



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter

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



Taco Bowls

Ingredients

- 1 cup rice, uncooked
- 1 cup cooked or canned beans, beef chili, cooked ground meat, or canned chicken
- 1 cup vegetables, fresh, frozen, or canned (tomatoes, corn, sweet potatoes, peppers, etc.)
- 1 teaspoon taco seasoning, garlic powder, or favorite seasoning
- 1 cup leafy greens (lettuce, spinach, etc.)
- Toppings: grated cheese, low-fat sour cream, salsa, etc.

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook rice according to package instructions.
3. Heat cooked or canned beans or meat and vegetables in a skillet until warm. Sprinkle with seasoning.
4. Divide rice between 2-3 bowls. Add beans or meat and vegetables. Top with leafy greens and your favorite taco toppings.

Makes 2-3 servings

Food Connects Us

March is National Nutrition Month® and this year, we're focused on how food connects us. Food is often a foundation for our relationships, traditions, and culture. It is also a key part of our health, both today and in the future. The *Dietary Guidelines for Americans* focus on the importance of eating a variety of foods from around MyPlate. This includes fruits, vegetables, dairy, grains, and protein.

Often, when people think about eating healthy, they think about what they need to limit or take away. Restrictive diets come in and out of fashion, but a balanced diet isn't about restriction. Instead, it includes foods from all the food groups in ways that meet your individual, familial, and cultural needs. Thinking about what you can add to your plate may be an easier and healthier way to connect with your food and health.

Tips for connecting through food:

- **Plan to eat more meals with family, friends, and/or community** during the week. Start with 1 or 2 days, as your schedule allows. Food has a way of bringing people together. Meals can be a space for connecting with others and making memories.
- **Give family members a role in meal planning** and let them pick out different recipes to try. Let everyone help with food preparation — a valuable skill for people of all ages. **Try cooking at home more often.** Cooking at home lets you have more control over what you are eating. It gives you the opportunity to add different foods to your plate or try new ways of cooking that benefit health.
- **Practice mindful eating by limiting screen time at mealtime** — including phones, computers, TV, and other devices.
- **Add variety to your plate.** Variety provides new flavors and textures. It also helps ensure you get all the nutrients you need for good health.
- **Make a small switch to boost nutrition**, like adding some fruit for snack or a vegetable to dinner.
- **Talk to your healthcare provider about how food can help you manage your health.**

It is never too late to make a small change for your health. Small changes add up and can make a big difference over time.

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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OF WYOMING™



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.