



Nutrition News



Recipes for Your Family Dinner

Short-Cut Chili Con Carne

- 1 pound 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 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 warm tortillas.

Easy Crockpot Meal: Beef Carnitas

Free up time and avoid the madhouse of preparing dinner by using a crockpot.

In the morning combine these ingredients in a crockpot, cover and cook on low 6-8 hours:

- 2 lbs. lean beef stew meat, cut into 1/2" pieces
- 3/4 cup mild salsa
- 1/2 tsp. salt
- 1/8 tsp. black pepper
- 1 c beef stock or water

To Serve:

Warm flour or corn tortillas, then spread with the crockpot meat mixture, top with diced avocado, shredded cheese, and sliced onion.

Enjoy with your favorite green salad.

Easy Tortellini Soup

- 1 tablespoon olive oil
- 2 carrots, chopped
- 1 large onion, finely chopped
- 4 1/2 cups vegetable stock
- 1 (14 ounce) can chopped tomatoes
- 7 ounces frozen peas (or rinsed canned beans)
- 9 ounces packaged tortellini
- 1/2 cup basil leaves
- grated parmesan cheese

★Heat oil in a pan. Fry the carrots and onion for 5 mins until starting to soften.

★Add the stock and tomatoes, then simmer for 10 minutes

★Add the peas or beans with 5 mins to go.

★Once veggies are tender, stir in the pasta.

★Return to the boil and simmer for 2 mins until the pasta is just cooked.

★Stir in the basil, if using.

★Season, then serve in bowls topped with Parmesan.

WIC Office: 711 E. Main St. Quincy
530-283-4093



PLUMAS RURAL SERVICES
Serving People, Strengthening Families,
Building Communities

www.plumasruralservices.org
This institution is an equal opportunity provider

Any Questions?

Ask Your WIC Staff

- Katy Dyrr, R.D. - Program Manager
- Carmen Lopez - Nutrition Educator
- Pamela Nixon - Nutrition Assistant
- Debbie Jones - Nutrition Assistant