



# Nutrition News



## Easy Recipes with no Added Sugar

### Short-Cut Chili Con Carne

- 1 pound ground beef or 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 beef or 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 garlic bread.

### Excess Sugar Can Cause Obesity

Too many sugary drinks are one of the main causes of kids becoming obese.

Being obese increases the chance of getting diabetes.

#### What Can You Do?

- ★ Limit juice drinks.
- ★ Cut out sports drinks.
- ★ Replace sugary snacks with healthier choices like fruit instead of cookies or juice bars instead of ice cream

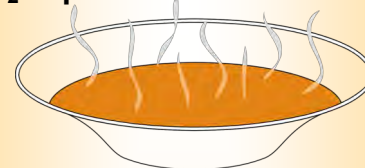
#### Try This

Freeze 100% fruit juice in ice cube trays and add the cubes to plain sparkling water for a taste treat.

### Easy Macaroni & Tomato Soup

Warm their tummies with this yummy soup.

- 1/2 lb. ground beef
- 1 onion, chopped
- 1 (15 ounce) can diced stewed tomatoes
- 1 (8 ounce) can tomato sauce
- 1 cup elbow macaroni noodles
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1 cup water
- 1 1/2 cups shredded cheese



- ★ Sautee onions. Brown ground beef and drain.
- ★ Place onions and browned beef in a large soup pot with lid. Add the next seven ingredients.
- ★ Simmer on a low boil covered for 30 minutes until noodles are done.
- ★ Place in serving bowls and top with cheese.
- ★ Serve with garlic bread and a green salad.

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### Any Questions? Ask Your WIC Staff

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