

Healthy Meals in a Hurry



SOUP RECIPES

EASY TORTILLA SOUP *Makes 4 1-cup servings*

- 2 cups water
- 2 chicken bouillon cubes
- 1 14.5-ounce can diced tomatoes
- 1 cup frozen or canned corn
- 1 tablespoon minced dried onion (or 2 tablespoons raw diced onion)
- ½ teaspoon garlic powder
- ½ cup shredded cheese
- 4 flour tortillas, cut in 1-inch strips

Put all* ingredients EXCEPT cheese and tortilla strips in saucepan. Heat until mixture comes to a boil, and then reduce heat. Add tortilla strips and simmer about 15 to 20 minutes. Top each serving with 2 tablespoons cheese.

Serve with milk and fresh or canned fruit.

**Optional additions: 1 15-ounce can black or red beans, drained; 1 to 2 cups chopped or frozen vegetables (carrots, celery, green pepper, or zucchini); 1 cup chopped cooked chicken or turkey.*

BEAN AND HAM SOUP *Makes 8 1-cup servings*

- 1 48-ounce jar mixed beans
- 1 chopped onion (or ¼ cup dried minced onion)
- 2 stalks celery chopped (or 2 tablespoons dried celery flakes)
- 1 carrot, peeled and sliced (or 6 to 8 baby carrots, sliced)
- 1 cup cubed cooked ham
(use leftover cooked ham, purchased cooked, cubed ham, or turkey ham)

Put all ingredients in the slow cooker. Cook on high for 4 hours or on low for 8 to 10 hours.

Serve with milk, canned fruit, and corn meal muffin or whole wheat bread.

Refrigerate leftovers in covered container for a later meal.

SLOW COOKER CHILI *Makes 10 1-cup servings*

- 1 pound ground beef
- 2 15-ounce cans stewed tomatoes
- 1 15-ounce can chili beans
- 1 15-ounce light red kidney beans
- 1 chopped onion (or ¼ cup dried minced onion)
- 2 teaspoons chili powder
- 1 tablespoon sugar

Brown, drain, and rinse ground beef. Put all ingredients in the slow cooker. Cook on high for 4 hours or on low for 8 to 10 hours.

Serve with milk, carrot/celery sticks, crackers, and cheese. Refrigerate leftovers in covered container.

NUTRITION FACTS EASY TORTILLA SOUP	
Serving Size (378g)	
Amount Per Serving	
Calories 430	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Total Carbohydrate 65g	22%
Dietary Fiber 7g	28%
Protein 14g	

NUTRITION FACTS BEAN AND HAM SOUP	
Serving Size (242g)	
Amount Per Serving	
Calories 190	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Carbohydrate 28g	9%
Dietary Fiber 10g	40%
Protein 15g	

NUTRITION FACTS SLOW COOKER CHILI	
Serving Size (233g)	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Protein 17g	

TORTILLADISHES

“ANYTIME” TORTILLAS *Makes 4 servings*

4 eggs
 ¼ cup nonfat dry milk powder
 4 whole wheat tortillas, warmed
 2 ounces reduced fat cheese, shredded (about ½ cup)
 Salsa

Lightly coat skillet with nonstick spray; pre-heat over medium heat. In mixing bowl beat together the eggs and milk; pour into skillet. Cook and stir until eggs become firm. Spread one-fourth of egg mixture in the center of each tortilla.

Top with cheese and salsa.*

*Fold or roll tortilla and serve with peaches and milk for breakfast, or with cooked broccoli, carrot sticks, and milk for lunch or dinner. *Optional additions: Finely chopped red onion, green pepper, and/or tomato.*

VEGGIE TORTILLA *Makes 1 serving*

2 6- to 8-inch tortillas
 2 to 3 tablespoons shredded cheese
 ½ cup chopped or shredded vegetables (such as carrots, onion, celery, spinach, lettuce, cabbage, broccoli, tomatoes)
 Salsa

Sprinkle cheese over one tortilla. Add vegetables. Cover with second tortilla and place in a skillet. Heat 1 to 2 minutes over medium high heat; flip and heat 1 to 2 minutes more until heated through. *Cut into wedges and serve with salsa.*

APPLE CHEESE TORTILLA *Makes 1 serving*

2 6- to 8-inch tortillas
 Thinly sliced apples or 3 to 4 tablespoons applesauce
 ¼ cup Monterey Jack cheese
 2 tablespoons raisins (optional)
 Ground cinnamon (optional)

Arrange apple slices on one tortilla (or spread applesauce to cover). Sprinkle with cheese. Add raisins and/or cinnamon, if desired. Cover with second tortilla and place in a skillet. Heat 1 to 2 minutes over medium high heat; flip and heat 1 to 2 minutes more. *Cut into wedges and serve.*

GARDEN TORTILLA *Makes 1 serving.*

Cover a 10-inch flour tortilla with rinsed, raw spinach (shredded, torn, or whole leaves). Add shredded carrot, sliced or chopped tomato, pepper strips, and any other raw chopped vegetables. If desired, add 2 tablespoons shredded cheese and 1 thin slice deli turkey. Roll up and eat with ranch dressing and/or salsa. *Variation: Spread refried beans over tortilla before adding vegetables.*

QUICK TORTILLA PIZZA *Makes 1 serving*

Spread a thin layer of pizza sauce over a 6-inch tortilla. Add a variety of raw vegetables (sliced mushrooms, pepper strips, chopped onion, chopped tomato, shredded carrot, etc.). Add 3 tablespoons shredded mozzarella or other cheese. Heat in a skillet over medium heat or bake at 375°F. until cheese is melted. *Variation: Add cooked meat, such as chopped ham or pepperoni.*

NUTRITION FACTS ANYTIME TORTILLAS	
Serving Size 1 filled tortilla	
Servings Per Container 4	
Amount Per Serving	
Calories 270	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Protein 16g	

NUTRITION FACTS VEGGIE TORTILLA	
Serving Size 1 tortilla sandwich	
Servings Per Container 1	
Amount Per Serving	
Calories 280	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Protein 10g	

NUTRITION FACTS APPLE CHEESE TORTILLA	
Serving Size 1 tortilla sandwich	
Servings Per Container 1	
Amount Per Serving	
Calories 390	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 7g	35%
Trans Fat 0g	
Total Carbohydrate 56g	19%
Dietary Fiber 4g	16%
Protein 13g	

NUTRITION FACTS GARDEN TORTILLA	
Serving Size 153g	
Amount Per Serving	
Calories 310	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Total Carbohydrate 40g	13%
Dietary Fiber 3g	12%
Protein 13g	

NUTRITION FACTS QUICK TORTILLA PIZZA	
Serving Size 1 pizza	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Protein 10g	

CHICKEN&TURKEYDISHES

TURKEY POT PIE *Makes 6 to 8 servings*

- 2 packages frozen pie crust
- 2 cups cooked and cubed turkey (or cooked chicken or canned chicken)
- 1 cup cooked mixed vegetables (leftover, frozen, or canned)
- 1 cup leftover gravy, heated (or make from packet mix)

Thaw pie crusts according to package directions. Preheat oven to 375°F. Place one pie crust into an 8- or 9-inch pie pan. Place cubed turkey into pie crust. Drain vegetables and mix with gravy. Pour over turkey. Cover with second pie crust. Pinch the edges of the pie crusts together. Cut 2 or 3 air vents in top crust. Bake for 20 minutes. *Serve with milk, raw vegetables or lettuce salad, bread stick or roll, and instant vanilla pudding with sliced bananas.*

CHICKEN AND RICE DINNER *Makes 4 servings*

- 4 boneless, skinless chicken breast halves
- 1 teaspoon cooking oil
- 1 can (10.75-ounce) condensed cream of chicken soup
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- 1½ cups water
- 2 cups instant rice
- 2 cups fresh or frozen broccoli flowerets or vegetable mix

Rinse chicken pieces and pat dry. Heat oil in nonstick skillet on medium high heat. Add chicken; brown lightly on each side. Cover and cook 4 minutes on each side or until cooked through. Remove chicken. In skillet combine soup, water, pepper, and paprika. Bring to boil. Stir in rice and broccoli or vegetables. Place chicken on top. Cover and cook on low heat for 5 minutes. *Serve with milk, bread sticks, and grapes.*

SPICY CHICKEN *Makes 4 servings**

- 4 skinless chicken breast halves (about 1 pound)
- ½ cup bottled salsa

Rinse chicken pieces and pat dry. Remove any remaining skin and fat. Coat baking dish lightly with nonstick spray. Place chicken in baking dish; pour salsa over chicken. Cover tightly and bake at 400°F for 20 minutes. Chicken is done when a meat thermometer in the chicken reaches 180°F. *Serve with a tossed salad or vegetables, rice, fruit, and milk. *Double or triple the recipe, then refrigerate or freeze the extra for later meals.*

NUTRITION FACTS TURKEY POT PIE	
Serving Size 136g	
AMOUNT PER SERVING	
Calories 310	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Protein 16g	

NUTRITION FACTS CHICKEN AND RICE DINNER	
Serving Size 293g	
AMOUNT PER SERVING	
Calories 430	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Total Carbohydrate 52g	17%
Dietary Fiber 3g	12%
Protein 34g	

NUTRITION FACTS SPICY CHICKEN	
Serving Size 107g	
AMOUNT PER SERVING	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Protein 20g	

MEALSHORTCUTS

SLOW-COOKER OATMEAL

Place 4 cups water and 2 cups rolled oats in slow cooker before going to bed. Stir gently; set slow cooker on low. Next morning, just stir and serve. *Serve with milk, toast, and fresh fruit.*

READY-TO-USE GROUND BEEF

- In a large saucepan, cook and stir 2 or more pounds ground beef over medium heat until crumbly and no longer pink, about 6 to 8 minutes.
- Pour off the drippings.
- Place crumbled beef in a strainer or colander over a bowl.
- Pour 1 quart hot tap water over the beef and let drain several minutes.
- Divide into 2-cup (1-pound) quantities and package in heavy freezer bags for later use.

SAFE FOOD HANDLING REMINDERS

- Keep counters, dishes, and hands clean.
- Use paper towels or replace handtowels frequently.
- After handling raw meat or poultry, wash hands and all utensils in hot soapy water.
- Thaw foods in the refrigerator—not at room temperature.
- Cook meats and poultry to the proper internal temperatures.
- Cool foods quickly.
- Do not hold foods at room temperature longer than 2 hours.

FRUIT&VEGGIEDISHES

FRUIT PARFAIT *Makes 4 servings, 1 cup each*

2 cups low-fat vanilla yogurt
 2 cups cut-up fresh fruit (such as banana, grapes, blueberries),
 or unsweetened canned fruit, drained (such as peaches)

1. Wash fresh fruit and cut up OR drain canned fruit.
2. Put ¼ cup of the fruit into the bottom of 4 glasses. Top each with ¼ cup of the vanilla yogurt. To each cup add another ¼ cup of the fruit and top with ¼ cup of yogurt.
3. Serve. (Or cover and chill in the refrigerator until ready to serve.)

IDEA: Prepare the night before for a quick breakfast. Good source of calcium. Recipe reprinted with permission from "What's to Eat? Nutrition Calendar 2003," Iowa State University Extension.

PIZZA ON A POTATO *Makes 1 serving*

1 potato, scrubbed clean
 2 tablespoons pizza or tomato sauce
 ¼ to ½ cup frozen vegetable mix
 ¼ cup shredded cheese (mozzarella or Monterey Jack)

1. Bake or microwave potato until it is soft and cooked through.
2. While potato is baking, place frozen vegetables in a colander; run warm water over them until thawed; drain well.
3. Split baked potato in half lengthwise and place in a small baking dish.
4. Spread pizza or tomato sauce on each half of the cooked potato. Top with drained vegetables.
5. Sprinkle shredded cheese over vegetables.
6. Microwave until cheese is bubbly.
 (Or bake at 375°F for 5 to 10 minutes until cheese is melted.)

NUTRITION FACTS FRUIT PARFAIT	
Serving Size 183g	
AMOUNT PER SERVING	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 18g	6%
Dietary Fiber 1g 4%	
Protein 6g	

NUTRITION FACTS PIZZA ON A POTATO	
Serving Size 421g	
AMOUNT PER SERVING	
Calories 420	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Total Carbohydrate 76g	25%
Dietary Fiber 0g 36%	
Protein 16g	

SAMPLE MENUS

BREAKFAST	Fruit Parfait	
	Whole Wheat Bread, Toasted	
	Orange or Pineapple Juice	
	Milk or Hot Chocolate	
LUNCH	Pizza on a Potato	Garden Tortilla Wrap
	Garlic Bread or Corn Muffins	Grapes
	Apple Slices	Oatmeal Cookie
	Milk	Milk
DINNER	Chicken and Rice	
	Lettuce or Spinach Salad	
	Whole Wheat Bread	
	Milk	
	Ice Cream with Strawberries	

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