat to 350 degrees.

While ribs are browning, combine remaining ingredients in a medium sauce pan. Stir over medium heat until it comes to a boil. Remove from heat.

Pour Half of the sauce over ribs and cover with foil. Bake in 350 oven for 45minutes. Cover with the rest of the sauce and bake another 30 minutes.

Side Dish Winner

Chicken Pasta Soup

Submitted by Elizabeth Metzger

- 1lb Chicken Breast - garlic powder, onion powder, salt and pepper for seasoning chicken
- 1-2 Large Cans of Chicken Broth
- 1 Small Can of Cream of Chicken Soup
- 1 Onion diced
- 3 Cloves of Garlic minced
- 1 Small bag of frozen peas and carrots
- ½ box small bowtie pasta
- Fresh Basil chopped

Season Chicken with garlic powder, onion powder, salt and pepper generously on both sides. Saute in olive oil over medium heat. Remove from pan and cut chicken into bite size pieces. Add to a dutch oven and set aside. In the saute pan, start sautéing garlic and onion until tender. Add to dutch oven along with all other ingredients except pasta. Simmer soup for approx. ½ hour and add cooked bowtie pasta at the end.

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Dessert Winner

Chocolate Cream Cheese Cake

Submitted by Suzette Yap

1 Box Chocolate Cake Mix

8oz Cream Cheese

1 Cup Coconut Flakes

1 Cup Chopped Pecans

4 Cups Confectioner's Sugar

½ Cup butter

1 tsp Vanilla

Eggs for the cake mix

Pre-heat oven to 350 degrees

Lightly grease the bottom and sides of a 13x9 baking pan

Layer coconut and pecans at the bottom of the pan. Prepare cake mix by instructions off the box and pour over coconut and pecans.

Mix creamcheese, butter, vanilla and sugar until smooth and pour over cake mix.

Bake 40 minutes