


October Family Tip Sheet

Time out for a Tip

No more mealtime madness:

- Keep a basic pantry: Canned fruits and vegetables, spices, WG cereals, pasta and rice, oil, and nuts
- Plan weekly menus
- Involve kids in meal planning to create more buy-in at mealtime and save time
- Plan to use foods and ingredients in more than one meal to save time, money and prevent food waste
- Prep ingredients in one big batch
- Crockpot meals
- Freezer meals

Challenge



Plan one meal with ingredients you already have on hand.

Joke

Q. How does NASA prep for a large party?

A. They planet!

Recipe of the Month

TACO SOUP

Ingredients:

- 2 cans black beans
- 2 cans pinto beans
- 2 cans corn
- 1 large can diced tomatoes
- 1 can diced tomatoes with chiles
- 1 pkg taco seasoning
- 1 pkg dry ranch dressing
- 1 lb hamburger, browned

Instructions:

- Brown hamburger
- Drain and rinse black beans and pinto beans
- Add all ingredients to crockpot
- Stir in seasoning packets
- Cook on low for 8-10 hours
- Add toppings and enjoy!

Suggested Toppings: Low-fat shredded cheese, plain Greek yogurt, avocado, onion, tortilla strips

