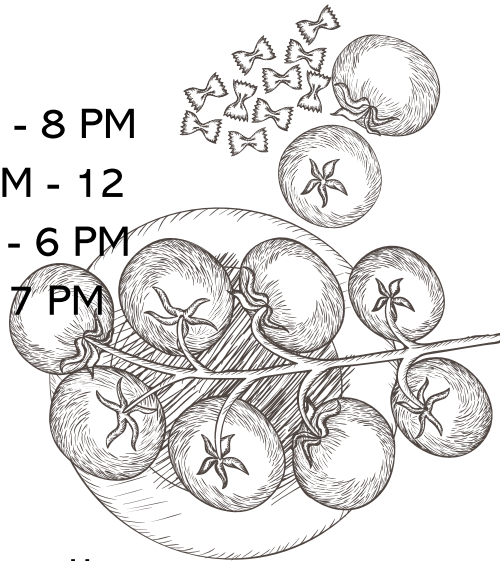



BOX OF BAQUETTES

Box of Baguettes (BoB) is a free, student-run Warren Wilson College food pantry with a mission to reduce food insecurity on campus for students, faculty, and staff. Currently, the pantry is located in the SGA office in Lower Gladfelter.

Hours:

- Monday 3 PM - 8 PM
- Tuesday 10 AM - 12 PM and 3 PM - 6 PM
- Friday 2 PM - 7 PM

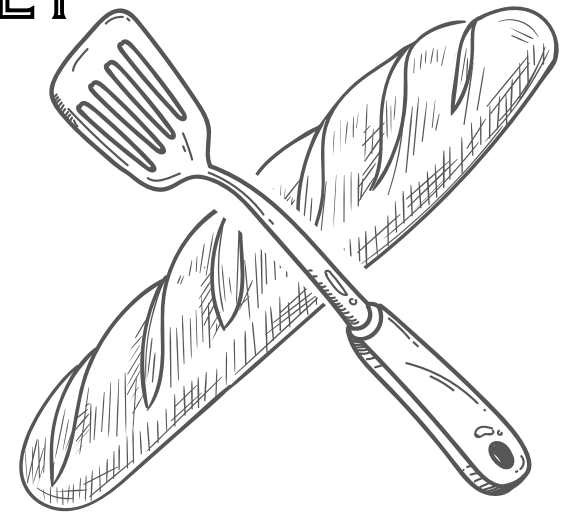


 @box_of_baguettes
engagement@warren-wilson.edu



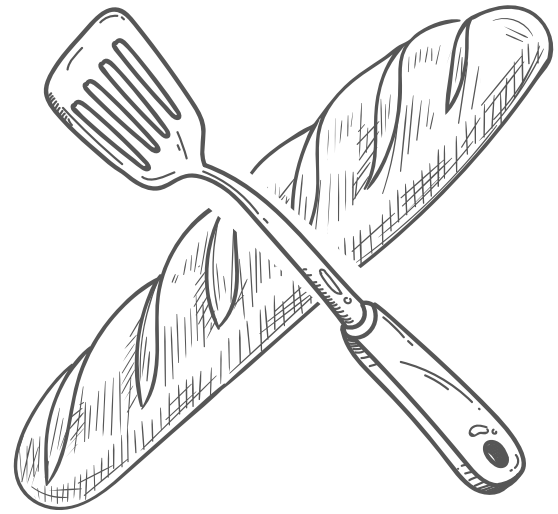
COLLEGE COOKING

ISSUE 1



BOX OF BAQUETTES





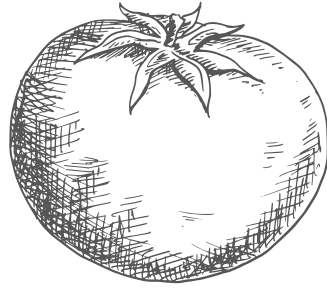
TOMATO SOUP

Ingredients:

- 1 can pasta sauce
- 1 cup broth
- Italian seasoning to taste
- Salt and pepper to taste

Instructions:

- Mix all ingredients in a pot, cook until hot.
- Stir frequently.
- Can also be made in a microwave.

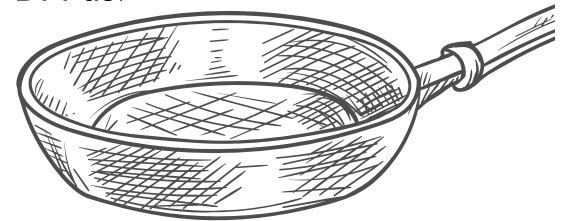


Tips:

- Serve with grilled cheese or garlic bread. (You can get bread from Gladfelder.)
- Italian seasoning can include oregano, basil, thyme, marjoram, and rosemary.

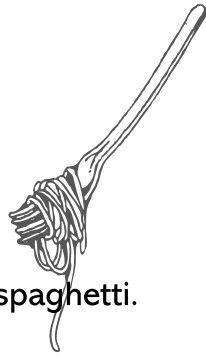
INTRODUCTION

Whether you're a seasoned chef or Ramen noodle enthusiast, this zine is for you! Each issue will contain recipes and cooking tips for making delicious food with limited resources, incorporating the foods from the Box of Baguettes food pantry. If you have suggestions for what you'd like to see, feel free to email or DM us.



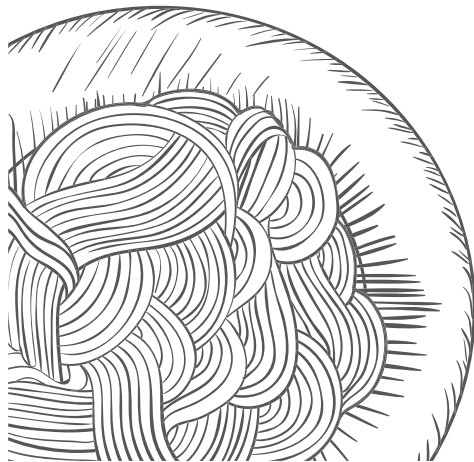
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SPAGHETTI



Basic spaghetti instructions:

1. Boil water with a pinch of salt. Add spaghetti. Cook until done. Drain water.
2. If you have a second pot, warm sauce in that. If not, add sauce to pot of spaghetti and cook until warm.
3. If you don't have a pot or stove, fill a bowl with water and a pinch of salt. Microwave 5 min. Break spaghetti in half and add to bowl. Microwave 10 more minutes. Drain water. Add sauce. Microwave until warm.



Additions to spaghetti:

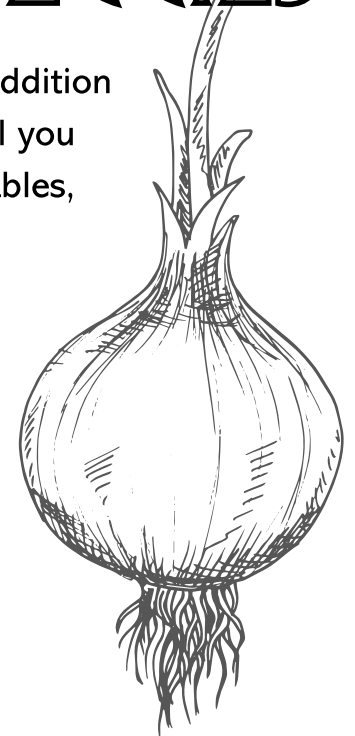
- Parmesan cheese
- Mozzarella cheese
- Meatballs
- Ground beef
- Baked tofu crumbles
- Sauteed onion or garlic
- Red pepper flakes
- Italian seasoning

SAUTEED VEGGIES

Sauteed veggies are a great addition to most meals. Even better, all you need is one pan, some vegetables, and some butter or oil.

Instructions:

1. Rinse and chop veggies.
2. Add oil to pan.
3. Add veggies and cook until soft.
4. Stir frequently, season with salt and pepper.



Tips:

1. You can get butter and vegetables from Gladfelter (from the salad bar.)
2. Onions and garlic are great with spaghetti. Mushrooms too, especially if you're not using meat.
3. If you're sauteing multiple vegetables, make sure to add the harder veggies first (onions, carrots, celery, etc.), then other veggies like zucchini, mushrooms, and broccoli. Add soft greens like spinach last.