



By Alice Henneman, MS, RD, UNL Extension Educator

This recipe is easy to increase or decrease in size. It also tastes great the next day!

Ground Beef Vegetable Soup with Rice

4 to 6 main dish servings

- 1 pound lean ground beef
- 1 medium onion, chopped (equals about 1 cup chopped onion)
- 1 (28-ounce) or 2 (14.5-ounce) cans diced tomatoes, including juice
- 2 cups water
- 1 cup cooked brown rice
- 2 cups frozen, mixed vegetables
- Salt and pepper to taste



In a large skillet, brown ground beef and onion over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into 3/4-inch crumbles. Pour off drippings. Transfer browned meat and onion to a large pot. Add tomatoes and water. Bring to a boil. Add rice and vegetables. After mixture returns to a boil, reduce the heat, cover and simmer until vegetables are tender. Add salt and pepper to taste. Thin with additional water if it seems too thick and reheat until it starts to bubble.

ALICE'S NOTES:

- If you will be serving this soup to people who are reducing the salt in their meals, you may wish to use no-salt-added tomatoes and pass the salt rather than add it to the recipe.
- You don't have to use brown rice for this recipe; however it adds extra nutrients and fiber. Learn more about making brown rice at <http://lanaster.unl.edu/food/ciq-rice.htm>
- If you'd like a spicier soup, add 2 teaspoons of chili powder (or to taste).



Add Acidic Fruits to Salads to Keep Fruits from Turning Brown

For fresh fruit salads, mix apples, bananas or pears with acidic fruits like oranges, tangerines, grapefruit and other citrus fruit or pineapple to keep them from turning brown.

Prepare the acidic fruit(s) first. Then, cut the other fruits, mixing them in with the acidic fruit(s) as you prepare them.

FREE Fruit & Vegetable Fact Sheets

Whether you're a teacher or a parent, this colorful set of fruit and vegetable fact sheets can help get kids excited about eating fruits and vegetables!

This set of 30 fruit & vegetable fact sheets includes information about: nutrition, uses, description, varieties, where first cultivated and whether they are grown in Nebraska. Color versions are color-coded to the five color groups (black & white versions could be printed on colored paper).

They may be downloaded free at <http://lanaster.unl.edu/nep/FruitVeggie.shtml>



Food Safety: What You Don't Know CAN Hurt You

By Alice Henneman
UNL Extension Educator
and Joyce Jensen
Lincoln-Lancaster County
Health Department

Don't be "Myth"-lead by these food safety myths:

MYTH 1: If it tastes O.K., it's safe to eat.

FACT 1: Don't count on your sense of smell, taste or sight to tell if a food is safe. Each year in the United States, 76 million people become ill from a foodborne illness and 5,000 people die.

Would this many people eat something if they thought it tasted, looked or smelled bad?

Even if tasting would tell ... a "tiny taste" may not protect you. As few as 10 bacteria could cause some foodborne illnesses, such as E. coli!

MYTH 2: If you get sick from eating a food, it was from the last food you ate.



FACT 2: It can take 1/2 hour to 6 weeks to become sick from unsafe foods. You usually feel OK immediately after eating and become sick later.

MYTH 3: The worst that could happen to you with a foodborne illness is an upset stomach.

FACT 3: You also can experience the following from a foodborne illness:

vomiting, fever, diarrhea, dehydration. Less common, but possible severe condition include: meningitis, paralysis and death.

MYTH 4: If I've never been sick from the food I prepare, I don't need to worry about feeding it to others.

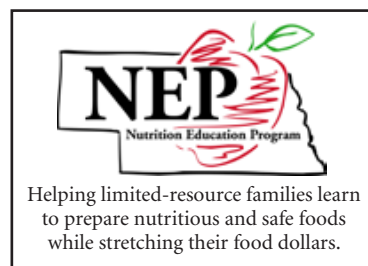
FACT 4: Some people have a greater risk for foodborne illnesses. A food you can safely eat might make others sick. People with a higher risk for foodborne illness include: infants, pregnant women, young children, older adults, people with weakened immune systems and individuals with certain chronic diseases.

MYTH 5: People never used to get sick from their food.

FACT 5: Many incidents of foodborne illness went undetected in the past.

Symptoms of nausea, vomiting and diarrhea were often and still are blamed on the "flu."

\$hop \$mart to \$tretch Your Food Dollar



Karen Wobig
UNL Extension Educator

Here you are—walking into the grocery store with only a few minutes to shop, no grocery list and no idea of what to make for dinner! Sound familiar? With a little bit of planning, grocery shopping can not only take less time and be less stressful, but cost less too!!!

Before grocery shopping, open your cupboards and check your refrigerator/freezer. Write down foods you already have on-hand. Maybe it's a frozen piece of meat, a can of tuna, some green beans or some oranges. Next, write those foods onto a menu for the week, filling in foods to make complete/balanced meals. Place the items you

don't have on your grocery list. For example, if I found a can of tuna, some frozen peas and milk, I would plan for a tuna casserole on a specific day, adding noodles, cream of mushroom soup and apple slices to my grocery list to complete the meal. This balanced meal would include meat/protein (tuna), vegetable (peas), fruit (apples), grain (noodles) and milk.

Once you arrive at the store, only buy what is on your list (unless there is a sale on a product you know you'll use). Shopping without a planned menu or list usually leads to

buying items you may not use or buying prepared foods that cost more. To get the best value for your dollar, check the unit price. This will tell you how much an item costs per ounce or pound and is usually posted on the price labels on the shelves. The diagram below shows how to check unit price.

When you get home, place items immediately in your freezer, refrigerator or cupboards and enjoy following your pre-planned menus throughout the week. Smart shopping is just a "plan" away!

Unit Price 4¢ per oz.	Total Price
	\$.72
Snappy Rice Cereal	18 oz.

Unit Price 10¢ per oz.	Total Price
	\$.60
Crackly Rice Cereal	6 oz.

Unit prices for food are usually displayed on the store shelves below the food. A unit price tells you how much the food costs per ounce or per pound. You can use the unit price to compare the cost on different size packages. This example shows spending just a few more cents gives you three times the amount of food.

Cooking Peas with Your Pasta

Add a helping of color (and veggies!) to your pasta by tossing in some frozen "petite" peas at the end of cooking. "Petite" peas will thaw and cook rapidly in the pasta water. Here's how to do it:



- Cook pasta according to package directions, until just tender but still firm to the bite (al dente).
- Toss in about 1/2 cup of "petite" frozen peas per individual serving of pasta (they will be identified as "petite" peas on the package label).
- Cook peas with pasta for about 30 seconds to one minute, until peas are heated throughout. Overcooking causes peas to lose their bright green color.
- Drain pasta and peas. Serve, topped with your favorite pasta sauce.

—by Alice Henneman, Extension Educator