

MEAL TIME

Family Time

Healthy Family Eating

from Extension Foods & Nutrition

Menu

- Chili*
- Crackers
- Tossed Salad*
- Pineapple Chunks
- Milk, 2%

Shopping List

- 1 lb lean ground beef
- 2 (15 oz) cans kidney beans
- 1 (10 oz) can tomato puree
- 1 (8 oz) can tomatoes
- dried minced onion
- chili powder
- iceberg lettuce
- carrots
- celery
- croutons
- lowfat salad dressing
- 1 (15 oz) can pineapple chunks
- saltine crackers
- milk, 2%

Meal Preparation Steps

25 min. before dinner: Cook: Brown ground beef in large fry pan. Helper: Prepare tossed salad and refrigerate.

20 min.: Cook: Drain excess fat from beef and add the rest of the chili ingredients. Stir together and let simmer.

15 min.: Helper: Open pineapple and put in serving bowl.

10 min.: Cook and Helper: Set the table, put on salad dressings and crackers.

Serve: Put chili, salad, and pineapple on table. Eat and enjoy!

Preparation Tips

The same chili recipe may be used in a variety of ways.

1. Chili tacos. Use the chili for the meat.
2. Macaroni and chili. Add 2 cups cooked elbow macaroni.
3. Chili burgers. Instead of serving crackers, serve on a bun like a sloppy joe.
4. Chili dogs. Serve on top of a lowfat hot dog.

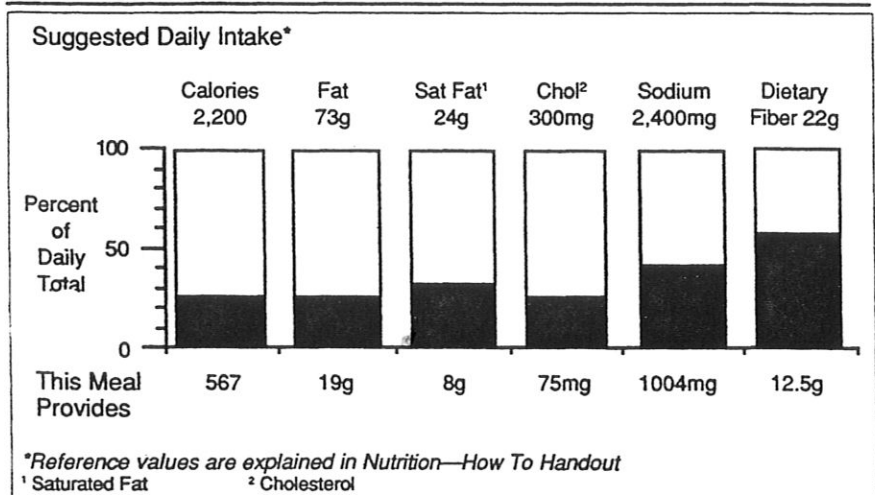
Keep It Safe

Did you make an extra-big batch of chili to have leftovers? *Clostridium perfringens* bacteria can survive the heat of cooking and become active when a food cools too slowly. The inside of dense foods may stay warm for hours, even when refrigerated. So refrigerate leftovers in shallow containers, not large cooking pots. Reheat until hot and bubbly throughout, stirring frequently.

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"Finicky" eaters. Most everyone is finicky about something. Don't be overly concerned if your child seems to only want a few foods. Children will usually, over the years, become less finicky if you stay calm. Next time your child makes a case about not liking a food or wanting a specific food, watch your reaction or response. Were you calm?

Nutrition of Meal



* Recipe on Back

Preparation Time:

Active: 10 minutes

Total: 20 minutes

Makes 8 servings, $\frac{3}{4}$ cup each

Nutrition per Serving

Calories 274

Total fat 11 g

Saturated fatty acids 4 g

Cholesterol 49 mg

Sodium 447 mg

Dietary fiber 10 g

Chili

1 lb lean ground beef

2 (15 oz) cans kidney beans

1 (10 oz) can tomato puree

1 cup canned tomatoes

2 tablespoons dried minced onion

3 tablespoons chili powder

Cook beef in large fry pan until browned; drain off fat. Stir in remaining ingredients. Bring to a boil, reduce heat, cover, and simmer 10 minutes.

Preparation Time: 10 minutes

Makes 4 servings, about $\frac{3}{4}$ cup each

Nutrition per Serving

Calories 54

Total fat 2 g

Saturated fatty acids 0 g

Cholesterol 0 mg

Sodium 279 mg

Dietary fiber 1 g

Tossed Salad

$\frac{1}{2}$ head iceberg lettuce (3 cups)

1 carrot thinly sliced

1 celery stick, chopped

3 tablespoons croutons

lowfat salad dressing

Mix above ingredients together. Top with favorite lowfat salad dressing.

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