



Enjoy Nebraska Foods!

Alice Henneman, RD, Extension Educator

Enjoy this easy-to-make, healthy and hearty beef chili recipe from the Nebraska Beef Council. Beef contains a power pack of nutrients and is convenient, versatile and easy-to-prepare. For more information on beef or for more beef recipes contact Kaiti Roeder at 1-800-421-5326 or visit [www.nebeef.org](http://www.nebeef.org). Beef, It's What's For Dinner.

Chili can be made ahead and refrigerated. To transport, preheat thermal container with boiling water. Heat chili to a full rolling boil. Drain water from container and fill with chili.

### Touchdown Beef Chili

Makes 6 to 8 cups (10 cups total).

Total preparation and cooking time: 1-1/2 hours

**2-1/2 pounds boneless beef chuck or round steak, cut into 1/2-inch pieces**

**2 cans (15-1/2 ounces each) black beans, rinsed, drained**

**1 can (15-1/2 ounces) chili-style tomato sauce with diced tomatoes**

**1 medium onion, chopped**

**2 teaspoons chili powder**

**1 teaspoon salt**

**1 teaspoon ground cumin**

**1/2 teaspoon pepper**

**1 cup prepared thick-and-chunky salsa**

Combine all ingredients except salsa in Dutch oven or large saucepan; bring to a boil. Reduce heat; cover tightly and simmer 1-1/4 to 1-1/2 hours or until beef is fork-tender. Just before serving, stir in salsa; heat thoroughly.

## Serving Soup — Safely!

What could be simpler than supping on a big, steaming bowl of soup. A hearty soup — made with veggies and meat, poultry, fish or dried beans — can be the main dish for your meal. Add some crackers or breadsticks on the side and perhaps fruit for dessert and you're ready to eat!

Make a large batch of soup and enjoy some for another meal. Many soups, with the possible exception of seafood soups, may taste better the next day! For best safety and quality, plan to eat refrigerated soup within TWO days. And avoid letting soup set at room temperature for more than TWO hours.

Don't put a large pot of hot soup directly into your refrigerator. According to the U.S. Department of Agriculture, it would take an 8-inch stock pot of steaming chicken soup 24 HOURS to cool to a safe



temperature in your refrigerator. To be safe:

- To speed cooling, transfer soup to shallow containers, making sure soup is no more than TWO inches deep. Refrigerate promptly. You can place loosely covered foods in the refrigerator while still warm; cover when food is completely cooled.
- When serving soup a second time, reheat it until it's steaming hot throughout, at least 165° F. (AH)

### Web Resources of the Month

Save time, cook ahead with these tips at [lancaster.unl.edu/food/ChecklistPlannedOver.pdf](http://lancaster.unl.edu/food/ChecklistPlannedOver.pdf)

Learn 12 Easy Ways to Eat 100 Calories Less a Day at [lancaster.unl.edu/food/OneDietChange.pdf](http://lancaster.unl.edu/food/OneDietChange.pdf)

Discover how to eat smart and fill up, not out at [lancaster.unl.edu/food/EatSmart.pdf](http://lancaster.unl.edu/food/EatSmart.pdf)

To keep up-to-date on new tips, resources and recipe ideas to help you prepare healthy foods in a hurry, sign up for our monthly **Cook It Quick** e-mail messages at [lancaster.unl.edu/food/ciqupdat.htm](http://lancaster.unl.edu/food/ciqupdat.htm)



## Put In The Big Rocks First!

Alice Henneman, MS, RD  
Extension Educator

In "First Things First," Stephen Covey tells a story that one of his associates heard at a seminar. The seminar presenter pulled out a wide-mouth gallon jar and placed it next to a pile of fist-sized rocks. After filling the jar to the top with rocks, he asked, "Is the jar full?"

The group replied, "Yes."

He then got some gravel from under the table and added it to the jar. The speaker jiggled the jar until the gravel filled the spaces between the rocks.

Again, he asked, "Is the jar full?" This time, the group replied, "Probably not."

The speaker then added some sand and asked, "Is the jar full?"

"No!" shouted the group.

Finally, the speaker filled the jar to the brim with water and asked the group the point of this illustration.

Someone replied you could always fit more things into your life if "you really work at it."

"No," countered the speaker. The point is, if you don't put the big rocks in first, "...would you ever have

gotten any of them in?"

As you start the new year, think of the "big rocks" in your life as the things you can do to make this a healthier and happier year for yourself and others.

- Some big rocks might be:
- exercising more often;
  - eating additional calcium foods;
  - trying some new vegetables;
  - getting more sleep;

- starting to lift weights;
- spending added time with family and friends;
- doing volunteer work in your community;
- reading inspirational literature.

As you make decisions during the moments, days and months of the year ahead, ask: "Is this a big rock?"

### Quickie Quiz — Which Activity Looks Like a Big Rock to You?

1. Watching a rerun of a less-than-favorite TV show **OR** taking a walk with a friend or family member.
2. Checking your e-mail every few minutes **OR** writing a letter of praise/thanks to a co-worker or friend.
3. Giving your thumb a workout with the TV remote control **OR** lifting some heavier weights to benefit your total body.
4. Spending your time "crawling the mall" **OR** enriching your cuisine by learning how to prepare a healthy vegetable.
5. Doing "one more thing" on a night you're extremely tired **OR** going to bed and getting a good night's sleep.
6. Screaming at other drivers when you're stuck in heavy traffic **OR** putting a symphony on the tape player and thinking "life's too short to be uselessly angry."
7. Trying to follow a "if it tastes good, spit it out" diet **OR** going on a treasure hunt for recipes for lower fat and calorie treats.

As you make choices this year, say "yes" to your "big rocks" first. Don't feel you need to explain each "no" when the smaller gravel and sand try to fill your time. "No" can be a complete sentence!

## 10,000 Steps for Health

Aim for Fitness is one of the major messages of the 2001 Dietary Guidelines for Americans. University of Nebraska Cooperative Extension is encouraging Nebraskans to **Aim for Fitness** by advocating walking programs for individuals, groups and communities. Simply use a pedometer to measure the number of steps that you take through each day. The goal is to reach and maintain a level of 10,000 steps a day, five times a week!

Health experts recommend

walking around 10,000 steps daily (about 5 miles) on most days for cardiovascular health. It's possible more steps may be needed for weight loss. Investing in an inexpensive pedometer is a good way to begin and stay motivated with walking. Some pedometers can be adjusted to calculate miles, speed and approximate calories burned, but simply monitoring the number of steps is enough and may be more accurate than some of the other measurements.

Determine your current

number of steps for a couple of days and gradually build up. The average person gets less than 6,000 steps per day. Many people need to include some type of daily walking program for about a half hour to one hour to get to 10,000 steps. If you can't get to 10,000 steps, becoming more active than you were before is still better than not being active at all.

When winter weather prevents you from going outside and if you don't have a treadmill, see *STEPS* on page 11

## Tips for Healthy Holidays for Seniors



Karen Wobig  
Extension Associate

During the holiday season, many of us get out of our normal routine of eating and exercising. For senior citizens, this can lead to health problems that may last well into the new year. Here are a few tips that have been shared with residents of Lincoln Housing Authority senior sites. They may help you maintain your routines and safe eating throughout the holiday season:

- Make time every day for your normal physical activity routine. If you walk everyday, find the time sometime during the day to do so. You can switch from morning to afternoon or vice versa.
- Stay hydrated. Fluids, espe-

cially water, are as important in cold weather as in the heat. Take a water bottle with you if going on shopping trips or visiting family.

- Try to avoid overeating. If eating out, split an entree with someone, or only eat half and take the other half home. (Be sure to refrigerate the take home food within two hours.) If eating at home or if invited to a friends' home, take small portions, eating more frequently throughout the day.
- Choose a lot of the fruit and vegetable dishes. They may tend to be lower in fat and sodium content than some of the other foods available.
- Candy, desserts and other sweet items are usually plentiful around this time. Ask for small portions and eat sweets sparingly throughout the day. Again, it is better to not overeat on these types of foods, so if possible, take some home and refrigerate or freeze for later.
- Ask for butter, salad dressings, etc. "on the side." You can

then control how much you put on your food item.

- Try to avoid fried foods. If eating out, order grilled or baked entrees.
- Get plenty of rest. If you usually rest or nap during the day, take time to do so. An overly tired body tends to be more susceptible to illnesses. Try the following healthy holiday beverage.

### Holiday Beverage

Makes one serving

- 1/3 cup chilled, unsweetened apple juice**
- 1/4 teaspoon lemon juice**
- 1/3 cup Club soda, chilled**

Mix all ingredients together. Serve immediately.

Recipe from "Cooking for One or Two...and Sometimes More," Nebraska Department of Health and Human Services.