

Group 1

Minestrone Soup Recipes

Instructions

1. Make this recipe three separate times in the following ways.
2. Use separate pans to cook each recipe.
3. Display each separate recipe on a plate.
4. Follow the recipes below.
5. Mark or write down any confusing parts of the recipe on this sheet.
6. Hand this sheet to your instructor at the end of the class.

Sample 1A: Minestrone Soup with Low-Sodium Canned Foods

Ingredients:

- 1 14.5-ounce can low-sodium stewed or diced tomatoes
- 1 14-ounce can low-sodium broth
- ½ 15.5-ounce can beans, drained and rinsed
- 1/2 cup dry pasta
- ½ 14.5-ounce can vegetables, rinsed and drained (Try a medley of vegetables or the ones that you kids will eat. Vegetables without seasoning are preferable.)
- ½ teaspoon hot sauce
- 1 tablespoon oregano

Directions:

1. In a large pot, combine tomatoes, broth, and beans.
2. Bring the soup to a boil, and add the hot sauce, oregano, pasta and vegetables.
3. Then, reduce to low heat.
4. Let simmer for 6-8 minutes or until the pasta and vegetables are tender.
5. Serve hot.

Sample 2A: Minestrone Soup with Dried Beans and Low Sodium Canned Foods

Ingredients:

- 1 14.5-ounce can low-sodium stewed or diced tomatoes
- 1 14-ounce can low-sodium broth
- 1 cup cooked beans
- 1/2 cup dry pasta
- ½ 14.5-ounce can vegetables, rinsed and drained (Try a medley of vegetables or the ones that you kids will eat. Vegetables without seasoning are preferable.)
- ½ teaspoon hot sauce
- 1 tablespoon oregano

Directions:

1. In a large pot, combine tomatoes, broth, and prepared beans.
2. Bring the soup to a boil, and add the hot sauce, oregano, pasta and vegetables.
3. Then, reduce to low heat.
4. Let simmer for 6-8 minutes or until the pasta and vegetables are tender.
5. Serve hot.

Sample 3A: Minestrone Soup with Dried Beans and Regular Canned Foods

Ingredients:

- 1 14.5-ounce can stewed or diced tomatoes
- 1 14-ounce cans broth
- 1 cup cooked beans
- 1/2 cup dry pasta
- ½ 14.5-ounce can vegetables, rinsed and drained (Try a medley of vegetables or the ones that you kids will eat. Vegetables without seasoning are preferable.)
- ½ teaspoon hot sauce
- 1 tablespoon oregano

Directions:

1. In a large pot, combine tomatoes, broth, and prepared beans.
 2. Bring the soup to a boil, and add the hot sauce, oregano, pasta and vegetables.
 3. Then, reduce to low heat.
 4. Let simmer for 6-8 minutes or until the pasta and vegetables are tender.
 5. Serve hot.
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Group 2

Cabbage Casserole Recipes

Instructions

1. Make this recipe two separate times in the following ways.
2. Use separate pans to cook each recipe.
3. Display each separate recipe on a plate.
4. Follow the recipes below.
5. Mark or write down any confusing parts of the recipe on this sheet.
6. Hand this sheet to your instructor at the end of the class.

Sample 1B: Cabbage Casserole with Cheese Mixed into Recipe

Ingredients

- 1 pound ground beef
- 1 onion (chopped)
- 1 garlic clove (minced)
- 2 1/2 cups water
- 1-14.5 can diced tomatoes
- ½ cup tomato sauce (or tomato juice)
- 1/4 cup cooked brown minute rice
- 1 cabbage head (small to medium, chopped into bite-sized pieces)
- 1 c shredded block cheese

Directions

1. Brown ground beef in a skillet with onion and garlic. Drain off any fat. While beef is cooking carefully wash your hands and any surfaces that have come in contact with raw meat.
2. Place meat in a large pot and add water, tomatoes, tomato sauce (or juice), water, cabbage, and shredded cheese. Cook until cabbage is almost tender.
3. Add minute rice and cook five minutes longer. Turn off heat and let stand 5 minutes before serving.

Notes:

- White rice can be used instead of brown rice; however, the brown rice is recommended for added nutrients.
- Do not undercook meat. The internal temperature should be a minimum of 160°F.
- 1/8 teaspoon garlic powder may be used in place of minced garlic clove.
- Block cheese may be placed in plastic wrap or freezer bags and stored in freezer for up to 6 months.

Sample 2B: Cabbage Casserole with Cheese Sprinkled on Top of Recipe

Ingredients

- 1 pound ground beef
- 1 onion (chopped)
- 1 garlic clove (minced)
- 2 1/2 cups water
- 1-14.5 can diced tomatoes
- ½ cup tomato sauce (or tomato juice)
- 1/4 cup brown minute rice
- 1 cabbage head (small to medium, chopped into bite-sized pieces)
- 1 c shredded block cheese

Directions

1. Brown ground beef in a skillet with onion and garlic. Drain off any fat. While beef is cooking carefully wash your hands and any surfaces that have come in contact with raw meat.
2. Place meat in a large pot and add water, tomatoes, tomato sauce (or juice), water, and cabbage. Cook until cabbage is almost tender.
3. Add minute rice and cook five minutes longer.
4. Sprinkle shredded cheese on top and let melt, about 1 minute. Turn off heat and let stand 5 minutes before serving.

Notes:

- White rice can be used instead of brown rice; however, the brown rice is recommended for added nutrients.
 - Do not undercook meat. The internal temperature should be a minimum of 160°F.
 - 1/8 teaspoon garlic powder may be used in place of minced garlic clove.
 - Block cheese may be placed in plastic wrap or freezer bags and stored in freezer for up to 6 months.
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Group 3

Hearty Meat Stew Recipes

Instructions

1. Make this recipe two separate times in the following ways.
2. Use separate pans to cook each recipe.
3. Display each separate recipe on a plate.
4. Follow the recipes below.
5. Mark or write down any confusing parts of the recipe on this sheet.
6. Hand this sheet to your instructor at the end of the class.

Sample 1C: Meat Stew with Ground Beef

Ingredients

- 1 pound lean ground beef
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon pepper (optional)
- 1- 10 ¾ oz can tomato soup, condensed water (Fill one soup can.)
- 6 carrots (medium, diced or sliced)
- 2 potatoes (medium, diced or sliced)
- 1 cup onion (diced)

Directions

1. Thoroughly cook ground beef in skillet until browned. After handling raw meat, carefully wash your hands and any surfaces that have come in contact with raw meat.
2. Drain off beef fat from pan into a heat resistant container.
3. Season meat lightly with salt and pepper (optional).
4. Add soup to skillet. Fill soup can with water and add to skillet.
5. Dice carrots, onion, and potatoes and add to skillet.
6. Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat and keep covered for 10 minutes to thicken.
7. Serve. Refrigerate or freeze leftovers within 2 hours.

Notes:

- Cook beef until internal temperature is 160°F. Do not undercook ground beef.
- 1 tablespoon of onion powder may be used in place of diced onion.

Sample 2C: Meat Stew with Canned Pork

Ingredients

- 1-24 oz. canned pork
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon pepper (optional)
- 1- 10 ¾ oz can tomato soup, condensed water (Fill one soup can.)
- 6 carrots (medium, diced or sliced)
- 2 potatoes (medium, diced or sliced)
- 1 cup onion (diced)

Directions

1. Drain canned pork liquids before placing in skillet.
2. Place meat in the skillet.
3. Season meat lightly with salt and pepper (optional).
4. Add soup to skillet. Fill soup can with water and add to skillet.
5. Dice carrots, onion, and potatoes and add to skillet.
6. Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat and keep covered for 10 minutes to thicken.
7. Serve. Refrigerate or freeze leftovers within 2 hours.

Notes:

- Cook beef until internal temperature is 160°F. Do not undercook ground beef.
 - 1 tablespoon of onion powder may be used in place of diced onion.
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