

# February Family Tip Sheet

## Time out for a Tip

Canned produce is convenient, affordable, picked at peak freshness, nutritious and has a long shelf life.

### Shopping for canned produce:

- Pick varieties canned in water, 100% juice or its own juice
- Choose canned vegetables without added salts, labeled “no salt added” or “low sodium”
- Draining and rinsing canned beans and vegetables can reduce sodium content as well
- Avoid cans with dents, bulges, cracks or leaks

### Remember:

- Rinse the top of the cans before opening them
- Check expiration dates
- Store in a dry, moderately cool place
- Store leftovers in a plastic or glass container in the refrigerator for 3-4 days

## Challenge

Try a new canned fruit or vegetable!

## Joke

Q: If anyone gets a message from me about canned meat, don't open it ...  
A: It's Spam.

## Recipe of the Month

### Hearty Pasta Fagioli

#### Ingredients:

- 1 pound ground beef
- 3 cans (14-1/2 ounces each) beef broth
- 1 can (28 ounces each) diced tomatoes, undrained
- 1 jar (26 ounces each) spaghetti sauce
- 1 large onion, chopped
- 4 celery ribs, diced
- 2 medium carrots, sliced
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1 teaspoon dried oregano
- 1 1/4 teaspoons pepper
- 4 ounces uncooked medium pasta shells
- 2 1/2 teaspoons minced fresh parsley

#### Directions:

1. In a pot, brown beef over medium heat, 5-7 minutes, then drain.
2. Add broth, tomatoes, spaghetti sauce, onions, celery, carrots, beans, oregano, and pepper.
3. Bring to a boil. Reduce heat and simmer, covered, for 30 minutes.
4. Add pasta and parsley and simmer, covered, 10-14 minutes, until pasta is tender.