

Corn Casserole

This family favorite casserole is good for breakfast or lunch. Add more flavor by topping it with fresh tomato salsa (page 52).

The foods in bold type are USDA Foods.



Nutrition Facts

Serving Size 1 piece (146g)

| | | | | | |
|---------------|-------|-----------|---------|---------------|-------|
| Calories | 214 | Total fat | 5.5g | Saturated fat | 1g |
| Cholesterol | 106mg | Sodium | 181mg | Carbohydrate | 36g |
| Dietary Fiber | 2g | Sugars | 5g | Protein | 7g |
| Vitamin A | 4% DV | Vitamin C | 104% DV | Calcium | 7% DV |
| Iron | 9% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Corn Casserole

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Ingredients

- ½ cup **onion**, chopped
- 1½ teaspoons **vegetable oil**
- 1 can (about 15 ounces) **low-sodium cream style corn**
- ¾ cup **yellow or white cornmeal**
- ½ cup **1% low-fat milk**
- 4 tablespoons **egg mix**
- ¼ cup **all-purpose flour**
- ½ teaspoon baking powder
- Nonstick cooking spray

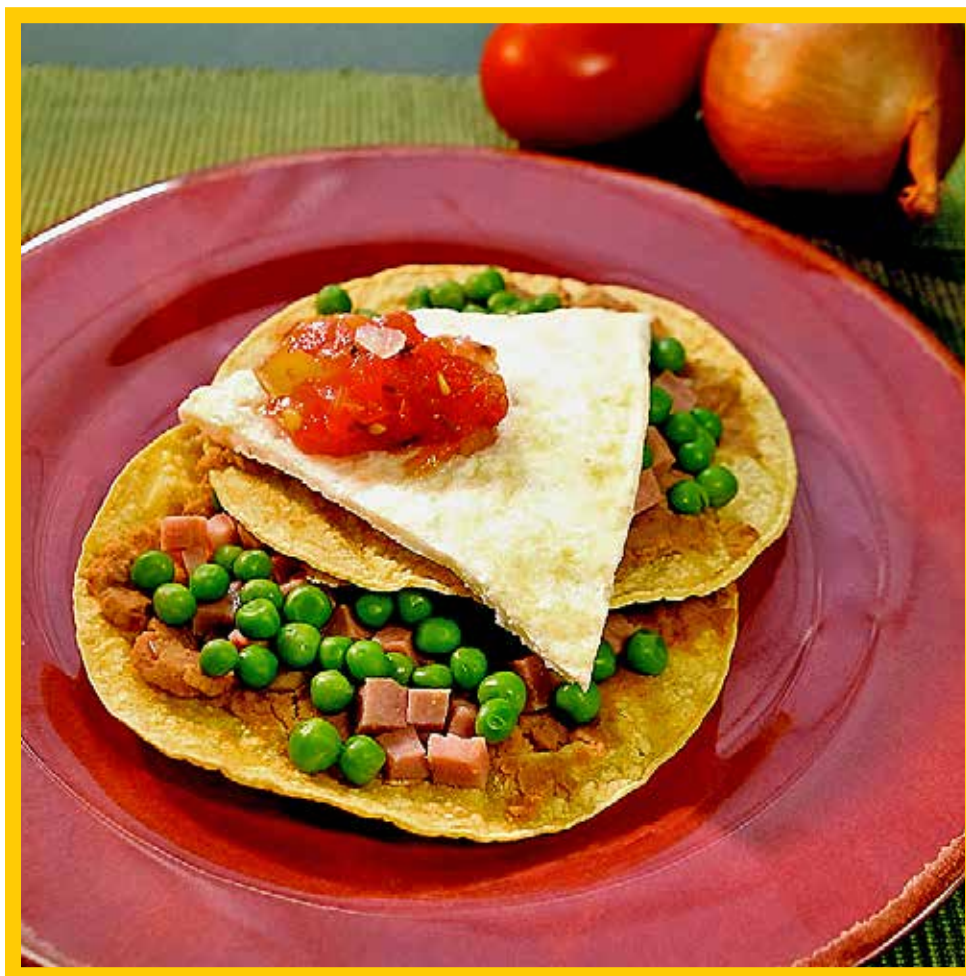
Directions

1. Preheat oven to 350 degrees F.
2. In a saucepan, cook onions over medium heat in vegetable oil until tender (about 4 to 5 minutes).
3. Open canned corn and drain liquid into a measuring cup. If needed, add water to make 1 cup of liquid.
4. Add liquid and cornmeal to the cooked onions in the saucepan. Stir until the mixture boils.
5. Remove saucepan from heat. Mix in milk, corn, and egg mix.
6. In a mixing bowl, mix flour and baking powder. Add cornmeal mixture. Mix well.
7. Spray a 9-inch baking pan with nonstick cooking spray. Pour mixture into baking pan. Bake for 25 to 30 minutes. Cut into 6 servings.

Serves 6

Huevos Motuleños

A special breakfast when you have a little extra time. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 2 tortillas (310g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|--------|
| Calories | 352 | Total fat | 6.5g | Saturated fat | 1g |
| Cholesterol | 25mg | Sodium | 322mg | Carbohydrate | 50g |
| Dietary Fiber | 12g | Sugars | 7g | Protein | 25g |
| Vitamin A | 35% DV | Vitamin C | 15% DV | Calcium | 10% DV |
| Iron | 30% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Huevos Motuleños

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Ingredients

- 1 cup **pinto beans**, dry
- 6 cups water
- 8 small corn tortillas
- 1 can (about 15 ounces) **low-sodium peas**, drained
- ½ cup (about 4 ounces) **ham**, cooked and diced
- 4 egg whites
- 2 teaspoons **vegetable oil**
- 1 cup fresh tomato salsa (page 52)

Directions

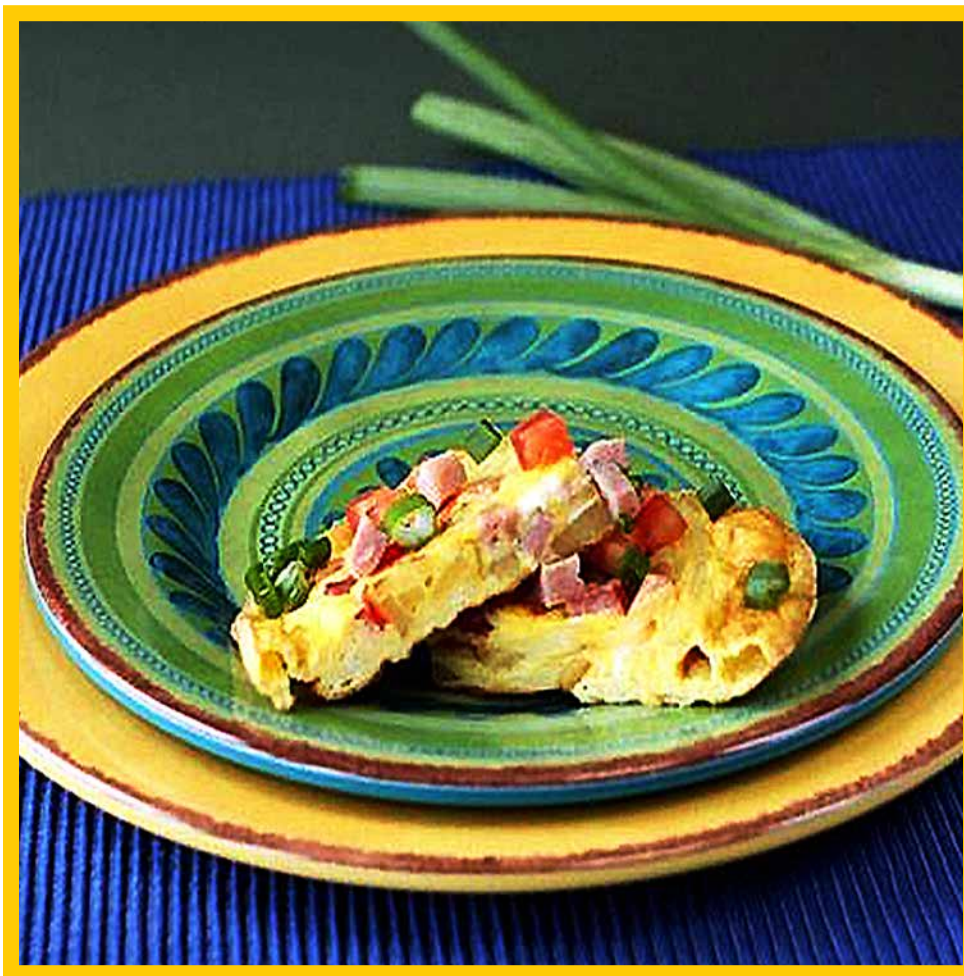
1. Soak the pinto beans in 3 cups of water overnight in the refrigerator. Drain. Boil the beans in 3 cups fresh water until they are soft. Drain the water and mash the beans into a paste.
2. Preheat oven to 350 degrees F.
3. Place tortillas on a cookie sheet and bake for 1 to 2 minutes. Remove cookie sheet from oven and let tortillas cool.
4. Spoon ¼ cup of mashed beans on each tortilla. Drain peas and put ¼ cup of peas on top of the beans. Add 2 tablespoons of diced ham on top of peas.
5. Bake the tortillas for about 8 minutes.
6. In a mixing bowl, mix egg whites with vegetable oil.
7. Cook the egg whites in a nonstick pan over medium heat until firm. Cut the egg into 8 pieces.
8. Place baked tortillas on a plate. Cover ham and mashed beans with a piece of egg.
9. Add 2 tablespoons of salsa (page 52) on each tortilla, and serve two tortillas per person.

Serves 4

Green Onion Omelet

In the spring, in areas where they grow, wild onions can be used in place of green onions. Yellow or white onions work as well.

The foods in bold type are USDA Foods.



Nutrition Facts

Serving Size 1 piece (223g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 184 | Total fat | 7g | Saturated fat | 1.5g |
| Cholesterol | 79mg | Sodium | 283mg | Carbohydrate | 16g |
| Dietary Fiber | 3g | Sugars | 2g | Protein | 15g |
| Vitamin A | 9% DV | Vitamin C | 17% DV | Calcium | 5% DV |
| Iron | 13% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Green Onion Omelet

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Ingredients

- 1 can (about 15 ounces) **low-sodium sliced potatoes**, drained
- 1 tablespoon **vegetable oil**
- 1 whole egg
- 3 egg whites
- 3 tablespoons **1% low-fat milk**
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup **ham**, diced
- $\frac{1}{2}$ can (about 8 ounces) **low-sodium tomatoes**, drained
- 1 tablespoon green onion (or wild onion), chopped

Directions

1. Open and drain can of sliced potatoes. Cut sliced potatoes into strips.
2. In a large skillet over medium heat, lightly brown potatoes in the vegetable oil for 5 to 10 minutes.
3. In a mixing bowl, add egg, egg whites, milk, and salt. Mix well.
4. Stir in ham, tomatoes, and green (or wild) onions.
5. Pour egg mixture over potatoes in the skillet.
6. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes).
7. Cut the omelet into four pieces and serve.

Serves 4

Pumpkin Parfait

The rich flavor of pumpkin with granola is a delicious combination. Try this recipe for breakfast or an after-meal treat. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1 cup (217g)

| | | | | | |
|---------------|---------|-----------|-------|---------------|--------|
| Calories | 226 | Total fat | 4.5g | Saturated fat | 1.5g |
| Cholesterol | 6mg | Sodium | 107mg | Carbohydrate | 40g |
| Dietary Fiber | 3g | Sugars | 29g | Protein | 8g |
| Vitamin A | 223% DV | Vitamin C | 9% DV | Calcium | 24% DV |
| Iron | 10% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Pumpkin Parfait

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Ingredients

- 1 can (about 15 ounces) **low-sodium pumpkin**
- 3 cups fat-free or low-fat vanilla yogurt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Granola:
- ¼ cup **raisins**
- ½ cup **quick cooking oats**
- ½ cup **rice crisps**
- 1 tablespoon **vegetable oil**
- ¼ cup brown (or white) sugar

Directions

1. Preheat oven to 325 degrees F.
2. In a blender or with a fork, blend the pumpkin until smooth.
3. Mix pumpkin, yogurt, and spices in a bowl.
4. In another bowl, mix the granola ingredients: raisins, quick cooking oats, rice crisps, oil, and sugar.
5. Spread granola on a baking pan. Bake for 10 minutes.
6. Let the granola cool down until it hardens. Then, break it apart or crush it into small pieces.
7. Spoon the pumpkin into 6 medium-size glasses or bowls.
8. Put granola on top of the pumpkin in each glass or bowl. Spoon the pumpkin and granola in layers until all have been added to a glass or bowl.
9. Serve immediately or refrigerate.

Serves 6

Rice Pudding

This old-fashioned rice pudding has the sweet taste of raisins and cinnamon. Try this for breakfast with fruits or as a low-fat dessert.

The foods in bold type are USDA Foods.



Nutrition Facts

Serving Size 1 cup (174g)

| | | | | | |
|---------------|-------|-----------|-------|---------------|--------|
| Calories | 159 | Total fat | 1.2g | Saturated fat | 0.7g |
| Cholesterol | 5mg | Sodium | 145mg | Carbohydrate | 31g |
| Dietary Fiber | 1g | Sugars | 15g | Protein | 5g |
| Vitamin A | 4% DV | Vitamin C | 0% DV | Calcium | 14% DV |
| Iron | 7% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Rice Pudding

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Ingredients

- 2½ cups **1% low-fat milk**
- 2¼ cups cooked **long-grain white rice**
- ¼ cup **raisins**
- ¼ teaspoon salt
- ¼ cup brown (or white) sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon cinnamon

Directions

1. In a medium-size pot, combine milk, rice, raisins, and salt.
2. Bring pot to a boil. Lower heat and cook for 15 minutes.
Stir pot every 3 minutes.
3. Add sugar, vanilla extract, and cinnamon to pot. Mix well.
4. Cook over low heat for 5 minutes. Serve hot or refrigerate and serve cold.

Serves 6

-  **Tip:** Sprinkle more raisins on top of rice pudding just before serving.

Banaha Bread

Banaha Bread is a delicious cornmeal-based food that is great with any meal. **The foods in bold type are USDA Foods.** *Adapted from a recipe by Trista Winnett, Choctaw Nation.*



Nutrition Facts

Serving Size 1 piece (80g)

| | | | | | |
|---------------|-------|-----------|-------|---------------|-------|
| Calories | 127 | Total fat | 0.6g | Saturated fat | 0g |
| Cholesterol | 0mg | Sodium | 452mg | Carbohydrate | 27g |
| Dietary Fiber | 1g | Sugars | <1g | Protein | 3g |
| Vitamin A | 1% DV | Vitamin C | 0% DV | Calcium | 0% DV |
| Iron | 8% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Banaha Bread

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Ingredients

- 6 cups water
- 4 to 6 handfuls corn shucks
- 2 cups **cornmeal**
- 1 teaspoon baking soda
- 1 teaspoon salt

Directions

1. In a large pot, bring 6 cups of water to a boil over medium to high heat.
2. Boil corn shucks for about 10 minutes. Remove carefully.
3. Strip a few shucks into strings. Tie two strings together to make longer strings.
4. In a medium-size bowl, mix the dry ingredients.
5. Keep mixing and slowly add a little water until mixture is firm enough to handle easily.
6. Form cornmeal mixture into 8 oval-shaped balls about 3 inches long.
7. Wrap the balls in corn shucks, and tie the ends closed with the corn shuck strings.
8. Gently put wrapped balls into the large pot of boiling water. The pot should be about 2/3 full of water. Cover the pot with a lid and cook for 30 to 45 minutes over medium to high heat.
9. Remove corn shuck covering and serve hot.

Serves 6



Tip: Spice up your bread with peppers, onions, and peas. It can be refrigerated and reheated in a pan or microwave oven.

Banana Berry Muffins

These moist muffins have a fruity flavor and are full of whole grain goodness. Serve them anytime. **The foods in bold type are USDA Foods.** Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.



Nutrition Facts

Serving Size 1 piece (80g)

| | | | | | |
|---------------|-------|-----------|-------|---------------|-------|
| Calories | 75 | Total fat | 1g | Saturated fat | 0.3g |
| Cholesterol | 26mg | Sodium | 130mg | Carbohydrate | 15g |
| Dietary Fiber | 1g | Sugars | 8g | Protein | 2g |
| Vitamin A | 1% DV | Vitamin C | 3% DV | Calcium | 2% DV |
| Iron | 3% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Banana Berry Muffins

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Ingredients

- Nonstick cooking spray
- 4 tablespoons **applesauce**
- ¼ cup sugar
- 2 tablespoons **egg mix**
- 2 ripe bananas, mashed
- 2 tablespoons water
- ¼ cup **all-purpose flour**
- ¼ cup **whole wheat flour**
- ¼ cup **quick cooking oats**
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup blueberries or strawberries (fresh or frozen)

Directions

1. Preheat oven to 350 degrees F. Spray a 12-cup muffin pan with nonstick cooking spray.
2. In a medium-size bowl, combine applesauce, sugar, egg mix, banana, and water. Mix well.
3. In a large bowl mix flours, oats, baking powder, baking soda, and salt.
4. Add the applesauce mixture to the bowl with the dry ingredients; mix just until batter is moist.
5. Gently add berries into the mixture.
6. Fill each muffin cup about ¾ full of batter.
7. Bake for 25 to 30 minutes until lightly brown.
8. Cool for 10 minutes and remove from pan.

Serves 12

Fabulous Homemade Bread

Extra loaves can be frozen, and they will still taste good when thawed.

The foods in bold type are USDA Foods. *Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.*



Nutrition Facts

Serving Size 1 slice (51g)

| | | | | | |
|---------------|-------|-----------|-------|---------------|-------|
| Calories | 147 | Total fat | 4.7g | Saturated fat | 0.5g |
| Cholesterol | 0mg | Sodium | 67mg | Carbohydrate | 23g |
| Dietary Fiber | 2g | Sugars | 3g | Protein | 3g |
| Vitamin A | 0% DV | Vitamin C | 0% DV | Calcium | 1% DV |
| Iron | 7% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Fabulous Homemade Bread

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Ingredients

- ¼ cup warm water
- 1½ teaspoons sugar
- 1½ packages active dry yeast (½ package for each loaf)
- 2 tablespoons **all-purpose flour**
- 2¼ cups warm water
- 5 cups **all-purpose flour**
- 1 cup **whole wheat flour**
- 1 cup **quick cooking oats**
- 1 teaspoon salt
- 2/3 cup brown (or white) sugar
- 2/3 cup **vegetable oil**
- Nonstick cooking spray

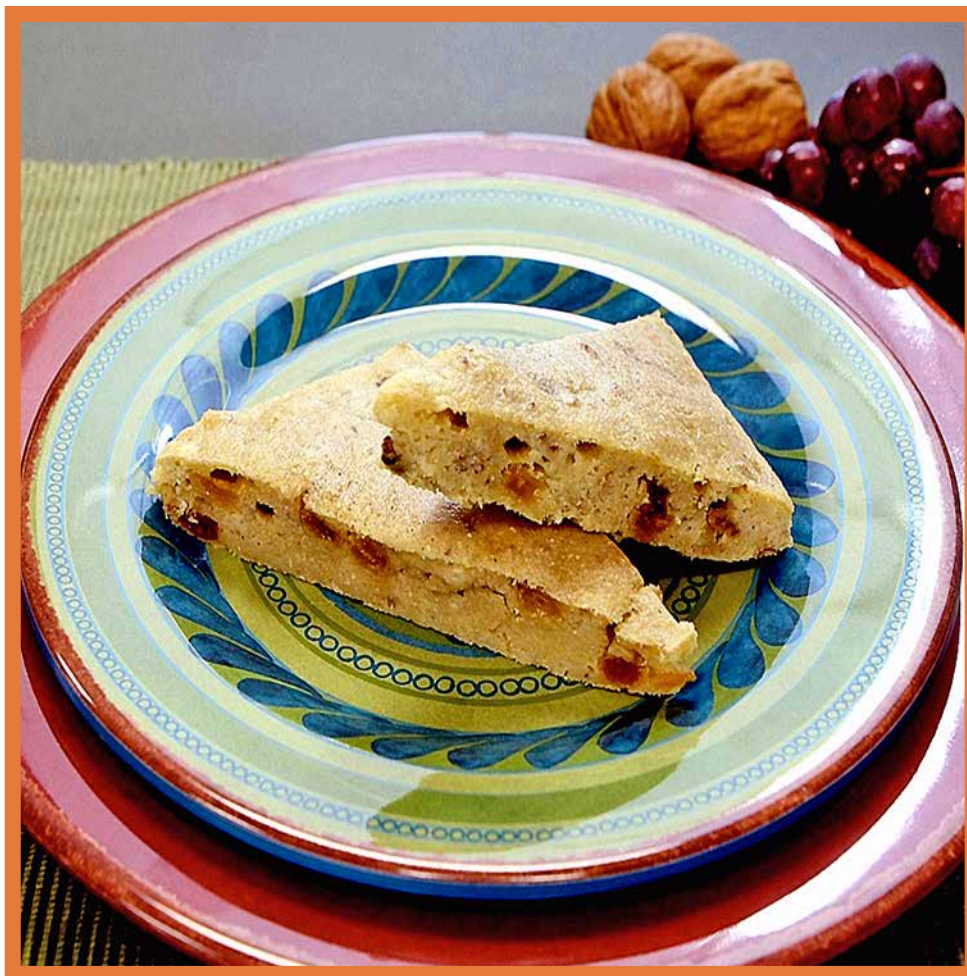
Directions

1. Preheat the oven to 350 degrees F.
2. In a large bowl, mix ¼ cup warm water, sugar, yeast, and 2 tablespoons all-purpose flour. Let rise for about 5 minutes.
3. Add 2¼ cups warm water, 5 cups all-purpose flour, 1 cup whole wheat flour, oats, salt, brown sugar, and oil and mix well.
4. On a clean and dry flat surface, sprinkle flour and knead dough until it is not sticky. This may take an additional cup of whole-wheat flour.
5. Spray a large bowl with nonstick cooking spray. Place dough in the bowl and cover with plastic wrap. Let rise in a warm place until it has doubled, about 1 hour.
6. Gently knead dough a couple of times. Divide dough evenly and form into 3 oval loaves.
7. Spray three 9-by-5-inch loaf pans with nonstick cooking spray, and place a loaf in each pan. Allow dough to rise until it reaches the top of the pans.
8. Bake for 25 to 30 minutes. Do not overbake. Cut each loaf into 12 slices.

Serves 12

Garden Pan Bread

The bananas make this bread moist and add extra flavor. Serve with a salad or main dish, or eat anytime. **The foods in bold type are USDA Foods.** Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.



Nutrition Facts

Serving Size 1 piece (144g)

| | | | | | |
|---------------|--------|-----------|-------|---------------|--------|
| Calories | 268 | Total fat | 6.5g | Saturated fat | 0.8g |
| Cholesterol | 39mg | Sodium | 261mg | Carbohydrate | 48g |
| Dietary Fiber | 4g | Sugars | 13g | Protein | 7g |
| Vitamin A | 2% DV | Vitamin C | 9% DV | Calcium | 11% DV |
| Iron | 13% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Garden Pan Bread

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Ingredients

- ½ cup **cornmeal**
- ½ cup **all-purpose flour**
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 2 ripe bananas, mashed
- ½ cup water
- 1 tablespoon **egg mix**
- ¼ cup **raisins**
- ¼ cup walnuts, chopped
- Nonstick cooking spray

Directions

1. Preheat oven to 350 degrees F.
2. In a medium-size bowl, combine cornmeal, flour, baking powder, and salt. Set aside.
3. In a small bowl, combine bananas, water, and egg mix. Stir until mixed well.
4. Stir banana mixture into cornmeal mixture. Mix until dry ingredients are moistened. Gently stir in raisins and walnuts.
5. Lightly spray medium-size skillet or baking pan with nonstick cooking spray.
6. Spoon batter into skillet or baking pan.
7. Bake for 18 to 20 minutes or until bread is golden brown and pulls away from the edges. A wooden toothpick or a clean fork inserted into the center of the bread should come out clean.
8. Cut into four equal slices and serve hot or cold.

Serves 4

Raisin Muffins

These moist muffins have a fruity flavor and are full of whole grain goodness. Serve them anytime. **The foods in bold type are USDA Foods.** Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.



Nutrition Facts

Serving Size 1 muffin (71g)

| | | | | | |
|---------------|-------|-----------|-------|---------------|-------|
| Calories | 194 | Total fat | 7.5g | Saturated fat | 0.5g |
| Cholesterol | 0mg | Sodium | 236mg | Carbohydrate | 31g |
| Dietary Fiber | 3g | Sugars | 12g | Protein | 3g |
| Vitamin A | 0% DV | Vitamin C | 0% DV | Calcium | 5% DV |
| Iron | 7% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Raisin Muffins

Ingredients

Dry ingredients

- 2 cups **whole wheat flour**
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon

Wet ingredients

- 6 tablespoons **vegetable oil**
- ½ cup maple syrup (or 2/3 cup brown or white sugar)
- 1 cup water
- ½ cup **raisins**
- Nonstick cooking spray

Topping

- ½ cup **quick cooking oats**

Directions

1. Preheat oven to 375 degrees F.
2. Mix all of the dry ingredients in a large bowl.
3. Next, add the wet ingredients. Stir until just mixed.
4. Spray a 12-cup muffin pan with nonstick cooking spray.
5. Fill each cup about ¾ full. Sprinkle about 1 teaspoon of oats on top of each muffin.
6. Bake for 20 to 25 minutes. The muffins can be served warm or cool.

Serves 12

Beef and Vegetable Soup

One large pot and 1 hour are all that you need for this hearty soup. Make it for lunch or serve it for dinner. **The foods in bold type are USDA Foods.** Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.



Nutrition Facts

Serving Size 1 cup (271g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 258 | Total fat | 9.3g | Saturated fat | 3.4g |
| Cholesterol | 39mg | Sodium | 336mg | Carbohydrate | 30g |
| Dietary Fiber | 4g | Sugars | 5g | Protein | 15g |
| Vitamin A | 82% DV | Vitamin C | 24% DV | Calcium | 4% DV |
| Iron | 27% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Beef and Vegetable Soup


Ingredients

- 1 pound **ground beef**
- 1 ½ cans (about 23 ounces) **low-sodium whole kernel corn**
- 1 can (about 15 ounces) **low-sodium carrots**
- 1 can (about 15 ounces) **low-sodium sliced potatoes**
- 1 can (about 15 ounces) **low-sodium diced tomatoes**
- 1 small **onion**, diced
- ½ cup **macaroni**, dry
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Directions

1. In a large pan, brown ground beef over medium heat for 8 to 10 minutes. Drain off fat.
2. Add corn, carrots, potatoes, tomatoes, and onions to pot.
3. Cook for 25 minutes over medium heat. Stir every 10 minutes.
4. Add macaroni, garlic powder, and onion powder to pot.
5. Cook for 20 minutes over medium heat. Stir every 10 minutes.

Serves 8

-  **Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

Chicken Noodle Soup

This home-style chicken noodle soup makes a wonderful side dish. It tastes even better the next day if you have any leftovers. **The foods in bold type are USDA Foods.** Adapted from a recipe by Tod Robertson, Seminole Nation.



Nutrition Facts

Serving Size 1 cup (431g)

| | | | | | |
|---------------|--------|-----------|-------|---------------|-------|
| Calories | 287 | Total fat | 4.6g | Saturated fat | 1.3g |
| Cholesterol | 149mg | Sodium | 305mg | Carbohydrate | 34g |
| Dietary Fiber | 1g | Sugars | <1g | Protein | 25g |
| Vitamin A | 1% DV | Vitamin C | 2% DV | Calcium | 4% DV |
| Iron | 16% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Chicken Noodle Soup

Ingredients

- 1 pound **chicken breasts**, thawed, skin and bone removed from each piece
- 6 cups water
- ½ teaspoon salt
- ¼ teaspoon black pepper

Noodles

- 4 tablespoons **egg mix**
- 2 cups **all-purpose flour**

Directions

1. Cut up chicken breasts and place in a large pot with enough water to cover. Add salt and pepper.
2. Bring chicken and water to a boil. Reduce to medium heat and continue to cook for about 20 minutes.
3. Set aside ¼ cup (about 1 ladle full) of the broth in a large bowl to cool down.
4. To make the noodles, combine egg mix and flour in a medium-size bowl. While mixing the egg and flour, slowly add the ¼ cup cooled broth until a dough is formed.
5. Roll the dough on a clean, dry, floured surface. Add more flour as needed to keep it from sticking.
6. Cut dough into ½-inch-wide strips that are about 6 inches long.
7. Gently put the strips into the pot with chicken. Stir every 5 minutes.
8. Cook until done (about 15-20 minutes over medium heat).
9. Be careful! Pot may boil over if lid is fully closed.

Serves 6



Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

Corn Soup

This popular soup is sure to please any hungry stomach. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1½ cups (355g)

| | | | | | |
|---------------|--------|-----------|----------|---------------|-------|
| Calories | 252 | Total fat | 7.2g | Saturated fat | 2.3g |
| Cholesterol | 26mg | Sodium | 497mg | Carbohydrate | 41g |
| Dietary Fiber | 5g | Sugars | 7g | Protein | 11g |
| Vitamin A | 10% DV | Vitamin C | 21.6% DV | Calcium | 2% DV |
| Iron | 11% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Corn Soup

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Ingredients

- ½ pound **ground beef**
- 2 cups water
- 1 can (about 15 ounces) **low-sodium whole kernel corn**
- 2 cans (about 30 ounces) **low-sodium cream style corn**
- 1 cup **onions**, diced
- 1 tablespoon garlic, finely chopped
- 1 tablespoon chili powder
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions

1. In a large pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain off fat.
2. Add water, corn kernels, cream style corn, onion, garlic, chili powder, salt, and pepper to pot. Mix well.
3. Cook over low heat for about 15 minutes. Serve hot.

Serves 6

-  **Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

Great Northern Bean Soup

Great Northern beans are white beans with a mild flavor. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1½ cups (484g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|--------|
| Calories | 327 | Total fat | 7.4g | Saturated fat | 1.2g |
| Cholesterol | 40mg | Sodium | 260mg | Carbohydrate | 41g |
| Dietary Fiber | 13g | Sugars | 3g | Protein | 25g |
| Vitamin A | 5% DV | Vitamin C | 18% DV | Calcium | 13% DV |
| Iron | 23% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Great Northern Bean Soup

Ingredients

- 2 cups **Great Northern beans**, dry
- 3 cups water
- ½ cup **onion**, chopped
- ½ pound **chicken**, thawed, cut up, and skin removed from each piece
- ¼ pound **ham**, chopped
- 2 tablespoons **vegetable oil**
- 8 cups water
- 1 cup **tomatoes**, diced (or ½ can, about 8 ounces, **low-sodium diced tomatoes**)
- 1 tablespoon distilled white vinegar

Directions

1. In a medium-size bowl, soak beans in 3 cups of water overnight.
2. Drain the water and rinse beans.
3. In a large pot, brown onion, chicken, and ham in oil over medium to high heat for about 5 minutes.
4. Add water, beans, and salt to pot. Mix well.
5. Bring pot to a boil and cook for 5 minutes.
6. Lower heat and cook for about 1 hour. Stir pot every 15 minutes.
7. Add tomatoes and vinegar to pot. Keep cooking over low heat for about 20 minutes. Serve hot.

Serves 6



Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

Hearty Beef Soup

This tasty and satisfying soup can be served for lunch or dinner. The leftovers can be frozen for later. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1 cup (238g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 130 | Total fat | 4.3g | Saturated fat | 1g |
| Cholesterol | 14mg | Sodium | 214mg | Carbohydrate | 10g |
| Dietary Fiber | 2g | Sugars | 3g | Protein | 8g |
| Vitamin A | 17% DV | Vitamin C | 33% DV | Calcium | 3% DV |
| Iron | 7% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Hearty Beef Soup

Ingredients

- ¼ pound **beef round roast**, thawed and chopped
- 1 tablespoon **vegetable oil**
- 3 cups water
- 2 cups **winter squash**, chopped (or 2 cups **cabbage**, finely chopped)
- ½ cup **onions**, chopped
- 1 **celery** stalk, finely chopped
- 1 teaspoon garlic, finely chopped
- ½ teaspoon dried oregano
- 1 tablespoon parsley, chopped (if you have it)
- ¼ cup **macaroni**, dry
- 1 large **tomato**, chopped (or 1 can, about 15 ounces, **low-sodium diced tomatoes**)
- ½ cup **green pepper**, finely chopped
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions

1. In a large pot, brown beef in oil over medium to high heat for 8 to 10 minutes. Drain fat.
2. Add water, squash, onion, celery, garlic, and oregano. If using parsley, add that too. Mix well.
3. Bring pot to a boil. Lower heat and cook for 20 minutes.
4. Add macaroni, tomatoes, green pepper, salt, and pepper.
5. Keep cooking over low heat for 20 minutes. Serve hot.

Serves 6



Tip for cooking beef roast: The recommended safe minimum internal temperature for beef roast is 145 degrees F, as measured with a food thermometer.

Potato Soup

This rich-tasting and hearty potato soup is full of flavor and perfect for lunch or dinner. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1½ cups (415g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 225 | Total fat | 3.4g | Saturated fat | 0.4g |
| Cholesterol | 13mg | Sodium | 38mg | Carbohydrate | 40g |
| Dietary Fiber | 5g | Sugars | 4g | Protein | 10g |
| Vitamin A | 15% DV | Vitamin C | 57% DV | Calcium | 5% DV |
| Iron | 14% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Potato Soup

Ingredients

- 1 cup **onion**, chopped
- 1 tablespoon garlic, finely chopped
- 1 tablespoon **vegetable oil**
- $\frac{1}{4}$ pound **chicken**, thawed, cut up, and skin removed from each piece
- 4 cups water
- 6 small **red potatoes**, chopped (or 1 can, about 15 ounces, **low-sodium sliced potatoes**)
- $\frac{1}{4}$ cup **white rice**, uncooked (or brown rice)
- $\frac{1}{2}$ teaspoon chili powder (or paprika)
- 1 cup peas (or $\frac{1}{2}$ can, about 8 ounces, **low-sodium green peas**)
- $\frac{1}{2}$ teaspoon cayenne or jalapeño chilies, diced (if you have it)
- $\frac{1}{2}$ cup fresh parsley or cilantro, chopped (if you have it)

Directions

1. In a large pot, brown onion and garlic in oil over medium to high heat for 5 minutes.
2. Add chicken to pot and brown for about 5 minutes.
3. Add water, potatoes, rice, and chili powder to pot.
4. Bring pot to a boil, and cook for 15 minutes.
5. Lower heat and cook for about 15 to 20 minutes. Stir pot every 10 minutes.
6. Add peas and cook for about 8 minutes. If using cayenne or jalapeño chilies, add that too. Mix well.
7. Remove pot from heat. If using parsley or cilantro, add that now.
8. Mix well and cover for 5 minutes. Serve hot.

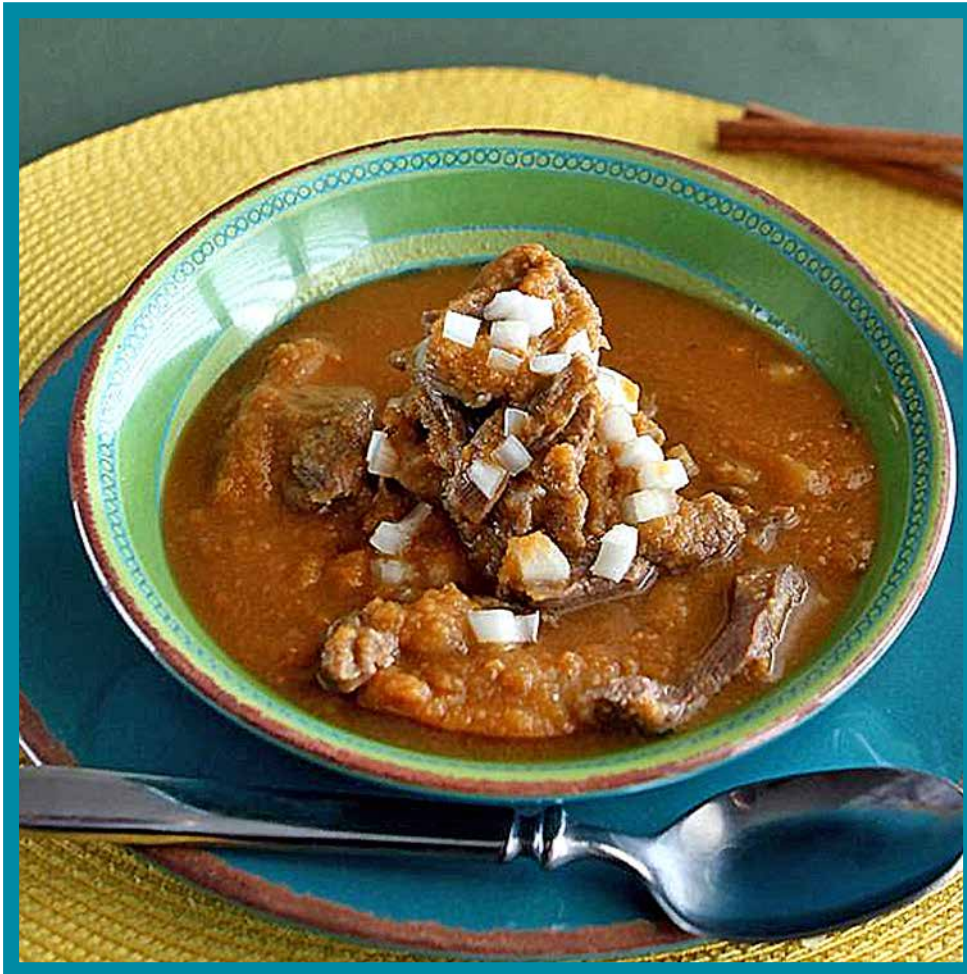
Serves 6



Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

Pumpkin Soup

Canned pumpkin tastes good and is easy to use. The blend of ingredients in this soup gives it a hint of sweetness. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1 cup (293g)

| | | | | | |
|---------------|---------|-----------|--------|---------------|-------|
| Calories | 133 | Total fat | 2.2g | Saturated fat | 1g |
| Cholesterol | 14mg | Sodium | 18mg | Carbohydrate | 17g |
| Dietary Fiber | 4g | Sugars | 9g | Protein | 8g |
| Vitamin A | 441% DV | Vitamin C | 11% DV | Calcium | 5% DV |
| Iron | 15% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Pumpkin Soup

.....

Ingredients

- 3 cups water
- $\frac{1}{4}$ pound **beef round roast**, thawed, sliced thinly
- 2 cans (about 30 ounces) **low-sodium pumpkin**
- 2 tablespoons maple syrup (or 2 tablespoons brown sugar)
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon ground cinnamon (if you have it)
- $\frac{1}{4}$ cup **onions**, diced

Directions

1. In a medium-size pot, bring water to a boil.
2. Add beef roast to boiling water. Boil for 5 to 10 minutes.
3. Add pumpkin, maple syrup, and pepper to pot. If using cinnamon, add that too. Mix well.
4. Lower heat and cook for about 10 minutes.
5. Put 2 teaspoons of onion on top of each bowl of soup. Serve hot.

Serves 6

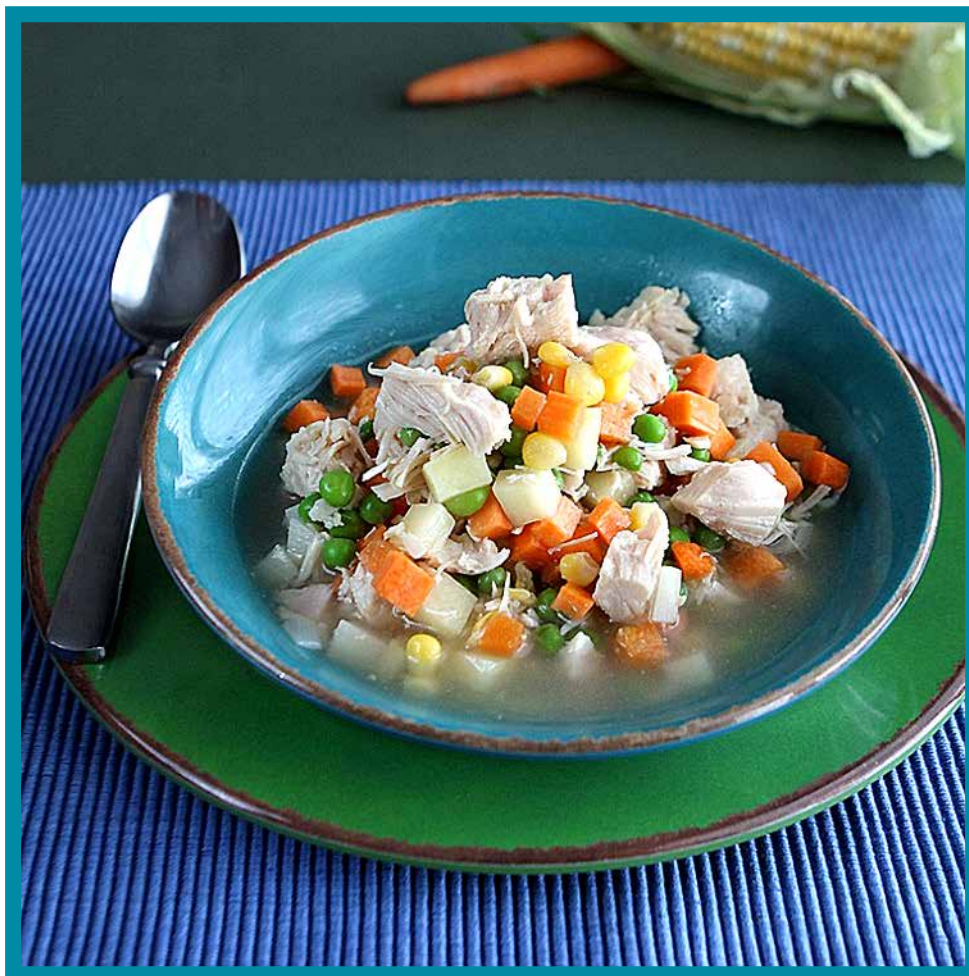


Tip for cooking beef roast: The recommended safe minimum internal temperature for beef roast is 145 degrees F, as measured with a food thermometer.

Vegetable Soup (with Chicken)

This soup can be prepared quickly in one pot for lunch or for dinner.

The foods in bold type are USDA Foods. *Adapted from a recipe by Natalie Gibson, San Pasqual Reservation*



Nutrition Facts

Serving Size 1¼ cup (501g)

| | | | | | |
|---------------|---------|-----------|--------|---------------|-------|
| Calories | 300 | Total fat | 3.5g | Saturated fat | 1g |
| Cholesterol | 38mg | Sodium | 305mg | Carbohydrate | 49g |
| Dietary Fiber | 9g | Sugars | 9g | Protein | 21g |
| Vitamin A | 261% DV | Vitamin C | 72% DV | Calcium | 7% DV |
| Iron | 15% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Vegetable Soup (with Chicken)

Ingredients

- 1 can (about 12 ounces) **chicken**
- 3 cups water
- 3 ears corn (or 1 can **low-sodium whole kernel corn**)
- 1 can (about 15 ounces) **low-sodium peas**
- 1 pound fresh **carrots**, peeled and diced (or 1 can, about 15 ounces, low-sodium carrots)
- 2 pounds **potatoes**, peeled and diced (or 2 cans, about 30 ounces, **low-sodium sliced potatoes**)

Directions

1. In a large pot, heat the chicken and water over medium to high heat until hot.
2. Cut the kernels off the ears of corn.
3. Add the corn kernels and all other ingredients to the pot and boil for 10 seconds.
4. Lower the heat and simmer for about 30 minutes.

Serves 6



Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

Chicken Posole

Posole is a delicious side dish that can be served with several toppings. It can be eaten by itself, or it can be served with shredded cabbage, sliced radish, or chopped onions. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1¼ cup (501g)

| | | | | | |
|---------------|---------|-----------|-------|---------------|-------|
| Calories | 224 | Total fat | 8.7g | Saturated fat | 1g |
| Cholesterol | 38mg | Sodium | 440mg | Carbohydrate | 22g |
| Dietary Fiber | 5g | Sugars | 3g | Protein | 15g |
| Vitamin A | 145% DV | Vitamin C | 8% DV | Calcium | 6% DV |
| Iron | 9% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Chicken Posole

Ingredients

- 1 **onion**, chopped
- 3 large **carrots**, chopped
- 3 **celery** stalks, chopped
- ½ tablespoon garlic, finely chopped
- 2 tablespoons **vegetable oil**
- 2 cans (about 30 ounces) low-sodium **hominy**
- 1 can (about 12 ounces) **canned chicken**
- 4 cups water
- 1 teaspoon cayenne or jalapeño chilies, seeds removed and finely chopped (if you have it)
- ½ teaspoon chili powder (if you have it)
- ½ teaspoon oregano (if you have it)
- ½ teaspoon salt
- ¼ teaspoon pepper

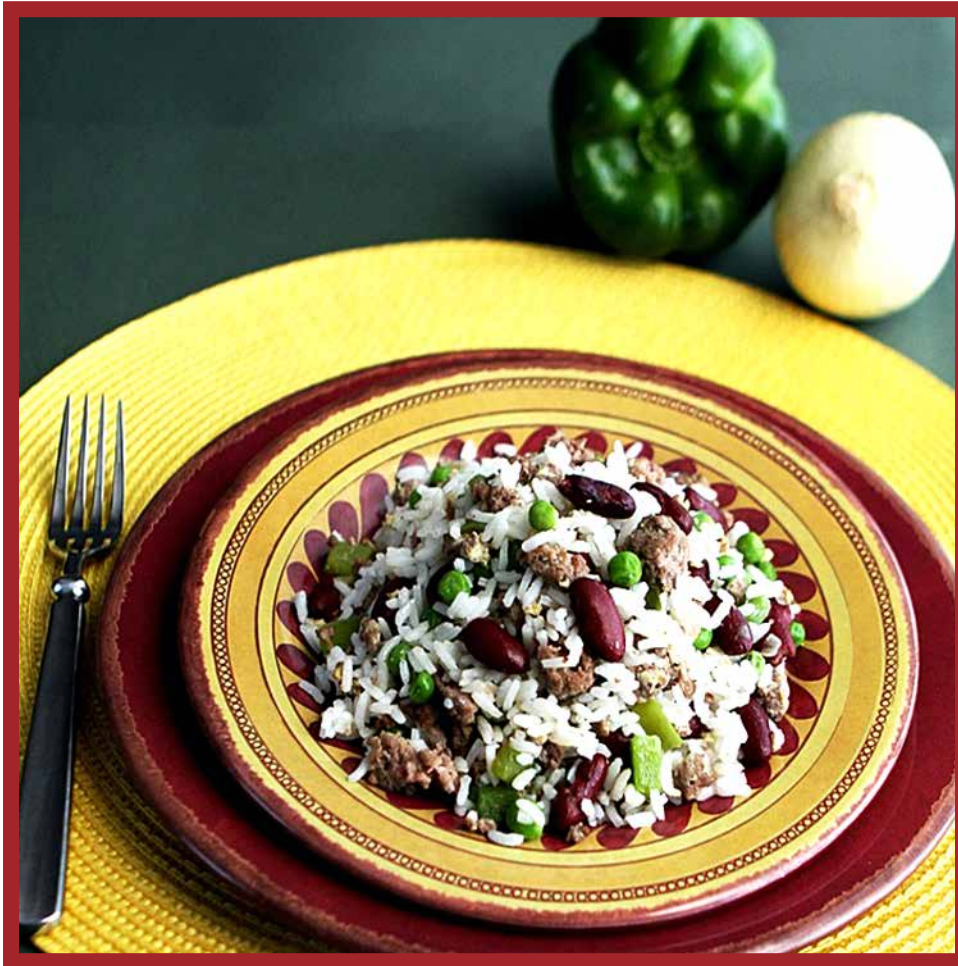
Directions

1. In a medium-size pot, brown onion, carrots, celery, and garlic in vegetable oil over medium heat for 10 minutes.
2. Add hominy, chicken, and water. If using cayenne pepper, jalapeño chilies, chili powder, or oregano, add that too. Mix well.
3. Bring pot to a boil. Lower heat and cook for about 10 minutes.
4. Add salt and pepper. Serve hot.

Serves 6

Dirty Rice

Dirty rice is a flavorful way to spice up your main dishes. It is also a good way to serve leftovers; cooked chicken or ham can be used in place of ground beef. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1 cup (231g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 308 | Total fat | 9.5g | Saturated fat | 2g |
| Cholesterol | 65mg | Sodium | 131mg | Carbohydrate | 43g |
| Dietary Fiber | 4g | Sugars | 3g | Protein | 12g |
| Vitamin A | 4% DV | Vitamin C | 25% DV | Calcium | 4% DV |
| Iron | 11% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Dirty Rice

Ingredients

- 2 tablespoons **egg mix**
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ pound **ground beef**
- $\frac{1}{2}$ **onion**, finely chopped
- $\frac{1}{2}$ **green pepper**, chopped
- 2 tablespoons **vegetable oil**
- $\frac{1}{2}$ can (about 8 ounces) **low-sodium peas**, drained
- $\frac{1}{2}$ can (about 8 ounces) **low-sodium kidney beans**, drained
- 4 cups cooked **rice**, cold
- $\frac{1}{4}$ teaspoon black pepper

Directions

1. In a small bowl, combine egg mix and water. Mix well and set aside.
2. In a large skillet, cook ground beef, onion, and green pepper in oil over medium heat for about 10 minutes.
3. Add egg mix to skillet. Scramble eggs over medium heat for about 5 minutes.
4. Add peas and beans to skillet. Cook for about 5 minutes.
5. Add rice and pepper to skillet. Stir to break up any clumps of rice. Cook for about 5 minutes. Serve hot.

Serves 6



Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

Fresh Tomato Salsa

Fresh salsa is a refreshing, cool addition to a meal or snack. Try something new by adding it to salads, baked fish, and tacos. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size ¼ cup (53g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 21 | Total fat | 0.6g | Saturated fat | 0g |
| Cholesterol | 0mg | Sodium | 99mg | Carbohydrate | 4g |
| Dietary Fiber | 1g | Sugars | 2g | Protein | 1g |
| Vitamin A | 13% DV | Vitamin C | 12% DV | Calcium | 1% DV |
| Iron | 1% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Fresh Tomato Salsa

.....

Ingredients

- 1 cup **tomatoes**, finely chopped (or ½ can, about 8 ounces, **low-sodium diced tomatoes**)
- ½ cup **apple**, peeled and finely chopped
- ¼ cup **onion**, finely chopped
- 2 tablespoons lime (or lemon) juice
- 1 teaspoon garlic, finely chopped
- ½ teaspoon **vegetable oil**
- ¼ teaspoon salt
- 1 teaspoon fresh parsley or cilantro, finely chopped (if you have it)
- 1 tablespoon cayenne pepper or jalapeño chilies, chopped (if you have it)

Directions

1. In a medium-size bowl, combine tomato, apple, onion and lime juice (or lemon juice). Mix well.
2. Add garlic, vegetable oil, and salt to bowl. If using parsley, cilantro, cayenne pepper, or jalapeño chilies, add them too. Mix well.
3. Cover bowl and refrigerate for 15 minutes. Serve cold.

Serves 6

Garden Pasta Salad

Pasta salad is a cool and delightful addition to lunch or dinner. It goes with soup or a sandwich. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size ¼ cup (38g)

| | | | | | |
|---------------|-------|-----------|--------|---------------|-------|
| Calories | 34 | Total fat | 1.3g | Saturated fat | 0g |
| Cholesterol | 0mg | Sodium | 98mg | Carbohydrate | 5g |
| Dietary Fiber | 1g | Sugars | <1g | Protein | 1g |
| Vitamin A | 1% DV | Vitamin C | 10% DV | Calcium | 0% DV |
| Iron | 1% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Garden Pasta Salad

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Ingredients

- ½ cup **macaroni**, cooked
- ¼ cup **onion**, finely chopped
- ½ cup **cucumber**, finely chopped
- ¼ cup **green pepper**, diced
- 1 tablespoon vinegar
- ½ tablespoon **vegetable oil**
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon parsley, chopped (if you have it)

Directions

1. In a medium-size bowl, combine macaroni, onions, cucumbers, and green peppers. Mix well.
2. In a separate bowl, mix vinegar, vegetable oil, salt, and pepper. If using parsley, add that too.
3. Pour the prepared dressing over the pasta. Mix well.
4. Cover bowl and refrigerate for 30 to 45 minutes. Serve cold.

Serves 6

Green Bean and Rice Casserole

This no-fuss side dish is a great addition to any meal and can be prepared in a flash. **The foods in bold type are USDA Foods.**
Adapted from a recipe by Healthy Diabetes Recipes and More, South Dakota Diabetes Control Program.



Nutrition Facts

Serving Size 1 cup (198g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 114 | Total fat | 1.6g | Saturated fat | 0g |
| Cholesterol | 0mg | Sodium | 183mg | Carbohydrate | 21g |
| Dietary Fiber | 3g | Sugars | 3g | Protein | 3g |
| Vitamin A | 14% DV | Vitamin C | 18% DV | Calcium | 5% DV |
| Iron | 12% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Green Bean and Rice Casserole

Ingredients

- ½ cup **onion**, chopped
- 2 teaspoons **vegetable oil**
- ½ cup **rice**, uncooked
- 1 can (about 15 ounces) **low-sodium green beans**, drained
- 1 can (about 15 ounces) **low-sodium diced tomatoes**
- 1 cup water

Directions

1. In a medium-size pan, cook onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.

Serves 6

- * Tip for cooking chicken:** The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

Mash'd Taters

This is a very quick and easy side dish. This three-step dish can be ready in minutes. **The foods in bold type are USDA Foods.**
Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.



Nutrition Facts

Serving Size 1 cup (274g)

| | | | | | |
|---------------|-------|-----------|--------|---------------|-------|
| Calories | 175 | Total fat | 2g | Saturated fat | 0.6g |
| Cholesterol | 1mg | Sodium | 81mg | Carbohydrate | 36g |
| Dietary Fiber | 3g | Sugars | 2g | Protein | 4g |
| Vitamin A | 5% DV | Vitamin C | 59% DV | Calcium | 3% DV |
| Iron | 3% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Mash'd Taters

.....

Ingredients

- 4½ cups water
- 4½ teaspoons **light buttery spread**
- 4½ cups **dehydrated potatoes**
- ¼ cup 1% **low-fat milk**
- ½ tablespoon garlic powder (if you have it)

Directions

1. Over medium to high heat, combine water and light buttery spread in a medium-size pot, and bring it to a boil.
2. Turn off heat; add potatoes and mix well.
3. Add milk to potatoes and mix well. If using garlic powder, add that too.

Serves 5

- * **Tip:** Change the recipe by adding fresh onion, green pepper, blended American and skim cheese, or substitute chicken broth for a rich flavor with less fat. Remember that adding chicken broth will increase the sodium.

Roasted Potatoes

Everyone loves these roasted potatoes, and they are easy to make.

The foods in bold type are USDA Foods.



Nutrition Facts

Serving Size ¼ cup (80g)

| | | | | | |
|---------------|-------|-----------|--------|---------------|-------|
| Calories | 76 | Total fat | 1g | Saturated fat | 0g |
| Cholesterol | 0mg | Sodium | 102mg | Carbohydrate | 16g |
| Dietary Fiber | 2g | Sugars | 1g | Protein | 2g |
| Vitamin A | 4% DV | Vitamin C | 27% DV | Calcium | 2% DV |
| Iron | 5% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Roasted Potatoes

.....

Ingredients

- 1 pound **potatoes**, chopped into 1-inch cubes
- ½ cup **onion**, chopped into 1-inch cubes
- ½ cup **green pepper**, chopped into 1-inch cubes
- 1 teaspoon garlic, finely chopped
- 1 teaspoon **vegetable oil**
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon parsley, finely chopped (if you have it)
- ½ teaspoon paprika (if you have it)

Directions

1. In a medium-size bowl, mix potatoes, onions, green peppers, and garlic.
2. Add vegetable oil, salt, and pepper to bowl. If using parsley and paprika, add that too. Mix well.
3. Cover bowl and refrigerate for 15 minutes.
4. Preheat oven to 350 degrees F.
5. Spread potato mixture evenly on a cookie sheet. Bake for about 35 minutes. Serve hot.

Serves 6

Sweet Potato Casserole

Sweet potato casserole is rich in flavor and low in fat. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size ¼ cup (80g)

| | | | | | |
|---------------|---------|-----------|--------|---------------|-------|
| Calories | 94 | Total fat | 0.5g | Saturated fat | 0g |
| Cholesterol | 0mg | Sodium | 30mg | Carbohydrate | 21g |
| Dietary Fiber | 3g | Sugars | 5g | Protein | 2g |
| Vitamin A | 130% DV | Vitamin C | 13% DV | Calcium | 2% DV |
| Iron | 5% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Sweet Potato Casserole

.....

Ingredients

- 2 tablespoons **1% low-fat milk**
- 1½ teaspoons brown sugar
- 1 teaspoon ground cinnamon
- ¼ cup **quick cooking oats**, dry
- 1 can (about 15 ounces) low-sodium **sweet potatoes**, drained and chopped

Directions

1. Preheat oven to 350 degrees F.
2. In a small bowl, combine milk, brown sugar, cinnamon, and oatmeal. Mix well and set aside.
3. In a medium-size baking pan, add the sweet potatoes so that they cover the bottom of the pan.
4. Add the oatmeal mixture on top of the sweet potatoes.
5. Bake for 20 minutes. Serve hot or refrigerate and serve cold.

Serves 6

Baked Fish

It can be served with vegetables and rice, pastas, or potatoes.

The foods in bold type are USDA Foods. *Adapted from a recipe by Veronica “Babe” Newago, Red Cliff Ojibwe.*



Nutrition Facts

Serving Size ½ fillet (199g)

| | | | | | |
|---------------|-------|-----------|-------|---------------|-------|
| Calories | 156 | Total fat | 4.3g | Saturated fat | 1g |
| Cholesterol | 57mg | Sodium | 211mg | Carbohydrate | 6g |
| Dietary Fiber | 1g | Sugars | 4g | Protein | 23g |
| Vitamin A | 0% DV | Vitamin C | 7% DV | Calcium | 3% DV |
| Iron | 5% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Baked Fish

.....

Ingredients

- Nonstick cooking spray
- 1 pound of fish fillets (whitefish, trout, or tilapia)
- 1 **onion**, sliced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 teaspoon **vegetable oil**
- ¼ teaspoon lemon pepper seasoning (if you have it)

Directions

1. Preheat oven to 350 degrees F.
2. Place about a 12-inch piece of foil on the counter. Coat the foil with nonstick cooking spray.
3. Place the fillets in the middle of the foil. If the fillets have skin, place the skin side down.
4. Spread the onions, salt, pepper, and oil on top of the fillets. If using lemon pepper seasoning, add that too.
5. Fold the foil over the fish to wrap it. Place foil pouch on a baking sheet, and place it in the oven.
6. Bake the fish for 15 to 20 minutes until the fish is flaky when tested with a fork.
7. Divide into four portions and serve.

Serves 4



Tip for cooking fish: The recommended safe minimum internal temperature for fish is 145 degrees F, as measured with a food thermometer.

Beef and Vegetables

This dish can be prepared in about 35 minutes and may be served for lunch or dinner. **The foods in bold type are USDA Foods.**

Adapted from a recipe by Lela Gabbard, Pala Indian Reservation.



Nutrition Facts

Serving Size 1 ¼ cups (449g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 471 | Total fat | 12.4g | Saturated fat | 4.7g |
| Cholesterol | 51 mg | Sodium | 141mg | Carbohydrate | 69g |
| Dietary Fiber | 5g | Sugars | 2g | Protein | 22g |
| Vitamin A | 20% DV | Vitamin C | 29% DV | Calcium | 7% DV |
| Iron | 20% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Beef and Vegetables

.....

Ingredients

- 4 cups water
- 2 cups uncooked **rice**
- 1 pound **ground beef** (or 1 can, about 24 ounces, **canned beef**)
- 2 cups steamed green beans (or 1 can, about 15 ounces, **low-sodium green beans**)
- 1½ cups fresh cooked corn kernels (or 1 can, about 15 ounces, **low-sodium whole kernel corn**)
- 1 can (about 15 ounces) **low-sodium tomato sauce**
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

Directions

1. In a large pot, add water to rice and bring to a boil. Cover and cook on low heat for 15 minutes (do not remove the lid) until water is gone.
2. While the rice is cooking, put ground beef in a large pan and cook over medium heat on the stove for 8 to 10 minutes. Drain fat.
3. Let rice stand for about 3 minutes. Arrange rice on a platter like a doughnut ring. Set aside.
4. Add green beans, corn, tomato sauce, garlic powder, and onion powder to pan with meat.
5. Cook until steaming hot. Pour into center of rice ring and serve.

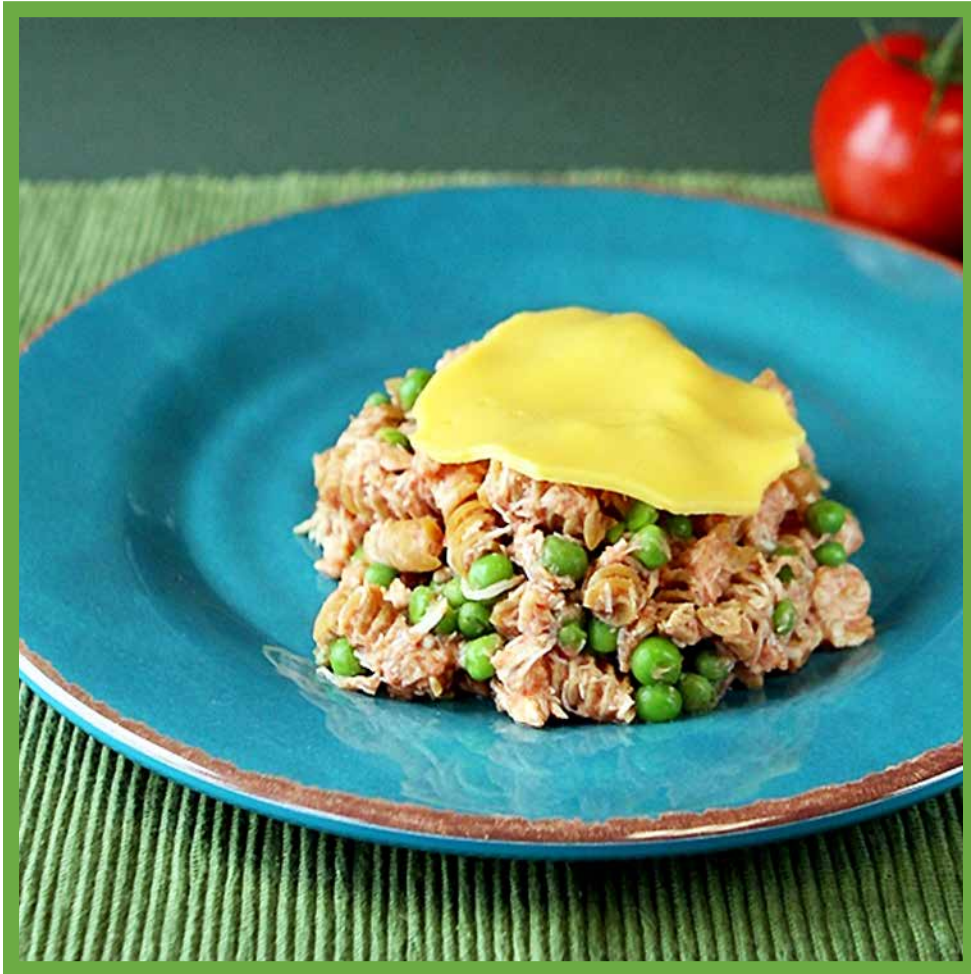
Serves 6



Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

Chicken Casserole

This chicken casserole is a simple, satisfying main dish for lunch or dinner. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1½ cups (354g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|--------|
| Calories | 354 | Total fat | 6g | Saturated fat | 2.8g |
| Cholesterol | 38 mg | Sodium | 403mg | Carbohydrate | 52g |
| Dietary Fiber | 4g | Sugars | 4g | Protein | 22g |
| Vitamin A | 17% DV | Vitamin C | 22% DV | Calcium | 69% DV |
| Iron | 18% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Chicken Casserole

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Ingredients

- 1 package (about 1 pound) **rotini** or **macaroni**
- 1 can (about 12 ounces) **canned chicken**
- 1 can (about 15 ounces) **low-sodium tomato sauce**
- ½ can (about 8 ounces) **low-sodium green peas**, drained
- 3 slices **pasteurized process American cheese**

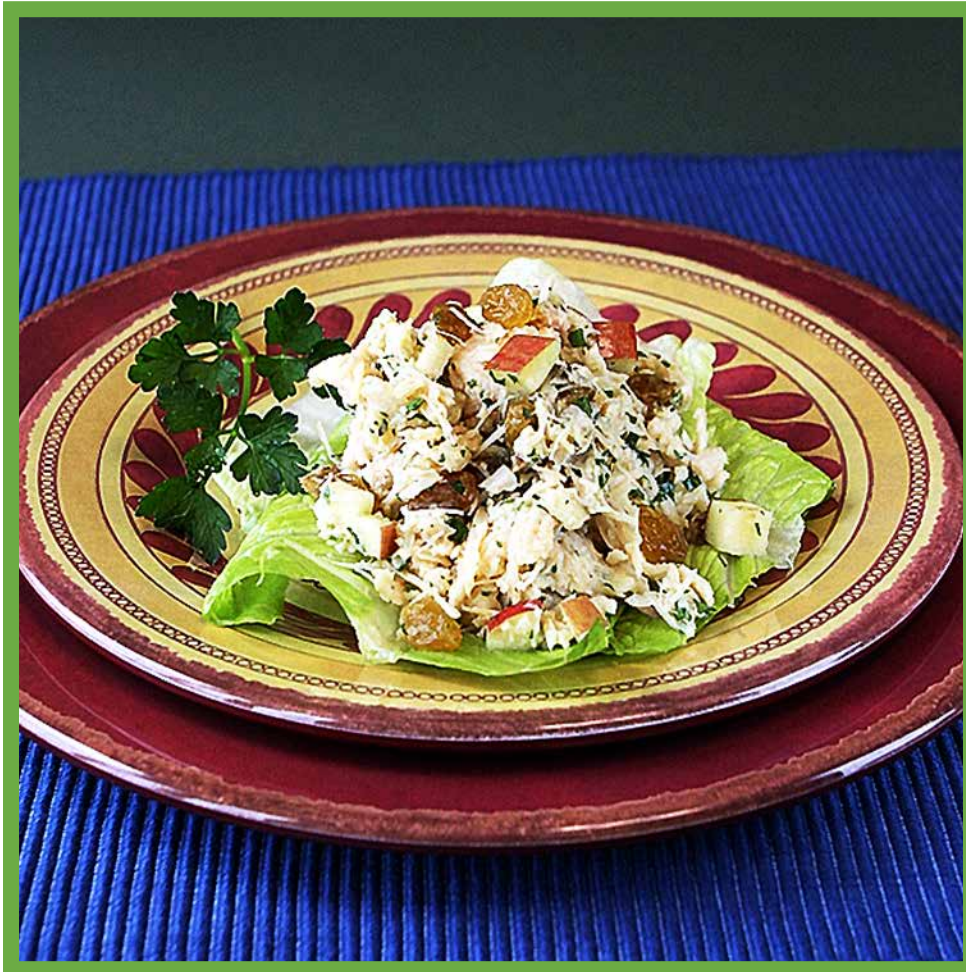
Directions

1. Preheat oven to 350 degrees F.
2. Cook rotini or macaroni according to package directions. Drain well.
3. In a large oven-safe dish, mix the chicken, tomato sauce, peas, and macaroni.
4. Add the 3 slices of cheese on top of the casserole.
5. Bake for 30 to 40 minutes.
6. Serve hot.

Serves 8

Chicken Salad

This refreshing and light lunch is easy to make. You can pack this salad for lunch on the run. It can also be served for dinner. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size ½ cup (88g)

| | | | | | |
|---------------|-------|-----------|-------|---------------|-------|
| Calories | 134 | Total fat | 3.2g | Saturated fat | 1g |
| Cholesterol | 41mg | Sodium | 221mg | Carbohydrate | 14g |
| Dietary Fiber | 1g | Sugars | 11g | Protein | 14g |
| Vitamin A | 1% DV | Vitamin C | 2% DV | Calcium | 2% DV |
| Iron | 5% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Chicken Salad

.....

Ingredients

- 1 can (about 12 ounces) **canned chicken**, drained
- 3 tablespoons mustard
- 2 tablespoons honey
- 1 cup **apples**, diced
- $\frac{1}{4}$ cup **raisins**
- $\frac{1}{4}$ teaspoon black pepper
- 2 tablespoons parsley or cilantro, chopped (if you have it)

Directions

1. In a large bowl, combine chicken, mustard, honey, and apples. Mix well.
2. Sprinkle raisins and pepper on top of salad. If using parsley or cilantro, add that too.
3. Serve on a lettuce leaf or on a slice of homemade bread.

Serves 6

Chicken Stir-Fry

This stir-fry is delicious for lunch or dinner. It is very quick to fix. It may also be served over spaghetti, rotini, and other macaroni products. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1½ cups (535g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 247 | Total fat | 7.2g | Saturated fat | 1g |
| Cholesterol | 53mg | Sodium | 423mg | Carbohydrate | 25g |
| Dietary Fiber | 2g | Sugars | 2g | Protein | 19g |
| Vitamin A | 37% DV | Vitamin C | 32% DV | Calcium | 5% DV |
| Iron | 13% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Chicken Stir-Fry

.....

Ingredients

- 2 tablespoons **vegetable oil**
- ½ cup **carrots**, peeled, sliced thinly (or ½ can, about 8 ounces, **low-sodium carrots**, drained)
- ½ cup **celery**, sliced thin
- ¼ cup **onion**, cut into strips
- 1 **green pepper**, cut into strips
- 1 tablespoon garlic, finely chopped
- 1 tablespoon ginger, finely chopped (if you have it)
- 1 pound **chicken**, cooked, skin removed, and sliced into strips
- ½ teaspoon sugar
- 3 tablespoons soy sauce (if you have it)
- 3 cups cooked **white rice** (or brown rice)

Directions

1. Heat a large pan with vegetable oil over high heat.
2. Add vegetables and garlic to the hot pan. Stir until garlic is slightly brown. If using ginger, add that too.
3. Add the chicken and sugar to the pan. If using soy sauce, add that too.
4. Stir the food for about 1 minute in the pan.
5. Serve with cooked rice.

Serves 6

*** Tip for cooking chicken:** The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

Citrus Tuna Melt

This warm toasted sandwich is easy to make. Our recipe uses one slice of bread per serving. An open-faced sandwich has less sodium and fewer calories. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1 open-faced sandwich (126g)

| | | | | | |
|---------------|--------|-----------|-------|---------------|-------|
| Calories | 191 | Total fat | 4g | Saturated fat | 1.5g |
| Cholesterol | 24mg | Sodium | 408mg | Carbohydrate | 17g |
| Dietary Fiber | 4g | Sugars | 2g | Protein | 21g |
| Vitamin A | 3% DV | Vitamin C | 6% DV | Calcium | 7% DV |
| Iron | 11% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Citrus Tuna Melt

Ingredients

- 1 can (about 12 ounces) tuna, drained
- 2 tablespoons lime (or lemon) juice
- ½ cup **onion**, diced
- ¼ cup **tomatoes**, diced (or 2 tablespoons, about 2 ounces, **low-sodium** diced tomatoes, drained)
- ½ cup **apple**, diced
- ¼ cup **celery**, diced
- ¼ teaspoon black pepper
- 6 slices whole grain bread (or homemade bread)
- ¼ cup fresh parsley or cilantro, chopped (if you have it)
- 1 tablespoon cayenne or jalapeño chilies, diced (if you have it)
- 3 slices **pasteurized process American cheese**, cut into halves
- 6 slices **tomatoes**
- 6 leaves lettuce

Directions

1. Preheat oven to 350 degrees F.
2. In a medium-size bowl, combine tuna, lime juice, onion, tomatoes, apple, celery, and pepper. Mix well.
3. Toast the bread.
4. Place 6 slices of toasted bread on a cookie sheet. Put an even amount of tuna mixture on top of each slice. If using parsley and chilies, add these too.
5. Put ½ slice cheese on top of the tuna and bake for about 3 minutes.
6. Add an extra slice of tomato and lettuce on top if you like.
7. Serve hot.

Serves 6

Easy Beef Supper

This is a favorite southwestern dish. Serve with vegetables for lunch or dinner. **The foods in bold type are USDA Foods.** Adapted from a recipe by Phyllis Blackbear, Cheyenne & Arapaho Tribes FDP.



Nutrition Facts

Serving Size 1 ¼ cups (451g)

| | | | | | |
|---------------|--------|-----------|---------|---------------|--------|
| Calories | 390 | Total fat | 12g | Saturated fat | 4.5g |
| Cholesterol | 51mg | Sodium | 394mg | Carbohydrate | 46g |
| Dietary Fiber | 9g | Sugars | 10g | Protein | 25g |
| Vitamin A | 54% DV | Vitamin C | 110% DV | Calcium | 10% DV |
| Iron | 36% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Easy Beef Supper

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Ingredients

- 1 pound **ground beef**
- 1 small **onion**, chopped
- 1 **bell pepper**, chopped
- 2 cans (about 30 ounces) **low-sodium diced tomatoes**, drained
- 1 cup **macaroni**, uncooked
- 2½ cups low-sodium **tomato juice**
- ¼ teaspoon black pepper
- ½ teaspoon chili powder
- 1 teaspoon oregano (if you have it)
- 1 can (about 15 ounces) **low-sodium kidney beans**, drained

Directions

1. In a large pan, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
2. Add onion, green pepper, and tomatoes to ground beef and cook until onion turns light brown.
3. Turn down the heat to a simmer. Add macaroni, tomato juice, spices, and beans to the pan. Stir well.
4. Cover the pan and simmer for about 20 minutes.
5. Remove pan from heat, stir, and serve hot.

Serves 6

- * Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

Meatloaf

This meatloaf is very moist and simple to make for lunch or dinner. Serve with vegetables, rice, pasta or potatoes, or slice to make sandwiches. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1 slice (204g)

| | | | | | |
|---------------|--------|-----------|-------|---------------|-------|
| Calories | 292 | Total fat | 13.5g | Saturated fat | 5g |
| Cholesterol | 104mg | Sodium | 262mg | Carbohydrate | 26g |
| Dietary Fiber | 2g | Sugars | 3g | Protein | 18g |
| Vitamin A | 2% DV | Vitamin C | 3% DV | Calcium | 2% DV |
| Iron | 14% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Meatloaf

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Ingredients

- 1 pound **ground beef**
- 1 can (about 15 ounces) **low-sodium cream style corn**
- ½ cup **onion**, diced
- 1 teaspoon garlic, finely chopped
- ½ cup water
- ½ cup **cornmeal**
- 2 tablespoons **egg mix**
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Nonstick cooking spray

Directions

1. Preheat oven to 375 degrees F.
2. In a large pan, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
3. Add corn, onions, and garlic to pan, and cook for an additional 10 minutes.
4. Add water, cornmeal, egg mix, salt, and pepper to the beef mixture. Stir well and cook for 15 minutes.
5. Use a large iron skillet or loaf pan. Spray pan with nonstick cooking spray. Form beef and cornmeal mixture into a loaf in a pan.
6. Cover pan with an oven-safe lid or foil and bake for 35 to 40 minutes.

Serves 6

*** Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

Pot Roasted Beef

This is a tender and satisfying roast beef dinner. Serve with a green salad and bread. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1 ¼ cups (302g)

| | | | | | |
|---------------|---------|-----------|--------|---------------|---------|
| Calories | 327 | Total fat | 3.1g | Saturated fat | 1g |
| Cholesterol | 31mg | Sodium | 208mg | Carbohydrate | 51g |
| Dietary Fiber | 6.3g | Sugars | 6.2g | Protein | 23g |
| Vitamin A | 6.7% DV | Vitamin C | 12% DV | Calcium | 6.5% DV |
| Iron | 21% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Pot Roasted Beef


Ingredients

- 1 pound **beef round** roast, thawed
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon **vegetable oil**
- 8 **red potatoes**, peeled and quartered (or 2 cans, about 30 ounces, **low-sodium sliced potatoes**, drained)
- 2 **turnips**, peeled and quartered (or 1 can, about 15 ounces, **low-sodium sweet potatoes**, drained)
- ½ cup **onion**, chopped in 1-inch pieces
- ½ cup **carrots**, chopped in 1-inch pieces
- ½ cup **low-sodium tomato juice**

Directions

1. Preheat oven to 350 degrees F.
2. Season the roast with salt and pepper.
3. In a large pan, brown the roast in the oil over medium to high heat for 10 to 12 minutes. Drain fat.
4. Use a large iron skillet or roasting pan. Put the roast in the middle of the pan. Add the potatoes, turnips, onions, and carrots around the roast.
5. Pour the tomato juice over the roast and vegetables.
6. Cover the pan with a lid or foil and bake for 1 hour or until potatoes are cooked.
7. If desired, cut roast into one inch chunks. Mix and serve.

Serves 6

 **Tip for cooking beef roast:** The recommended safe minimum internal temperature for beef roast is 145 degrees F, as measured with a food thermometer.

Soft Chicken Taco

Tacos can be served for lunch or dinner. This recipe uses fresh tomato salsa (page 52). **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1 taco (191g)

| | | | | | |
|---------------|-------|-----------|--------|---------------|-------|
| Calories | 175 | Total fat | 4g | Saturated fat | 1g |
| Cholesterol | 33mg | Sodium | 450mg | Carbohydrate | 19g |
| Dietary Fiber | 2g | Sugars | 4g | Protein | 16g |
| Vitamin A | 8% DV | Vitamin C | 48% DV | Calcium | 5% DV |
| Iron | 8% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Soft Chicken Taco

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Ingredients

- 2 **chicken** breasts, thawed, skin and bone removed from each piece
- ½ teaspoon **vegetable oil**
- 1 teaspoon garlic, finely chopped
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 teaspoons taco seasoning or chili powder (if you have it)
- 1 **green pepper**, sliced
- 1 medium **onion**, sliced
- 4 soft tortillas, 6-inch size
- ¼ head **Romaine lettuce**, sliced thin
- ¼ cup **tomatoes**, diced
- 4 teaspoons fresh tomato salsa (page 52)
- 1 tablespoon parsley or cilantro, chopped (if you have it)

Directions

1. In a large bowl, mix chicken, vegetable oil, garlic, salt, and pepper.
2. If using taco seasoning or chili powder, add them too.
3. Cover the bowl with plastic wrap, and place it in the refrigerator for about 30 minutes.
4. While the chicken is in the refrigerator, cook the pepper and onion, on stovetop, over medium heat until done (about 12 minutes).
5. Cook the chicken over medium heat. Cook each side about 10 to 15 minutes.
6. Place chicken on a plate. Let it cool for 5 minutes. Cut the chicken into strips.
7. To make the tacos, put chicken on the tortilla first. Add peppers and onion strips next. Top with lettuce, tomato, and salsa. If using parsley or cilantro, add that too.

Serves 4



Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

Spicy Quesadillas

Your family will enjoy the great taste of these quesadillas! **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 2 pieces (122g)

| | | | | | |
|---------------|--------|-----------|-------|---------------|--------|
| Calories | 282 | Total fat | 12.3g | Saturated fat | 5.4g |
| Cholesterol | 57mg | Sodium | 490mg | Carbohydrate | 19g |
| Dietary Fiber | 1g | Sugars | 2g | Protein | 24g |
| Vitamin A | 3% DV | Vitamin C | 2% DV | Calcium | 12% DV |
| Iron | 17% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Spicy Quesadillas

Ingredients

- ½ pound **beef round roast**, thawed
- 1½ teaspoons taco seasoning or chili powder (if you have it)
- ¼ teaspoon black pepper
- ½ **onion**, sliced
- 4 flour tortillas, 6-inch size
- ¼ cup **pasteurized process American cheese**

Directions

1. Preheat the oven to 325 degrees F.
2. Coat the roast with taco seasoning (or chili powder) and pepper.
3. Place the roast in a small baking pan and cover with foil or a lid.
Cook the roast until done or about 35 minutes.
4. Remove the roast from the oven and let it sit for 5 minutes.
Uncover the roast, and slice the beef into thin strips.
5. Over medium heat, cook the onion on the stovetop until it is done or about 10 minutes.
6. Put the sliced beef, onions, and cheese on top of one tortilla.
Top with another tortilla and place in a pan.
7. Over medium heat, warm the quesadilla on the stovetop for 1 minute.
8. Turn the quesadilla over, and warm until the cheese melts.
9. Repeat steps 6-8 to make the other quesadilla. Cut each quesadilla into four pieces.

Serves 4



Tip for cooking beef roast: The recommended safe minimum internal temperature for beef roast is 145 degrees, as measured with a food thermometer.

Three Sisters Stew

This hearty stew is great for dinner and even better the next day. It uses different ingredients like sweet potatoes and quick cooking oats.

The foods in bold type are USDA Foods. Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.



Nutrition Facts

Serving Size 1 ¼ cups (298g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 298 | Total fat | 6g | Saturated fat | 2.5g |
| Cholesterol | 26mg | Sodium | 321mg | Carbohydrate | 48g |
| Dietary Fiber | 9g | Sugars | 7g | Protein | 17g |
| Vitamin A | 22% DV | Vitamin C | 54% DV | Calcium | 7% DV |
| Iron | 22% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Three Sisters Stew

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Ingredients

- ½ pound **ground beef**
- 1 cup **onions**, diced
- 3 cups water
- 3 cups **red potatoes**, cubed (or 1½ cans, about 24 ounces, low-sodium sliced potatoes, drained)
- 2 **tomatoes**, diced (or 1 can, about 15 ounces, **low-sodium diced tomatoes**, drained)
- 1 can (15 ounces) **low-sodium tomato sauce**
- ½ cup frozen corn kernels (or ¼ can, about 4 ounces, **low-sodium whole kernel corn**, drained)
- ½ cup **yellow squash**, diced (or ¼ can, about 4 ounces, **low-sodium sweet potatoes**, drained and diced)
- ½ cup **green squash**, diced (or ¼ can, about 4 ounces, **low-sodium carrots**, drained)
- ½ can (about 8 ounces) **low-sodium kidney beans**, drained
- ½ can (about 8 ounces) **low-sodium vegetarian beans**
- ¼ cup **quick cooking oats**
- 2 cloves garlic, finely chopped
- ¼ teaspoon black pepper
- ¼ teaspoon salt

Directions

1. In a small skillet, brown ground beef and onions over medium to high heat for 8 to 10 minutes. Drain fat.
2. In a large pot, combine cooked ground beef, water, and red potatoes.
3. Bring the pot to a boil and cook for 15 minutes.
4. Add all the other ingredients to the pot and bring to a boil. Lower heat and simmer for about 25 minutes.

Serves 6



Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

Two Bean Chili

This no-fuss chili is a great way to use ground beef and beans to make a tasty main dish. Chili can be served by itself, with crackers, cooked rice, or baked potato. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1 cup (275g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 275 | Total fat | 8.8g | Saturated fat | 3.6g |
| Cholesterol | 39mg | Sodium | 284mg | Carbohydrate | 32g |
| Dietary Fiber | 8g | Sugars | 12g | Protein | 18g |
| Vitamin A | 52% DV | Vitamin C | 74% DV | Calcium | 6% DV |
| Iron | 22% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Two Bean Chili

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Ingredients

- ½ pound **ground beef**
- ½ can (about 8 ounces) **low-sodium kidney beans**, drained
- ½ can (about 8 ounces) **low-sodium vegetarian beans**
- ½ cup **onion**, diced
- 1 teaspoon chili powder
- 2½ cups **low-sodium tomato juice**
- ¼ teaspoon pepper

Directions

1. In a medium-size pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain fat.
2. Add kidney beans, vegetarian beans, onions, chili powder, tomato juice, and pepper.
3. Cook over low heat for about 40 minutes. Serve hot.

Serves 4

- * **Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.
- * **Tip: USDA Foods** macaroni products such as **spaghetti**, **rotini** and **macaroni** are great additions to chili.

Veggie Burgers

Vegetarian burgers can be made ahead of time and stored in the freezer. They can be served anytime. To add some spice, top with salsa. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1 patty (275g)

| | | | | | |
|---------------|-------|-----------|--------|---------------|-------|
| Calories | 142 | Total fat | 1.4g | Saturated fat | 0g |
| Cholesterol | 0mg | Sodium | 190mg | Carbohydrate | 30g |
| Dietary Fiber | 3g | Sugars | 2g | Protein | 3g |
| Vitamin A | 5% DV | Vitamin C | 25% DV | Calcium | 1% DV |
| Iron | 8% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Veggie Burgers

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Ingredients

- 1 can (about 15 ounces) **low-sodium whole kernel corn**, finely chopped
- ½ cup **cornmeal**
- ½ cup **onion**, finely chopped
- ½ cup **green pepper**, finely chopped
- ½ cup cooked **white rice**
- ¼ teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon cayenne or jalapeño chilies, seeds removed and finely chopped (if you have it)
- Nonstick cooking spray
- 6 flour tortillas, 6-inch size

Directions

1. In a large bowl, combine corn and cornmeal.
2. Add onions, green pepper, rice, chili powder, and pepper. If using cayenne and jalapeño chilies, add them too. Mix well.
3. Form the burger mixture into 6 equal patties about ½ inch thick, and refrigerate for 1 hour.
4. Preheat the oven to 350 degrees F.
5. Spray both sides of the patties with nonstick cooking spray.
6. In a large pan, brown both sides of the patties over medium to high heat for 5 to 8 minutes.
7. Bake the patties in the oven for 10 minutes.
8. Toast the flour tortillas in the oven for 8 minutes.
9. Place patty on half of tortilla and fold tortilla over to serve like a taco.

Serves 6

Winter Stew

Eat your vegetables in this delicious chunky stew. Serve it by itself or with cooked rice, Mash'd Taters (page 58), or macaroni. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size 1 cup (315g)

| | | | | | |
|---------------|--------|-----------|--------|---------------|-------|
| Calories | 340 | Total fat | 20.4g | Saturated fat | 10g |
| Cholesterol | 87mg | Sodium | 311mg | Carbohydrate | 14g |
| Dietary Fiber | 3g | Sugars | 8g | Protein | 25g |
| Vitamin A | 56% DV | Vitamin C | 71% DV | Calcium | 5% DV |
| Iron | 20% DV | | | | |

Percent Daily Values are based on a 2,000 calorie diet.

Winter Stew

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Ingredients

- ½ pound **winter squash**, diced (or ½ can, about 8 ounces, **low-sodium sweet potatoes**, drained)
- ½ pound **turnips**, diced (or ½ can, about 8 ounces, low-sodium sliced **potatoes**, drained)
- ½ cup **onions**, diced
- 2½ cups **low-sodium tomato juice**
- ¼ teaspoon black pepper
- 1 tablespoon paprika (if you have it)
- 1 can (about 24 ounces) **canned beef**
- ¼ cup (about 2 ounces) **canned apricots**, drained and diced

Directions

1. In a large pot, combine squash, turnips, onions, tomato juice, and pepper. If using paprika, add that too. Mix well.
2. Cook over medium to high heat and bring the pot to a boil for 5 minutes.
3. Lower heat and cook over low to medium heat for 30 minutes. Stir the pot every 15 minutes.
4. Add beef and apricots to the pot and mix well.
5. Cook over low heat for 10 minutes.

Serves 6