



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter



Cream of Anything Gravy

Ingredients

- 1 10.5-ounce can Cream of Mushroom, Chicken, or Celery soup
- 1 cup low-sodium broth or water
- 1 cup cooked diced/ground meat (bison, chicken, pork, beef, or game)
- 1 cup cooked vegetables (mushrooms, corn, celery, broccoli, spinach, etc.)
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Combine can of soup and broth in a medium sauce pan. Heat until simmering.
3. Add in meat, vegetables, and seasoning. Heat through. Add more water, if gravy is too thick.
4. Use on top of potatoes, rice, biscuits, fry bread, etc.

Makes 6 servings

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Keeping Leftovers Safe

Big family meals and celebrations are a time to enjoy foods we may not eat every day. With a little planning, leftovers from the large meal can last several meals. Use these tips to keep food safe today and leftovers safe for later meals.

- Cook all poultry, leftovers, and casseroles to 165°F.
- Keep food out of the temperature danger zone of 40°F-140°F.
- Refrigerate leftovers within 2 hours.
- Set refrigerator temperature to 40°F and freezer to 0°F.
- Store leftovers in shallow containers so they cool quickly.
- Leftovers are generally good for 4 days in the refrigerator.
- Freeze leftovers that you cannot use in 4 days.
- Frozen leftovers are generally good for 2-4 months.

We're Hiring! Join the CNP Team!

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. Valid driver's license and own vehicle are required for daily travel. Office located in Fort Washakie. Visit jobs.uwyo.edu, position #241969 or scan the QR code!



**Learn more
& apply
here!**

Position Highlights

- ✓ University of Wyoming benefits
- ✓ Paid sick leave and vacation
- ✓ Paid holidays off
- ✓ Training provided





Green Beans With Flair

Ingredients

- 1 pound fresh or frozen, or 16-ounces canned green beans
- 2 Tablespoons canola oil
- ½ cup onion, chopped
- ½ cup celery, diced
- 4 Tablespoons water
- ½ teaspoon sugar

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If using fresh green beans, wash and cut into 1-inch pieces. If using canned, drain and rinse under cool water.
3. Heat oil in skillet or electric skillet over medium heat.
4. Add onion and celery. Cook slightly.
5. Add green beans, water, and sugar to skillet.
6. Cover and cook on low for about 10-20 minutes or until beans are tender. Frozen and canned green beans may cook faster.

Makes 3-4 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/cnp-qualify/ for more information.

Contact Us

Wind River Reservation CNP Educators:

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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.