



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter

Taco Mac & Cheese

Ingredients

- 1 7.25-ounce box pre-packaged mac and cheese
- ¼ cup low-fat or fat-free milk
- 2 Tablespoons tub margarine
- ½ pound lean ground meat, raw
- 1 cup canned tomatoes, drained
- 1 cup cooked or canned beans
- ½ Tablespoon taco seasoning

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook mac and cheese pasta as directed on package.
3. After draining pasta, return to heat, stir in milk, margarine, and half of the cheese packet (for less sodium).
4. While mac and cheese pasta is cooking, brown meat in a skillet. Drain off extra fat. Add tomatoes, beans, and seasoning. Simmer for 10 minutes.
5. Add meat mixture to mac and cheese.
6. Heat through and serve.

Makes 4 servings



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Vegetable Beef Soup

Ingredients

- 1 pound lean ground meat, raw
- 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. Brown meat in a skillet. 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



6 Tips to Stretch Food Budgets & Meals This Fall

The season is changing and with it, schedules may be shifting too. As we leave the long, warm days of summer and head into fall, now is a great time to reset budgets and meal plans. Check out these 6 tips for stretching budgets and meals.

1. Check cupboards

Before you go grocery shopping, check your cupboards, refrigerator, and freezer for what you already have on hand. Consider how to use these food items in your meal plans.

2. Plan meals

Planning meals ahead of time takes the guesswork out of meals. It can help you use what you already have on hand and know what you need at the store so you can check for coupons and sales ahead of time.

3. Make a shopping list

Shopping with a list can help keep you focused at the grocery store. A list can help you buy only what you need and avoid impulse buys.

4. Consider school meal programs

If you have a child who attends school, consider the school meal programs. Your family may be eligible for free or reduced-cost meals, which can put some more money back in the family budget while decreasing stress.

5. Cook once, eat twice

Fall favorites like soups, stews, and casseroles tend to be inexpensive to make. These recipes are also easy to double, so you have leftovers for later in the week. They also freeze well, so you can put a meal away in the freezer for another week.

6. Meal prep

When you're cooking things like meat, dry beans, and rice, cook extra with a plan to use them later in the week (or freeze them). These foods can be time intensive to make, so making extra now can mean a faster meal later on.

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/cnp-qualify/ for more information.

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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.