



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter

Summer Food Safety

Summer celebrations and events offers opportunities for outdoor fun with family and friends. However, these warm weather events also present opportunities for increase foodborne illness. Handling food safely is key to decreasing foodborne illnesses. Use these tips to keep food safe this summer season:

1. Wash hands with soap and warm water for 20 seconds before touching food.
2. Wash cooking surfaces often.
3. Rinse fresh fruits and vegetables under running tap water and scrub firm produce with a brush.
4. Use separate cutting boards for fresh produce and raw meat.
5. Never place cooked food on a plate that previously held raw meat.
6. Do not reuse marinades used on raw foods.
7. Use a food thermometer to cook food to the safe temperature.
8. Do not let food sit out for more than 2 hours at room temperature. Never thaw food at room temperature.
9. Keep foods out of the danger zone (40°F-140°F) by keeping hot foods hot (above 140°F) and cold food cold (below 40°F).
10. Use or freeze leftovers within 3-4 days.

Indian Corn Soup

Ingredients

- 4-6 cups water
- ½ teaspoon salt
- 2 cups dried corn
- 1 pound ground or diced meat (beef, bison, game, etc.), cooked
- ½ onion, diced
- 1 cup diced vegetables (butternut squash, potatoes, sweet potatoes, bell peppers, tomatoes, carrots, celery, etc.)
- 1-2 teaspoons oregano (optional)
- 1-2 teaspoons ground pepper (optional)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Bring water and salt to a boil.
3. Add dried corn.
4. Simmer for 2 hours or until kernels begin to soften. Add more water as needed. The corn will soak up a lot of water.
5. Add ground meat, onion, diced vegetables, and seasonings. Cover and cook for 30 minutes or until meat, corn, and vegetables are tender. Serve hot.

Makes 6 servings





Quick Summer Skillet

Ingredients

- 1 pound ground meat (beef, bison, game, etc.)
- 2-3 cups low-sodium broth (or 1 10.75-ounce can soup plus 1¼ cups water- tomato, cream of celery, cream of mushroom, and cream of chicken work well)
- 1-2 teaspoons oregano or other spices
- 3 cups fresh, frozen, or canned vegetables (tomatoes, carrots, corn, celery, peas, green beans, zucchini, bell peppers, etc.)
- 1 cup rice or pasta, uncooked

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook ground meat in a large skillet, electric skillet, or stock pot.
3. Drain off fat.
4. Add broth or soup plus water, spices, vegetables, and rice or pasta.
5. Bring to a boil.
6. Reduce heat. Cover pan and simmer for 30-55 minutes, or until rice or pasta are tender. Rice will take longer than pasta. Stir frequently to prevent sticking.
7. Serve hot.

Makes 6 servings

About CNP

The Cent\$ible Nutrition Program (CNP) is a free* resource that can help you eat better for less. Learn how to save money and time at the grocery store, cook quick and healthy meals, and be more active.

Class highlights include:

- A free cookbook with 200+ easy, delicious recipes
- 8 kitchen tools
- Cooking a new recipe each lesson
- Hands-on activities

* CNP is free for those who income qualify. Visit uwyocnp.org/ for more information.

Contact Us

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Program

This newsletter is created in partnership between the Cent\$ible Nutrition Program, the Food Bank of Wyoming, and the mobile food distribution on the Wind River Reservation.