



By Alice Henneman, MS, RD, UNL Extension Educator

If your chili comes from a can, try this quick-to-make home-made version. It's chock-full of flavor and nutrients and freezes beautifully!

Quick Chili

Serving Size: ¾ cup • Yield: 4 servings • Time: 20 minutes

½ pound ground beef
¼ cup chopped onion
1 can (15.5 ounces) kidney beans, drained OR
1½ cups cooked dry kidney beans, red beans or
other bean of your choice
1 can (14.5 ounces) diced tomatoes, no salt added—
do not drain
1½ tablespoons chili powder*

Cook ground beef and onion in skillet until ground beef is browned (160 degrees F). Be sure all pink color is gone from meat and juices. Do not under-cook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat. Drain off fat into container. Stir in kidney beans, diced tomatoes and chili powder. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes. Add a little water, if needed, to thin the broth. Refrigerate or freeze leftovers within 2 hours of cooking. Refrigerate in shallow pans to speed cooling and promote food safety. Use refrigerated leftovers within 3 to 4 days.



Source: This recipe is a slightly adapted version of an adaptation of a recipe from *Simply Good Eating Recipe Cards*, Vol. 1, 2000, University of Minnesota Extension Service, available at Food Stamp Nutrition Connection Recipe Finder at <http://recipefinder.nal.usda.gov/>

*Alice's Notes: If your chili powder is a hotter variety, you may want to add less chili powder; you can always add more at the end of cooking.

See "Red" on Valentine's Day

See "Red" on Valentine's Day and throughout the year. Red fruits and vegetables contain many health-promoting phytochemicals including lycopene and anthocyanins. This color group may help promote:

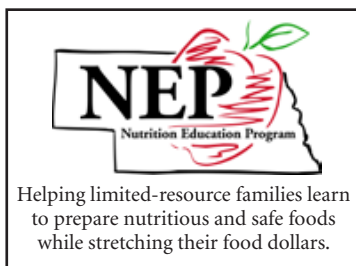
- a lower risk of some cancers
- a healthy heart
- memory health
- urinary tract health

Some "red" ideas for Valentine's Day (or any day) include:

- pasta with tomato sauce
- tossed salad with red bell peppers
- tossed salad with cherry or grape tomatoes
- tomato soup
- cole slaw made with red cabbage
- cranberry sauce—use the bag of cranberries in your freezer you bought when they were on sale
- oatmeal topped with a heart shape made of dried cranberries
- raspberry smoothie—Put ¾ to 1 cup vanilla-flavored yogurt in blender. Add a few tablespoons of frozen raspberries at a time and blend until desired consistency. After blending, if desired, blend in 1 or more teaspoons of sugar or no calorie sweetener to taste.
- pink/red grapefruit half topped with a sprinkle of brown sugar
- red grapes as a side dish to your sandwich for noontime nibbling



\$tretch Your Food Dollar with Soup



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Hot foods, especially simmering liquids, permeate the air and stimulate our sense of smell. This sense is powerfully linked to our memories—perhaps the reason soup brings such pleasant thoughts to mind. Soups have other qualities as well, such as chicken noodle soup which has been shown to help heal after sickness.

There are many categories and kinds of soups—from Bisques (milk-based soups) to Gumbo (southern-style); from Borsch (Russian beet soup) to Gazpacho (chilled vegetable soup). The two main categories are **clear soups** and **thick soups**. Clear soups are made with broth. Thick soups are thickened by the addition of such ingredients as cornstarch, barley, cream, eggs, rice or soy. Soups are served hot or cold. They have in common that liquid used for a base.

The savory taste is created by boiling meat, fish, vegetables

or beans in water to extract the flavor, forming a broth. Eating broth-based soup before the main dish makes a person feel full and less likely to overeat. Soups can be served for any meal and are very versatile. They often are more flavorful after being re-heated and most freeze well.

Making homemade stock is quite simple. Season and cook meat and add extra liquid to the cooking pan. When the meat is done, pour off the excess liquid and use this for soup. Chill the stock so the grease rises to the top and can be skimmed off. It should be chilled in a shallow pan so it cools quickly. Freeze if not used within two days. Prepared broth is also available

canned or dried.

Canned cream soups, such as cream of mushroom which is seasoned and thickened, are another choice. These canned soups are usually low-fat but are often high in sodium. Look for low-sodium choices.

One of the easiest ways to make soup in a hurry is to start with a canned soup, such as Chicken Rice Soup, and "stretch it" with additional ingredients. Save small quantities of vegetables and beans/legumes in a freezer container to be added to soup later. Leftover rice, potatoes and pasta also are great added to prepared soups. Try this quick and easy Chicken Rice Soup which smells delicious and warms the tummy.

Almost Homemade Chicken Rice Soup

(makes approximately four 2-cup servings)

1 can (10.5 oz) condensed chicken rice soup
1 cup milk
1 cup water
1/3 cup instant rice (uncooked)
1 cup cooked, cubed chicken or turkey
1/2 cup diced carrots
1/2 cup frozen peas
1/4 teaspoon garlic powder
pepper, to taste

Mix canned soup with milk and water in large saucepan. Heat to simmering, stirring often. Add remaining ingredients and simmer about 15 minutes or until carrots and rice are tender. Add more water if a thinner consistency is desired. Menu idea: Serve with fresh fruit over yogurt.

Find It Fast: Filing Food Appliance and Other Kitchen Gear Instruction Manuals

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How should I clean this kitchen item? Is the warranty still good? Where IS the warranty? How EXACTLY do I use this appliance?

A product manual for kitchen items can be a cook's best friend. Finding it for questions like those above can be a problem. Here's a quick way to set up a filing system that can be easily stored and accessed as needed.

First, find as many of your kitchen appliance and other manuals as possible and count the number. You can do other sections of the house later. If you're missing the manual for an item, try checking the company's Web site. Some companies make free copies of their manuals available online. Getting—and staying—organized is then as easy as 1, 2, 3:

1. Go to a store selling office supplies and purchase:
 - 1 or more 3- to 4-inch ring binders, depending on how deep the pile of manuals and related materials to file.
 - 1 or more packs—depending on the number of manuals to file—of clear, heavyweight, top-loading sheet protectors. One commonly available type is an extra heavyweight



sheet protector with a fold-over top flap that helps secure items inside. It's helpful to always have a few extra sheet protectors on hand so new manuals can be filed as soon as items are purchased.

2. Place a separate manual, warranty and any other related materials in each sheet protector.
 - Staple the receipt to the warranty or to the manual, if there is no separate warranty paper.
 - Write the serial and model numbers on the front of the manual.
 - Decide how to organize your manuals in the notebook.
 - If you refer to the manuals infrequently, just placing them in a notebook with the most recently added item on top may be

sufficient. The time it takes to search through them may be less than the overall time spent organizing.

- Alphabetizing them by name, such as blender, coffee maker, etc. is another possibility. Once you've alphabetized them, you may wish to buy some tab dividers and place ranges of letters—depending on how many manuals of each letter—behind each tab. Then, label each tab accordingly, such as A-D, etc. or whatever works best for your situation.
- A combination of the previous two choices would be to file within the range of letters, but not worry about the exact order within that range. Searching through a smaller portion of your notebook is quicker than looking through the whole thing.
- 3. Review the notebook once a year and toss old manuals. Or, periodically skim through the notebook when you use it. When you replace an older kitchen item with a new item, replace the manual in your notebook at the same time. If you donate an item or give it away to someone else, include the manual with it.