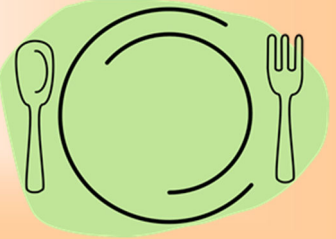




Nutrition News



Recipes for Your Family Dinner

Short-Cut Chili Con Carne

1 pound ground turkey
1 small onion, chopped
1 teaspoon salt
1 to 2 teaspoons chili powder
1 teaspoon Worcestershire sauce
1 (8 oz.) can tomato sauce
2 (16 oz.) cans kidney beans, drained

In skillet break up turkey with fork and cook until lightly browned. In slow-cooking pot, combine meat with the rest of the ingredients. Cover and cook on high for 2 hours. Makes about 6 portions. Serve with salad and warm tortillas.

Easy Crockpot Meal: Beef Carnitas

Free up time and avoid the madhouse of preparing dinner by using a crockpot.

In the morning combine these ingredients in a crockpot, cover and cook on low 6-8 hours:

2 lbs. lean beef stew meat, cut into 1/2" pieces
3/4 cup mild salsa
1/2 tsp. salt
1/8 tsp. black pepper
1 c beef stock or water

To Serve:

Warm flour or corn tortillas, then spread with the crockpot meat mixture, top with diced avocado, shredded cheese, and sliced onion.

Enjoy with your favorite green salad.

Easy Tortellini Soup

1 tablespoon olive oil
2 carrots, chopped
1 large onion, finely chopped
4½ cups vegetable stock
1 (14 ounce) can chopped tomatoes
7 ounces frozen peas (or rinsed canned beans)
9 ounces packaged tortellini
½ cup basil leaves
grated parmesan cheese

★Heat oil in a pan. Fry the carrots and onion for 5 mins until starting to soften.

★Add the stock and tomatoes, then simmer for 10 minutes

★Add the peas or beans with 5 mins to go.

★Once veggies are tender, stir in the pasta.

★Return to the boil and simmer for 2 mins until the pasta is just cooked.

★Stir in the basil, if using.

★Season, then serve in bowls topped with Parmesan cheese



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