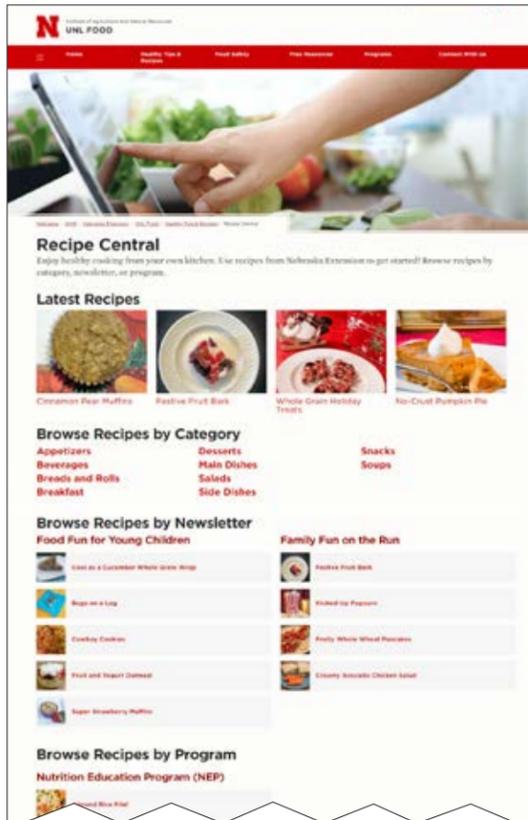
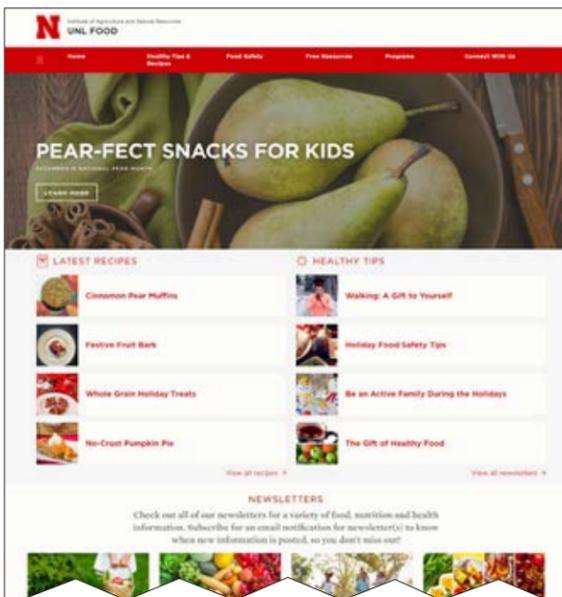


## Find Tips and Recipes Easier at [food.unl.edu](http://food.unl.edu)

Check out the redesigned <http://food.unl.edu> to see Nebraska Extension's latest recipes, healthy tips, newsletters and explore our programs.



## RECIPE OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator, Lancaster Co.

Celebrate national soup month with this easy soup recipe from Nebraska Extension's Nutrition Education Program (NEP). It is a great way to add more vegetables to your day.

### SLOW COOKER CHICKEN TORTILLA SOUP

(Makes 8 servings)

- 3 chicken breasts, boneless, skinless
- 2 (14.5 oz.) cans diced tomatoes with mild green chilies
- 2 (15 oz.) cans black beans, rinsed and drained
- 1 (15 oz.) can tomato sauce, no salt added
- 1 (4 oz.) can green chilies
- 1 cup salsa
- 1 cup frozen corn (optional)
- Cheese, shredded (optional)
- Cooked rice or corn chips (optional)
- Fresh cilantro, gently rubbed under cold running water, chopped (optional)

1. Wash hands with soap and water. Spray slow cooker bowl with non-stick cooking spray.
2. Place chicken breasts in bottom of slow cooker. Wash hands with soap and water after handling uncooked chicken.
3. Add tomatoes, black beans, tomato sauce, green chilies, salsa and corn, if desired. Gently combine.
4. Cook on low for 8–10 hours or on high for 4–6 hours and until internal temperature of the chicken reaches 165°F as measured with a food thermometer.
5. 30 minutes before serving, remove chicken breast and shred. Return chicken to slow cooker and stir.
6. Serve over rice or top with cheese, tortilla chips or cilantro, if desired.

Nutrition Information: Calories 230, Total Fat 2g, Saturated Fat 0.5g, Sodium 845mg, Total Carbohydrates 32g, Fiber 10g



Craig Chendler, UNL Communications

## UNL Food Processing Center Offers Assistance to Small Food Business Start-ups

The University of Nebraska–Lincoln Food Processing Center offers a nationally recognized program to help potential entrepreneurs start a food business. The National Food Entrepreneur Program assists individuals through all the steps of developing their product and business.

The program begins with a one-day “Recipe to Reality” seminar. The seminar explores all the key issues in deciding to start a food business. Discussion includes business planning, labeling, product development and food safety, promotion, costs and pricing and many more topics.

Following the seminar, participants can choose to enter “Product to Profit.” This second phase of the program provides entrepreneurs with confidential and individualized assistance in starting their own food business and bringing their product idea to market.

Five “Recipe to Reality” seminars are sched-

uled for 2020 at the Food Innovation Center on Innovation Campus, Lincoln:

- Saturday, Jan. 25, 8 a.m.–5 p.m. — Registration deadline is Jan. 10.
- Saturday, March 28, 8 a.m.–5 p.m. — Registration deadline is March 15.
- Saturday, June 6, 8 a.m.–5 p.m. — Registration deadline is May 20.
- Saturday, Aug. 22, 8 a.m.–5 p.m. — Registration deadline is Aug. 5.
- Oct. 24, 8 a.m.–5 p.m. — Registration deadline is Oct. 10.

Pre-registration is required. More details are at [www.fpc.unl.edu](http://www.fpc.unl.edu). To register for an upcoming seminar or to receive an information packet, contact Jill Gifford at: Food Processing Center, University of Nebraska–Lincoln, 228 Food Innovation Center, Lincoln, NE, 68588; 402-472-2819 or [jgifford1@unl.edu](mailto:jgifford1@unl.edu).

# Would You Prefer NEBLINE E-Newsletter?

Nebraska Extension in Lancaster County has a web- and mobile-friendly version of the NEBLINE newsletter!

Sign up at [lancaster.unl.edu/nebline](http://lancaster.unl.edu/nebline)

You have the option to subscribe/unsubscribe to the print and/or online versions.

Nebraska Extension in Lancaster County & Lancaster Extension Education Center Conference Facilities

444 Cherrycreek Road, Ste. A

Lincoln, NE 68528

402-441-7180

[lancaster.unl.edu](http://lancaster.unl.edu)

Email: [lancaster@unl.edu](mailto:lancaster@unl.edu) • Fax: 402-441-7148

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

We assure reasonable accommodation under the Americans with Disabilities Act; for assistance call 402-441-7180.

#### UNIT LEADER & EXTENSION EDUCATOR

Karen Wobig

#### ADMINISTRATIVE SERVICES OFFICER

Jenny DeBuhr

#### EXTENSION EDUCATORS

Tracy Anderson, Sarah Browning, Kayla Colgrove, Jaci Foged, Emily Gratopp, Alyssa Havlovic, Kristen Houska, Tyler Williams

#### EXTENSION ASSOCIATES

Soni Cochran, Mary Jane Frogge, Kristin Geisert, Dana Hardy, Becky Schuerman, Jim Wies

#### EXTENSION ASSISTANTS

Kyleah Bowder, Calvin DeVries, Courtney Eitzmann, Brie Frickenstein, Morgan Hartman, Vicki Jedlicka, Meredith Kuca, Kate Pulec

#### SUPPORT STAFF

Shannon Boyer, Deanna Covault, Heather Odoski, Konnie Robertson, Chris Rosenthal, Karen Wedding

## NEBLINE

The NEBLINE is published monthly (except December). It is mailed to nearly 11,000 households in Lancaster County. E-newsletter and PDF versions are online at <http://lancaster.unl.edu/nebline>.

Copyright ©2020

Photo on front page flag and page headers by PRANGE Aerial Photography

NEBLINE articles may be reprinted without special permission if the source is acknowledged as “Nebraska Extension in Lancaster County NEBLINE.” If the article contains a byline, please include the author’s name and title.

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the University of Nebraska–Lincoln is implied.

The Nebraska Library Commission’s Talking Book and Braille Service records the NEBLINE for individuals with a visual or physical condition or a reading disability which limits use of regular print. For more information, go to [www.nlc.nebraska.gov/tbbs](http://www.nlc.nebraska.gov/tbbs) or call 402-471-4038 or 800-742-7691.

### NEBLINE subscriptions

You can manage your subscriptions at <http://lancaster.unl.edu/nebline> or mail this form to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528

#### NEBLINE FREE E-NEWSLETTER:

Add my email address  Remove my email address

#### NEBLINE IN THE MAIL:

Add my address  Remove my address  Change of address

Subscriptions to the NEBLINE via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683–, 684–, 685–, 68003, 68017 and 68065.

Name \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_

Phone \_\_\_\_\_

We will only use your phone number in case there is a problem with your address.