


12 Foods = 6 Meals Kids

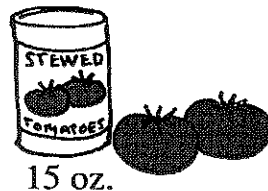


Italian Style

 Pasta or noodles




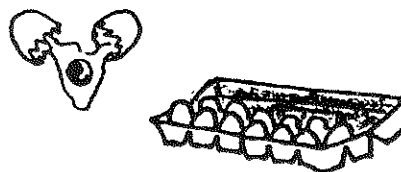
 Stewed tomatoes, canned or fresh



 Mixed vegetables or large bag frozen vegetables



 Eggs



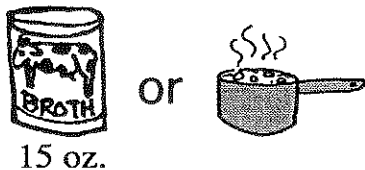
 Lean ground beef



 Potatoes



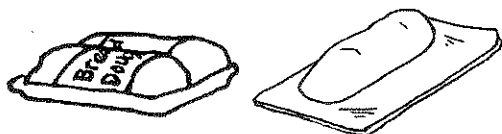
 Beef broth, canned or homemade




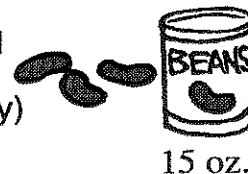
 Celery



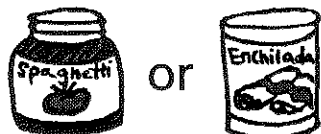
 Bread dough



 Beans, fresh cooked or canned (pinto, white, kidney)



 Spaghetti or enchilada sauce



 Cheese, cheddar or mozzarella



Buy these 12 foods

Quick Minestrone Soup

You need

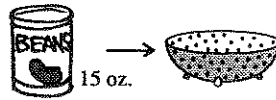
1 bag mixed, frozen vegetables



2 cans stewed tomatoes



1 can beans drained



1 celery stalk, chopped



5½ cups water or 3 cans beef broth



1 cup macaroni noodles, uncooked



Extras

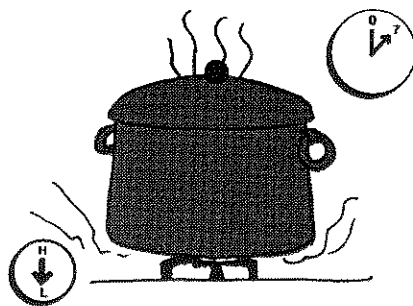
Parmesan cheese



1 onion chopped



In a large pot, add all ingredients except cheese. Bring to a boil.



Cover pot. Reduce heat and simmer for 6 to 8 minutes.



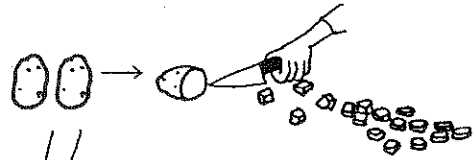
Sprinkle cheese on top before serving.

Serves 6

Meatball Fun

You need

2 potatoes, washed and chopped



1 celery stalk, chopped



1 can stewed tomatoes with liquid



2 cans beef broth



$\frac{1}{2}$ t pepper



$1\frac{1}{2}$ cups mixed, frozen vegetables



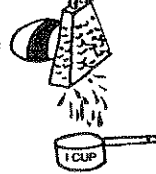
1 pound ground beef, lean



1 egg

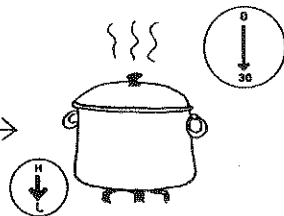


1 cup cheese

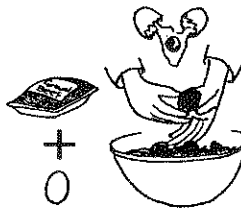


Extra

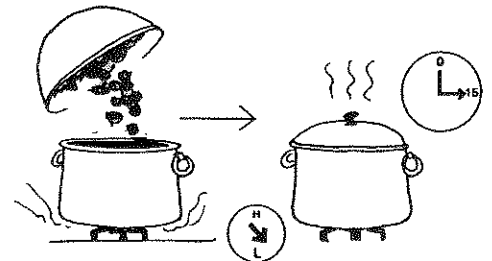
1 onion, chopped



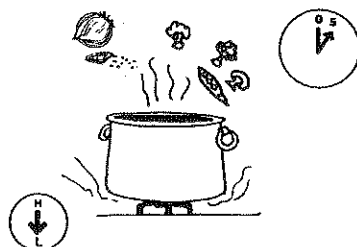
Combine first 6 ingredients in a large pot. Cover and simmer for 30 minutes.



Mix meat + egg in a bowl. Shape into 1-inch balls.



Add meatballs to pot. Simmer, covered for 15 minutes.



Add frozen or fresh vegetables, simmer for five minutes.




Sprinkle cheese on top.

Serves 6


Yum Yum Pizza

You need

Bread dough  thawed 

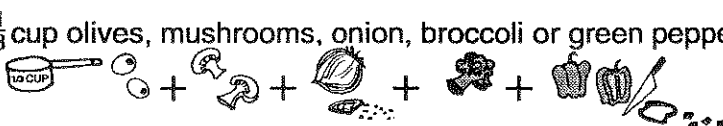
$\frac{2}{3}$ cup spaghetti sauce 

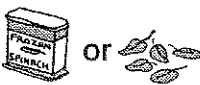
$\frac{2}{3}$ cup grated mozzarella cheese 

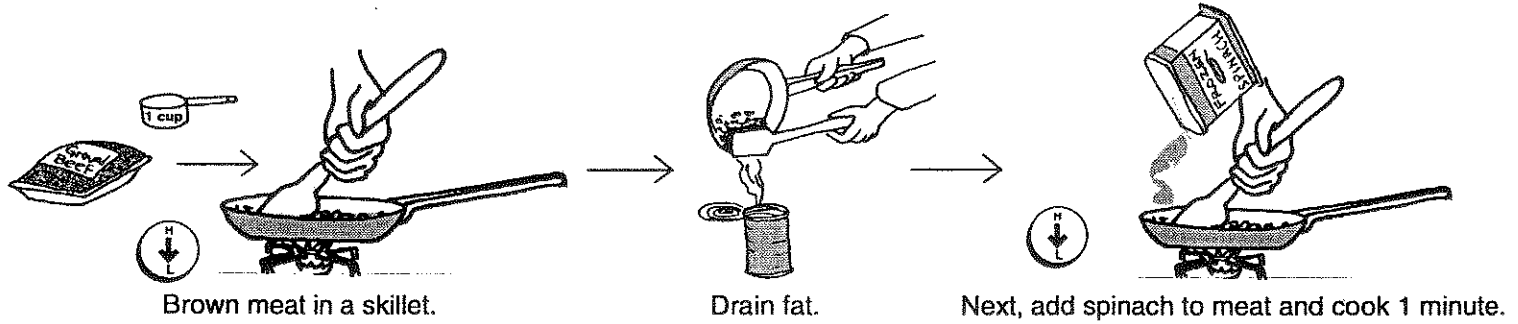
1 cup or $\frac{1}{2}$ pound ground beef, lean 

Extras

$\frac{2}{3}$ cup Parmesan cheese 

$\frac{1}{3}$ cup olives, mushrooms, onion, broccoli or green pepper, chopped 

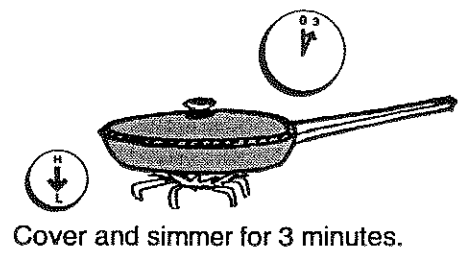
1 cup (fresh or frozen) spinach, thawed and drained 



Brown meat in a skillet.

Drain fat.

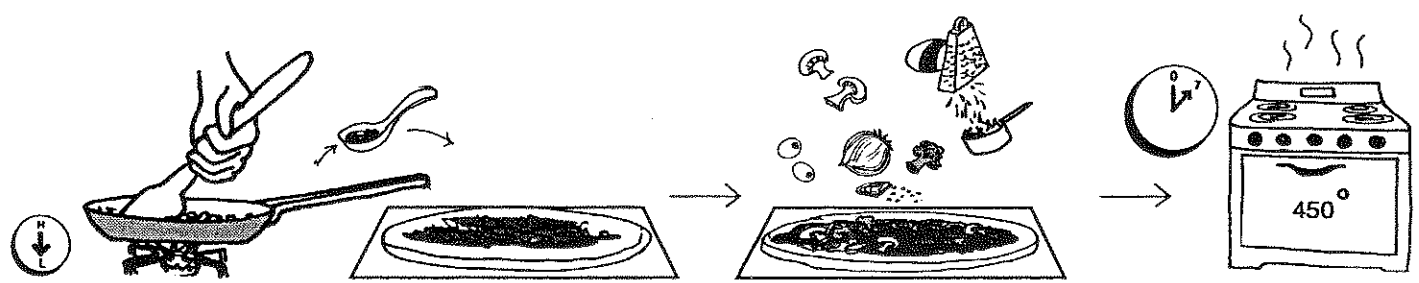
Next, add spinach to meat and cook 1 minute.



Cover and simmer for 3 minutes.



Spread spaghetti sauce over bread dough.



Spoon beef and spinach on top of crust.

Add cheese and other ingredients.

Bake at 400° for 20-25 minutes.

Serves 3

Topsy Turvy Casserole

You need

$\frac{2}{3}$ pound ground beef



1 cup frozen mixed vegetables



1 cup stewed tomatoes



15 oz.



2 celery stalks, chopped



1 cup spaghetti sauce or tomato sauce



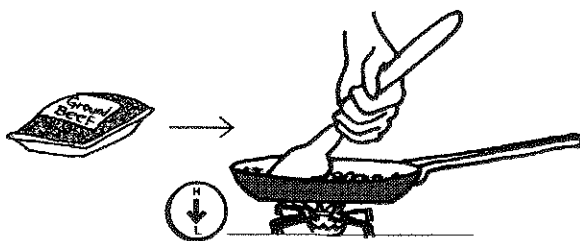
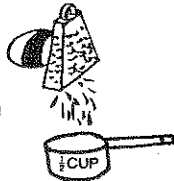
Bread dough



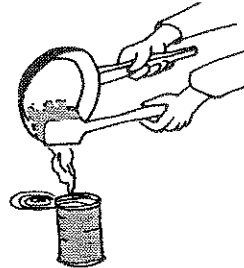
thawed



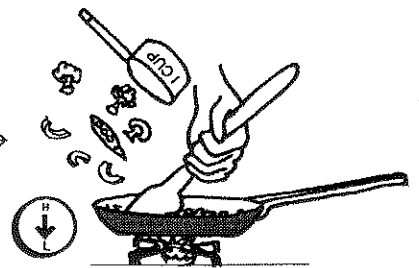
$\frac{1}{2}$ cup cheese



Brown meat in a skillet.



Drain fat.

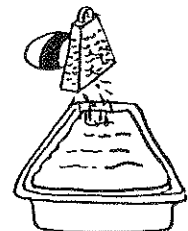
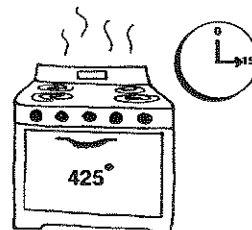
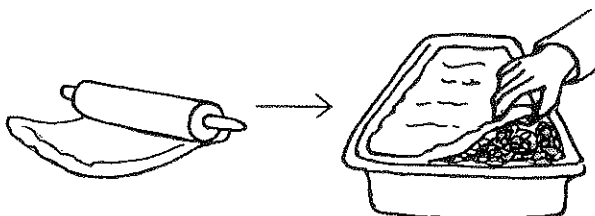
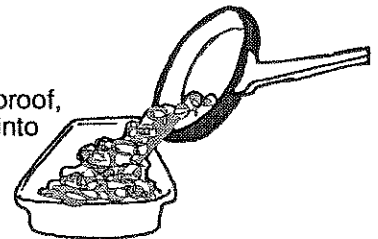


Next, add vegetables and cook for 2 minutes.



Add spaghetti sauce and stewed tomatoes. Simmer for 5 minutes.

If skillet is not oven proof, transfer ingredients into oven proof pan.




Roll bread dough to fit pan and add to pan. Bake in 425 oven 15 minutes or until well browned. Top with cheese.


Serves 6

Quick Beans

You need

$\frac{1}{2}$ pound ground beef 

1 cup stewed tomatoes, chopped 

1 can beans 

15 oz.


1 T chili powder 

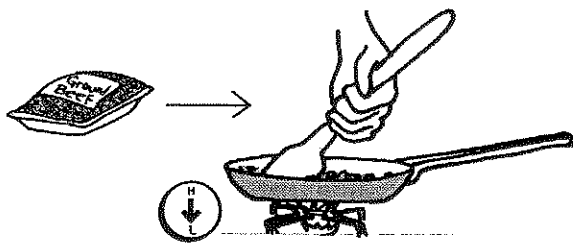
1 cup spaghetti sauce 

1 celery stalk, chopped 

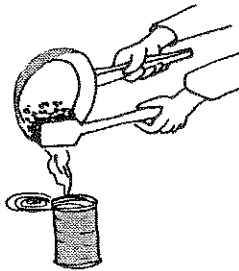
top with grated cheese 

Extra

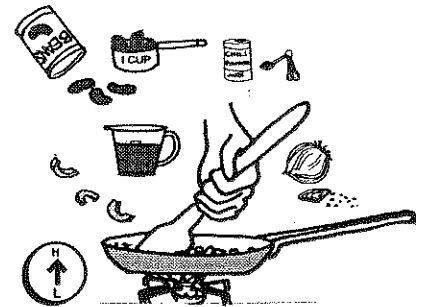
1 onion, chopped 



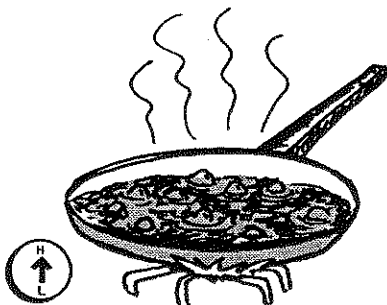
Brown meat lightly in a skillet.



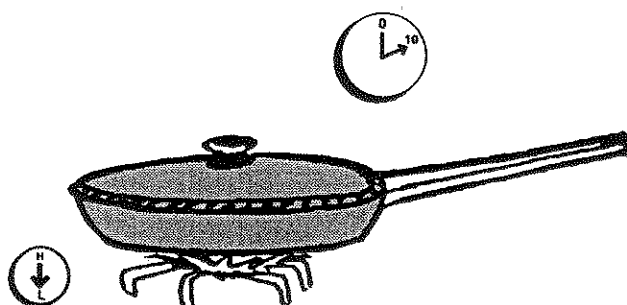
Drain fat.



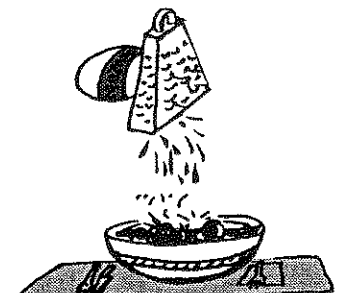
Next, add all ingredients.



Bring to a boil.



Reduce heat, cover and simmer for 10 minutes.



Top with cheese.

Serves 6

Hamburger Heaven

You need

$\frac{1}{2}$ pound ground beef



$\frac{1}{2}$ pound cheese, sliced



1-2 celery stalks, chopped



2 cups pasta, uncooked



1 can stewed tomatoes, with liquid



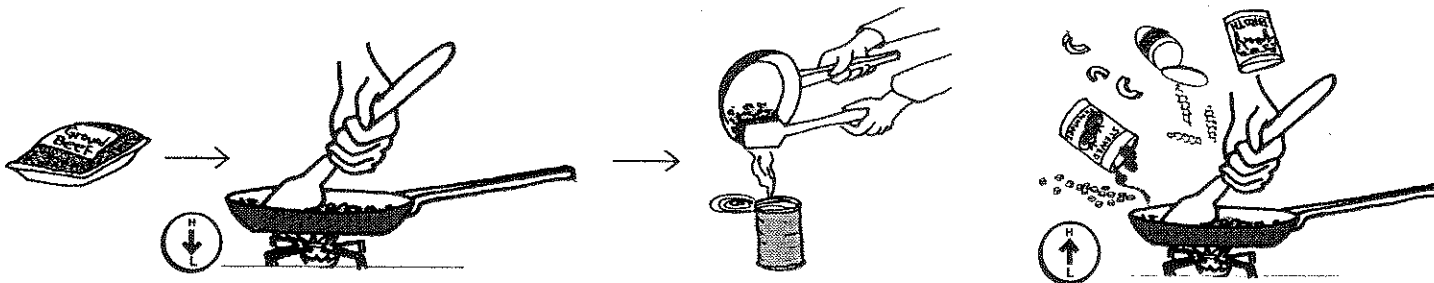
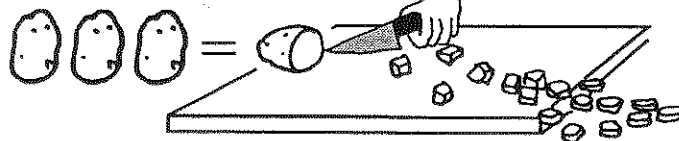
1 can beef broth



or 2 cups water



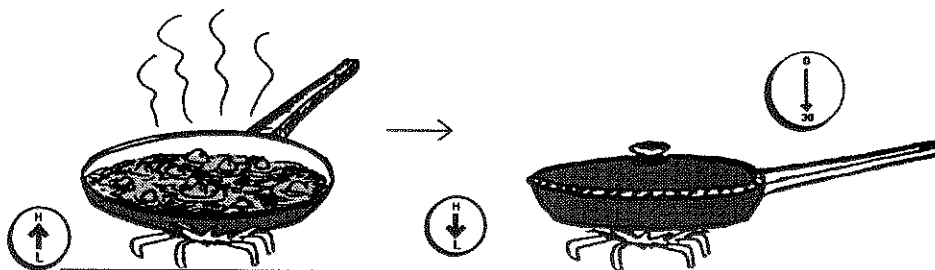
2-3 potatoes, diced small



Brown meat lightly in a skillet.

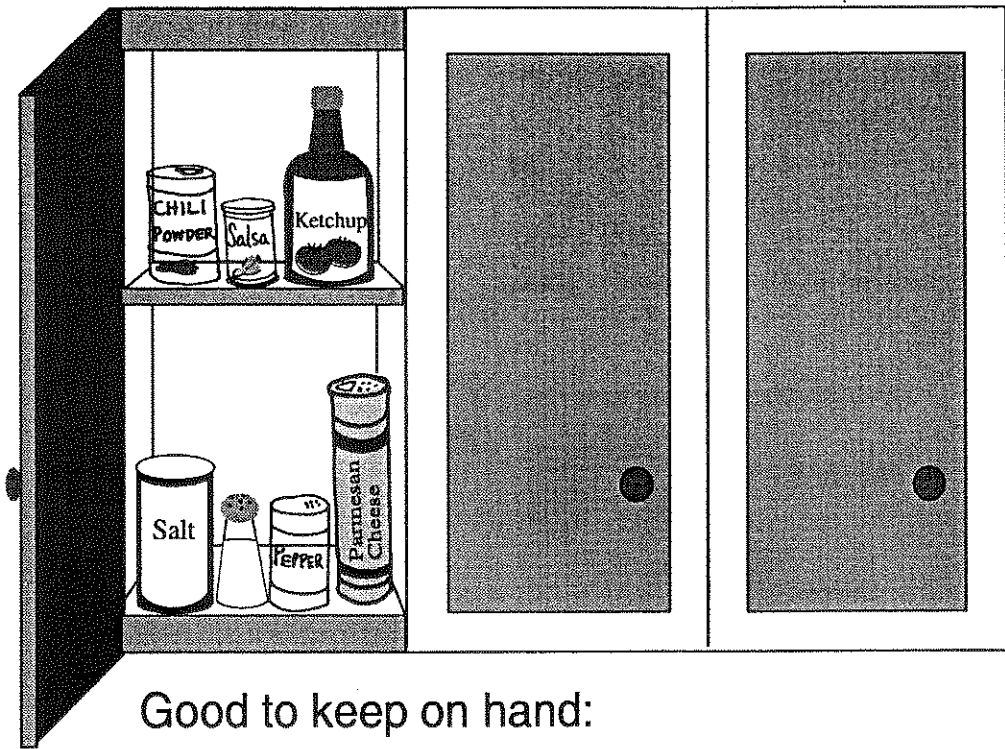
Drain fat.

Next, add all ingredients.



Bring to a boil on high heat. Simmer covered for 30 minutes on low heat.

Serves 6





Good to keep on hand:

- Chili powder
- Tomato ketchup
- Parmesan cheese
- Salsa
- Pepper
- Salt (if high blood pressure is not a problem for family members)
- Onion
- Garlic
- Cooking spray (non-stick)
- Vegetable oil



Key for spoon measurements:

1 tablespoon = 1T 

1 teaspoon = 1t 

Recipe Tips

12 Foods = 6 Meals Kids Love 4H-EFNEP #4163

Italian Style



- ◆ To add more flavor to these recipes, look in the cupboard on the back page for some suggestions on additional spices and seasonings.
- ◆ To reduce the amount of fat, try using low-fat or non-fat cheese. Compare the first two full fat cheeses with the low-fat mozzarella.

<u>Brand</u>	<u>Calories</u>	<u>Calories from fat</u>	<u>% Calories from fat</u>	<u>Sodium</u>
<i>Lucerne Cheddar Mild (1 oz.)</i>	110	80	73%	180 mg
<i>Precious Mozzarella (1 oz.)</i>	80	50	63%	180 mg
<i>Precious Mozzarella low-fat (1 oz.)</i>	55	25	45%	180 mg

- ◆ Emphasize reading the nutrition label on spaghetti sauces before purchasing, many have hidden sources of fat. Compare these two spaghetti sauces.

<u>Brand</u>	<u>Calories</u>	<u>Calories from fat</u>	<u>% Calories from fat</u>	<u>Sodium</u>
<i>Classico Tomato Alfredo (1/2 c)</i>	120	60	50%	540 mg
<i>Del Monte Traditional (1/2 c)</i>	60	5	8%	590 mg



Recipe Tips

12 Foods = 6 Meals Kids Love 4H-EFNEP #4163

Italian Style



- ◆ Use *extra lean* ground beef or use *lean* ground beef and drain the fat well. Below demonstrates the fat and calories that can be discarded when draining the fat in 1 pound of ground beef.

<u>Type of beef</u>	<u>Tbsp of fat drained</u>	<u>Grams of fat drained</u>	<u>Calories saved</u>
Reg (20% fat)*	2.3	31 g	283
Lean (10% fat)*	1.9	26 g	230

- ◆ For a creamier *Minestrone Soup*, put 1 cup in a blender and then combine it with the remainder of the soup and stir.
- ◆ Instead of beef, try lean ground turkey or chicken.
- ◆ Instead of mixed vegetables, try a package of frozen broccoli in the *Hamburger Skillet*.
- ◆ For more fiber, use frozen wheat bread dough for *Top It Off Casserole* and *Yum Yum Pizza*.
- ◆ Instead of mixed vegetables, try frozen bell peppers or well-drained pineapple for a topping on the *Yum Yum Pizza*.

*Note: 20% fat on a meat label means 20% fat by weight or 20 g of fat for every 100 g of beef. The message for clients: 20% fat beef is actually high in fat. So drain it well.

