



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter

Quick Summer Meals

Summer brings warm weather and a chance to spend more time outside. Sometimes, this means a change in meal routines. Planning simple, fast meals can keep you and your family energized while minimizing time cooking. Try these ideas. There is no right or wrong way to pull them together. Pull from what ingredients you have on hand and what you prefer.

- **Main dish salad:** start with leafy greens, add your favorite vegetables (fresh or canned), toss in a grain (pasta, rice, etc.), add a protein (leftover cooked meat or beans work well), and top with your favorite dressing.
- **Bean salad:** combine canned beans, canned corn, a variety of vegetables (canned or fresh), and your favorite salad dressing for a quick, light meal that requires no cooking.
- **Loaded potatoes:** bake whole-potatoes then top them with your favorite things. Try vegetables, chili, meat, and/or cheese.
- **Vegetable pasta:** combine pasta with your favorite vegetables. Toss with salad dressing or tomato sauce and enjoy it as a cold pasta salad or a warm spaghetti dinner.
- **Rainbow rice:** cook rice then add in canned, cooked, and/or fresh vegetables of a variety of colors (corn, bell peppers, green beans, carrots, spinach, etc.). Mix in some beans and salsa or tomato sauce for a filling, fast meal that is tasty hot or cold.

Summer can bring new flavors and textures to our plates. Enjoy the season and getting creative with your fair-weather meals.

Vegetable Beef Soup

Ingredients

- 1½- 2 cups cooked ground meat (beef, game, etc.)
- 4½ cups chicken, beef, or vegetable broth
- ½ cup onion, diced
- 2 teaspoons Italian seasoning
- 1 bay leaf
- ¼ teaspoon black pepper
- 2 cups canned mixed vegetables (corn, green beans, carrots, etc.)
- 15-ounce can diced tomatoes

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If ground meat is raw, cook in a skillet until brown. Drain off extra fat.
3. In a large saucepan, mix broth, onion, Italian seasoning, bay leaf, and black pepper. Heat.
4. Stir in mixed vegetables and meat, but not tomatoes.
5. Bring to a boil. Reduce heat, cover, and simmer for 6-8 minutes or until vegetables are tender crisp. Remove bay leaf and throw away.
6. Stir in tomatoes. Heat through.

Makes 8 servings





Loaded Baked Potatoes

Ingredients

- 4 medium russet or sweet potatoes
- Aluminum foil
- Toppings: shredded cheese, steamed broccoli, steamed cauliflower, chili, pulled pork, herbs, salsa, diced tomatoes, cottage cheese, etc.

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 425°F.
3. Scrub potatoes thoroughly with a brush. Pat dry.
4. Poke potatoes all over with a fork.
5. Wrap each potato in foil.
6. Bake at 425°F for 40-60 minutes or until tender.
7. Top with favorite toppings.

Makes 4 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

Wind River Reservation CNP Educators:
<https://uwyocnp.org/wrir/>

Phone: 1-877-219-4646

Email: cnp-info@uwyo.edu

Website: uwyocnp.org

Facebook: facebook.com/UWCNP

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