



## Swedish Meatballs

Makes 18 meatballs | 6 servings | Dairy • Protein • Grains

### Ingredients

- 1<sup>3</sup>/<sub>4</sub> cups low-sodium beef or chicken broth
- <sup>3</sup>/<sub>4</sub> cup *CNP Magic Mix* (see back)
- <sup>1</sup>/<sub>2</sub> teaspoon black pepper
- Dash of nutmeg
- 18 *CNP Baked Meatballs*, or pre-cooked meatballs (see back)
- 4 cups cooked egg noodles or 2 medium potatoes, cut into chunks and boiled

### Directions

1. Combine broth, *CNP Magic Mix*, black pepper, and nutmeg in saucepan or electric skillet. Stir constantly over medium heat until thick and smooth.
2. Add meatballs and heat through, about 15 - 20 minutes.
3. Serve over cooked egg noodles or potatoes.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

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## CNP Baked Meatballs

Makes 48 Meatballs | 16 servings | **Protein**

### Ingredients

- 2 pounds lean ground meat
- 2 eggs
- 1 Tablespoon dried parsley
- 1 cup uncooked oatmeal, oat bran, or crackers, bread crumbs, or crushed unsweetened cereal
- 1 cup low-fat milk
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoons onion powder
- Nonstick spray

### Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 400°F, if using, and spray baking sheets with nonstick spray.
3. Mix together all ingredients. Shape into 48 balls about the size of a golf ball (1 inch).
4. **Oven cooking:** Arrange meatballs on baking sheets. Bake for 20 minutes. **Skillet cooking:** Heat ½-inch of water over medium-high heat until simmering. Add meatballs and cook for 15 minutes.
5. Meatballs are done when they reach an internal temperature of 160°F.
6. To freeze for later use, chill quickly. Freeze individually on clean baking sheets. Then, package in amounts needed for meals. Label and freeze.

## CNP Magic Mix

Makes 5 cups | **Dairy**

### Ingredients

- 4 cups nonfat dry milk powder
- 1 cup all-purpose flour
- ⅓ cup canola oil

### Directions

1. Wash hands with warm, soapy water.
2. Put ingredients into bowl and mix until it looks like coarse cornmeal.
3. Refrigerate in a tightly covered container. Keeps 3 months in refrigerator.



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## Fruit Crisp

Makes 9 servings | Grain • Fruit

### Ingredients

- 2 15-ounce cans peaches, pears, apricots, apples, mixed fruit etc.
- 1 Tablespoon cornstarch or flour
- 1½ cups coarsely crushed whole-wheat cereal or ¾ cup oats
- ¼ cup sugar
- ½ cup *CNP Master Mix* (see below) or flour
- 3 Tablespoons margarine, melted
- ⅓ cup chopped nuts, sunflower seeds, or peanuts (optional)
- Nonstick spray

### Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 350°F and spray baking an 8x8-inch baking pan with nonstick spray.
3. Drain fruit, saving 1 Tablespoon of liquid. Arrange fruit in baking pan.
4. Mix fruit juice with cornstarch or flour and pour over fruit.
5. Mix cereal crumbs or oats, sugar, *CNP Master Mix* or flour, and margarine. Stir in nuts or seeds.
6. Sprinkle evenly over fruit. Bake at 350°F for 20 minutes.
7. Cut into nine pieces. Serve.

## CNP Master Mix

Makes 10 cups | Dairy

### Ingredients

- 4 cups unsifted enriched flour
- 4 cups unsifted whole-wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil

### Directions

1. Wash hands with warm, soapy water.
2. In a large bowl, combine flours, baking powder, sugar, and salt.
3. Drizzle oil over dry mixture. Cut in with pastry blender, fork, or fingers until it resembles coarse cornmeal.
4. Store in covered container in refrigerator for up to 3 months.



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# Hearty Winter Casserole

Makes about 6 servings | **Vegetables** • **Protein** • **Grains**

## Ingredients

- 1½- 2 cups *CNP Meat Sauce*, frozen or thawed
- 4 cups kidney or pinto beans cooked or 2 15-ounce cans, drained
- 1 8-ounce can of tomato sauce + ½ cup water
- 2-3 teaspoons chili powder
- 2-3 teaspoons low sodium taco seasoning
- 2 cups vegetables (canned corn; diced, cooked sweet potatoes; frozen bell peppers, etc.)
- 2 cups (about 8 ounces) shredded cheese
- 2 cups corn chips
- Nonstick spray
- Aluminum foil

## Directions

1. Preheat oven to 375°F.
2. If baking the casserole right away, spray a 9x13-inch baking pan with nonstick spray.
3. In a saucepan, heat *CNP Meat Sauce* over medium heat until thawed, if using frozen.
4. Add *CNP Meat Sauce*, tomato sauce, beans, spices, and vegetables into the baking pan and stir to combine.
5. Sprinkle shredded cheese evenly over casserole.
6. Cover with aluminum foil and bake at 375°F for 30 minutes or until bubbly.
7. Serve over corn chips.



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