



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter



Tomato Green Bean Pasta

Ingredients

- ½ cup onion, chopped
- 2 teaspoons of canola oil
- 12 ounces dry pasta, any kind
- 1 15-ounce can low-sodium green beans, drained (2 cups fresh or frozen)
- 1 15-ounce can low-sodium tomatoes (2 cups fresh)
- 1 cup tomato or spaghetti sauce
- ¼ cup shredded cheese (optional)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook pasta following package instructions.
3. While pasta is cooking, heat oil in a large skillet. Add onion and cook over medium high until golden brown.
4. Add in drained green beans, tomatoes with juices, and tomato sauce. Reduce heat to medium.
5. When pasta is done, drain it and rinse under cold water.
6. Add pasta to skillet and toss with tomatoes and green beans. Heat through. If sauce is too thick, add a little water or broth.
7. Top with cheese and let melt before serving.

Makes 6 servings

Batch Prepping Ingredients for Convenience

This new year, make healthy meals quickly by batch prepping. Batch prepping is preparing a lot of a food (or several foods) ahead of time, then storing it to use as building blocks in future meals. You can think of batch prepping as making your own go-to convenience foods. Freezing prepped ingredients gives you the flexibility to use them as needed, without the worry over them spoiling in the refrigerator.

Foods that batch prep well

- Cooked dried beans, brown rice, and barley
- Cooked meat, ground, sliced, or shredded
- Roasted root vegetables
- Homemade bread, muffins, breakfast bars, pancakes, etc.

Tips

1. Start small and simple. Pick one ingredient (like beans) and batch prep it for 2 or 3 later meals.
2. Portion prepped ingredients into amounts needed for recipes.
3. Label and date everything you prep. Use the oldest prepped ingredients first.
4. Take prepped ingredients out of the freezer and thaw in the refrigerator overnight. Alternatively, thaw it in the microwave or cool water the day of, then use it right away.
5. Use frozen prepped ingredients within 3-4 months for best taste- they are safe for longer, but may lose flavor and texture.
6. Plan your weekly meals using batch prepped ingredients!

Batch prepping looks a little different to everyone. Whether you spend one day a month batch prepping lots of things, or cooking double or triple of one thing throughout the month, it can help you put healthy meals on the table in minutes.

Cooking Dry Beans

Ingredients

- 1 pound or 2 cups dry beans (pinto, kidney, black, butter, great northern, etc.)
- Water

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Rinse beans in cool water, then follow one of the methods below:

Quick Cook Method

3. Put the beans in a large pot and add 12 cups of water.
4. Bring to a boil and boil for 2 minutes, then remove from heat. Cover pot and let sit for 1 hour.
5. Discard soaking water and add fresh water to cover the beans. Return to heat and simmer for 1-3 hours, adding water if needed.

Overnight Method

3. Put the beans in a large pot and add 6 cups of water.
4. Let soak for 6 or more hours in the refrigerator.
5. Discard soaking water and add fresh water to cover the beans. Bring to a boil then simmer for 1-3 hours, adding water if needed.

Makes 3 cups of beans

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.

Contact Us

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We're Hiring!

The Cent\$ible Nutrition Program (CNP) is a grant-funded nutrition education program for people with limited resources in Wyoming. Position duties include providing cooking and nutrition education classes and partnership building with community agencies on the Wind River Reservation. Visit jobs.uwyo.edu, position #241969 or scan the QR code!



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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.