

Vegetable Soup

Try this simple, healthy family favorite to add vegetables to your menu.



- 1 pound lean ground beef
- 2 (46 ounce) cans vegetable juice
- 2 medium carrots, sliced (frozen, canned or fresh)
- 2 cups sliced cabbage
- 1 onion, diced (or use 3 tablespoons dried onion)
- 1-2 cups other vegetables, like corn, green beans (frozen, canned or fresh)
- 1 cup cooked kidney or pinto beans
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder, or 1 garlic clove, diced

Brown ground beef in a large pan. Pour off fat. Add vegetable juice and other ingredients.

Cook over low heat for 2 hours or until vegetables are tender. (Or, after browning the meat, put all ingredients into a crockpot on high for 3-4 hours or low for 6-7 hours.)

Want information about family planning? Ask your WIC nutritionist to refer you to the nearest Family Planning clinic or call 1-800-422-2956.

WIC FOR YOU

Texas Department of Health

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Tips for Quick and Healthy Cooking

Here are some ways to fix fast, good-tasting and nutritious meals for your family:

- 1.** Stock your kitchen with “quick-fix” ingredients. Frozen vegetables, tomato sauce, salsa and noodles can be used in many quick dishes. Dried onions and garlic powder also come in handy for quick meals.
- 2.** Plan your meals ahead of time. You can save time and money by planning your meals before you go to the grocery store. The best time to do this is after the specials for the week are advertised in the newspaper or grocery store flier.
- 3.** Keep a piece of paper handy to write down things you need as you run out of them. This will save time when you make your grocery list.
- 4.** Plan to have leftovers. On the weekend, fix a large pot of chili, soup or a casserole that you can refrigerate or freeze until needed. Rice and bean dishes, waffles, pancakes and breads freeze well.
- 5.** Get others to help. Let children and other family members set the table, clear the table or wash the dishes. Or invite a friend or another family over to cook and eat together.
- 6.** Collect recipes that have just a few ingredients and only a few steps. Look for recipes that use your WIC foods.
- 7.** Use cookware in which food can be prepared, cooked, and served. This will make cleanup faster.
- 8.** Combine quick-to-fix items with ones that may take a little longer. For example, fix a fresh spinach salad to go with sandwiches or pizza, or enjoy a bowl of home-made vegetable soup with a hamburger.
- 9.** Crockpots can save lots of time. Just put chopped vegetables, meat and liquid like beef broth or chicken broth in the pot in the morning, put on “low” setting, and eight hours later you have a full meal. Check your cookbook or owners manual for proper preparation and safety tips.
- 10.** Organize your kitchen. Put items that you use together close to each other. For example, put measuring spoons and cups close to dry ingredients like flour, sugar, and cornmeal.



WIC is an equal-opportunity program. If you believe you have been discriminated against because of race, color, national origin, age, sex, or disability, immediately call the State WIC office at 1-800-942-3678

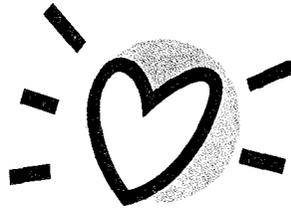


Ask WIC?

Q Why should I eat fruits and vegetables?

A One reason is to prevent birth defects. If you are pregnant or thinking about getting pregnant, eating foods high-in folic acid can reduce the risk of having a baby with birth defects. Foods with folic acid include green leafy vegetables, oranges and grapefruit, dried peas and beans, broccoli. Liver and fortified grain foods also have folic acid. Prenatal vitamins contain folic acid, so it's important to follow your doctors instructions about taking vitamins. Don't take a chance, always eat 5 a day!

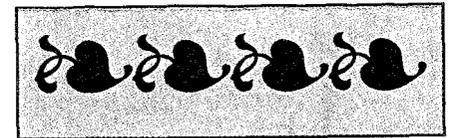
Breastfed is Best!



Even if you didn't breastfeed your last baby, think about it if you get pregnant again. Breastmilk is the best possible food for your baby. It can even help reduce the number of illnesses your baby gets during the first year. Doctors now recommend breastfeeding your child for at least the first full year of life. Try it! It's something you'll never regret doing for you and your child. For more information, talk to your WIC nutritionist.

Grow Your Own Tomatoes This Summer

Fill a five gallon container with potting soil. Buy small tomato plants at your local garden center. Bury the roots of the tomato plants up to the first leaves in the soil. Pinch off the bottom set of leaves. Set outside in a sunny spot, and water to keep soil moist. Pick when the tomatoes turn red, then ENJOY!



JUST FOR KIDS

Color the pictures of the gardeners as they prepare the soil, put the plants in the ground, water, and pick the produce.

