



## Quick Recipe and Meal Ideas

### Soups

#### Easy Tortilla Soup

- 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)
- 1/2 teaspoon garlic powder
- 1/2 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

- 8 1-cup servings
- 1 48-ounce jar mixed beans
- 1 chopped onion (or 1/4 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 left over 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

- 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 1/4 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 (see “Planned Over” ideas on page 3).

### Chicken/Turkey Dishes

#### Turkey Pot Pie

- 6 to 8 servings
- 2 packaged 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 left-over 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.

#### 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.

## Spicy Chicken

4 servings\*

4 skinless chicken breast halves  
(about 1 pound)  
1/2 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.

## Chicken and Rice Dinner

4 servings

4 boneless skinless chicken breast halves  
1 teaspoon cooking oil  
1 can condensed cream of chicken soup  
1/4 teaspoon pepper  
1/4 teaspoon paprika  
2 cups instant rice  
2 cups fresh or frozen broccoli flowerets  
1 1/3 cups water

Rinse chicken pieces and pat dry. Heat oil in non-stick skillet on medium high heat. Add chicken; cover. 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. Place chicken on top. Cover and cook on low heat for 5 minutes. Serve with milk, bread sticks, and grapes.

## Tortilla Dishes

### “Anytime” Tortillas

4 servings

4 eggs  
1/4 cup nonfat dry milk powder  
4 whole wheat tortillas, warmed  
2 ounces reduced fat cheese,  
shredded (about 1/2 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

1 serving

2 6- to 8-inch tortillas  
2 to 3 tablespoons shredded cheese  
1/3 cup chopped or shredded vegetables (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.

## Garden Tortillas

1 serving

Cover a 10-inch flour tortilla with raw spinach (shredded, torn, or whole leaves). Add shredded carrot, sliced or chopped tomato, pepper strips, 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

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.

## Apple Cheese Tortilla

1 serving

2 6- to 8-inch tortillas  
Thinly sliced apples or 3 to 4 tablespoons applesauce  
1/4 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.

**Quick Breakfast Idea**—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 with milk, toast, and fresh fruit.

## Stir Fry

### Quick Stir Fry

4 servings

Heat 1 to 2 tablespoons cooking oil in a skillet or wok. Add 2 cups frozen vegetables plus 1 to 2 cups frozen shrimp, frozen scallops, leftover roast, or leftover grilled chicken. Cook and stir over medium high heat until heated through. Season with soy sauce. Serve with rice, pineapple or kiwi, and milk.

### Egg-coated Vegetable Stir Fry

2 to 4 servings

Heat 1 to 2 tablespoons cooking oil in a skillet or wok. Add 2 to 4 cups of vegetables. Cook and stir over medium high heat until tender. Beat 2 to 4 eggs (depending on amount of vegetables and number of people to serve). Pour eggs over vegetables and cook until firm. Top with shredded cheese, if desired. Serve with toast, orange slices, and milk.

## White Sauce

### Low-calorie White Sauce

2 tablespoons all-purpose flour  
1 cup nonfat dry milk powder  
1 1/2 cups cold water  
Salt and pepper (optional)

Mix flour and dry milk in small microwave-safe bowl. Add 1/2 cup cold water. Stir until smooth. Add 1/2 cup more water, stirring mixture until it is smooth. Microwave on high for 1 1/2 minutes. Stir with wire whisk to remove any lumps. (If it has not thickened – microwave for 30 seconds more, repeating stirring and adding microwave time until mixture is thickened). Stir in the additional 1/2 cup water till desired thickness is reached. Use for creamed vegetables, creamed meat over toast and as a base for casseroles.

## Use leftovers for “planned over” next-day meals

- Use stir-fried meats and veggies for lunches—wrap in tortillas or spoon on lettuce/spinach salad.
- Spoon reheated chili over baked potatoes, or make Deep-Dish Chili Pizza—Prepare a standard cornbread recipe (enough for a 13x9x2-inch pan or cornbread muffin mix batter for 12 muffins); spread in lightly greased 13x9x2-inch pan. Spoon leftover chili over the top, about 1/2- to 1-inch thick. If desired, top with shredded or sliced cheese. Bake as for plain cornbread.
- Package cooked ham, turkey, meat loaf, or meatballs in meal-size servings and freeze. When a 15-minute meal is needed, heat the meat and a frozen vegetable in microwave oven and make mashed potatoes from potato flakes. Serve with fresh or canned fruit, whole wheat bread, and milk.
- Prepare a beef roast (at least 3 pounds) in a slow cooker, adding onions, bay leaf, pepper, and about 3/4 cup water. Serve with cooked corn or peas, rice, fruit salad, and milk. Refrigerate or freeze leftover meat and broth in separate covered containers.

—Use about half the leftover meat for *Barbecue Sandwiches*: Chop or slice cooked beef; place in saucepan. Add commercial barbecue sauce and 2 tablespoons water. Simmer over low heat to heat through, about 15 to 20 minutes. Serve with whole wheat buns, coleslaw, apple/pear slices, and milk.

—Use the remaining beef and broth for *Beef Stew*: Cut up remaining cooked beef; place in saucepan. Add frozen stew vegetables (check grocery freezer section for varieties) and leftover beef broth. Bring to a boil; reduce to simmer. Combine about 2 tablespoons of flour with a little water; add to stew. Cook and stir about 5 minutes. Serve in bowls with French bread, or transfer to a lightly greased casserole; top with ready-to-bake-biscuits and bake according to package directions.

## Visit these Web sites for more ideas:

*ISU Extension Nutrition*—[www.extension.iastate.edu/nutrition](http://www.extension.iastate.edu/nutrition)

*ISU Extension Publications*—[www.extension.iastate.edu/pubs](http://www.extension.iastate.edu/pubs)

Recipes used with permission from ISU Extension nutrition and health field specialists. Adapted by Paulelda Gilbert, nutrition and health field specialist; Ruth Litchfield, Ph.D., R.D., extension nutritionist; and Diane Nelson, communication specialist.

... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964. Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

File: FN 4