Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 25 Number 2

Garden Patch Meatball Soup
Beefy Stir Fry
Sloppy Joes
Chinese Chow Mein Hot Dish
Hamburger Macaroni

Garden Patch Meatball Soup

2 potatoes, peeled and diced
2 medium carrots, diced
1 medium onion, chopped
4 celery stalks, coarsely chopped
1 can (14.5 ounces) diced tomatoes
2 teaspoons salt
3 cups water
1 pound lean ground beef
1 egg
2 tablespoons dried parsley or ½ cup chopped fresh parsley

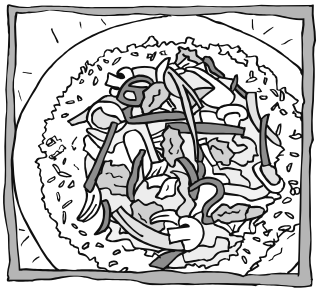
1. In a large kettle, combine the potatoes, carrots, onion, celery, tomatoes, salt and water. Cover and simmer for 30 minutes.
2. Combine ground beef, egg and parsley. Shape into 1-inch balls and brown in a large skillet on the stove. Add to the soup mixture.
3. Simmer soup mixture, covered, for 15 minutes or until meatballs are tender. Season to taste.
4. If necessary, skim any fat off the top of the soup before serving.

Nutrition Note: This recipe makes 4 servings. Each serving has 350 calories, with 34 percent of the calories coming from fat, and 29 grams of carbohydrates.

Eating Together

Have each family member answer the question, "What is your favorite way to be active?" Plan some family time to try everyone's favorite activities.

Beefy Stir Fry



1½ cups beef broth
¾ teaspoon garlic powder
¾ teaspoon ginger
3 tablespoons cornstarch
6 tablespoons soy sauce
1 pound lean ground beef
½ cup diced carrots
½ cup diced celery
½ cup broccoli florets
½ cup cauliflower florets
½ cup olives (optional)
½ cup mushrooms (optional)
2½ cups cooked white or brown rice

1. Combine beef broth, garlic powder, ginger, cornstarch and soy sauce; set aside.
2. Brown ground beef in a large skillet or wok; drain and rinse excess fat. Move browned beef to side of pan and add vegetables. Cook for 5-10 minutes, stirring often.
3. Add beef broth mixture to vegetables (when cooked to desired doneness). Add olives and mushrooms, if desired; continue cooking until beef broth is thickened.
4. Serve stir fry immediately over cooked rice.

Nutrition Note: This recipe makes 5 servings. Each serving has 320 calories, with 28 percent of the calories coming from fat, and 32 grams of carbohydrates.

Breastfeeding:

"Breastfeeding is a mother's gift to herself, her baby and the earth."

~Pamela K. Wiggins

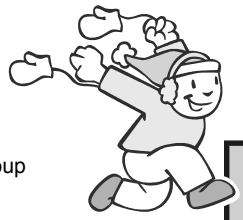
Sloppy Joes

1 pound lean ground beef
1 can (10.75 ounces) tomato soup
1 tablespoon mustard
½ teaspoon salt
1 teaspoon Worcestershire sauce
1 tablespoon brown sugar
Whole wheat hamburger buns

1. In a large frying pan, brown ground beef; drain and rinse excess fat.
2. Add all other ingredients to the ground beef and mix well.
3. Simmer for 15 minutes.
4. Spoon into hamburger buns before serving.

Nutrition Note: This recipe makes 6 servings. Each serving has 290 calories, with 31 percent of the calories coming from fat, and 31 grams of carbohydrates.

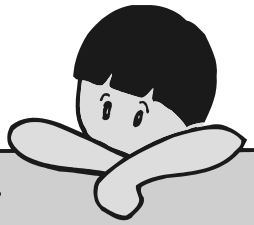
Chinese Chow Mein Hot Dish



1½ pounds lean ground beef
2 medium onions, chopped
1 cup celery, chopped
1 can (10.5-10.75 ounces) fat-free cream of mushroom soup
1 can (10.5-10.75 ounces) fat-free cream of chicken soup
½ cup uncooked white rice
¼ cup soy sauce
1 can (14 ounces) Chinese vegetables (do not drain)
2 cups chow mein noodles

1. Preheat oven to 350 degrees
2. In a large skillet, brown ground beef, onion and celery; drain excess fat. Put into a casserole dish.
3. Stir soups, rice, soy sauce, and vegetables into hamburger mixture.
4. Cover and bake for 30 minutes.
5. Check if there is enough moisture for the rice to finish cooking. If not, add ⅓ to ½ cup water.
6. Place chow mein noodles over top of the hot dish.
7. Bake another 30 minutes.

Nutrition Note: This recipe makes 8 servings. Each serving has 330 calories, with 39 percent of the calories coming from fat, and 28 grams of carbohydrates.



Turn Off the TV

Cut a fresh path in the snow. Make a maze with curvy and zigzag patterns. Chase your child through the maze. Have them chase you. When tired, fall down and make snow angels.

Hamburger Macaroni

2 cups uncooked macaroni (whole wheat or white)
2 pounds lean ground beef
1 can (46 ounces) tomato juice
1 can (10.5-10.75 ounces) vegetable beef soup
1 package (12-16 ounces) frozen mixed vegetables

1. Cook macaroni according to package directions; set aside.
2. In a large skillet, brown the ground beef; drain and rinse excess fat.
3. Combine ground beef, tomato juice, vegetable soup and vegetables in a large kettle. Simmer until vegetables are cooked.
4. Add macaroni and cook until heated through.

Nutrition Note: This recipe makes 8 servings. Each serving has 380 calories, with 29 percent of the calories coming from fat, and 37 grams of carbohydrates.

The *Pick-WIC Paper* is developed for the
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Women, Infants and Children
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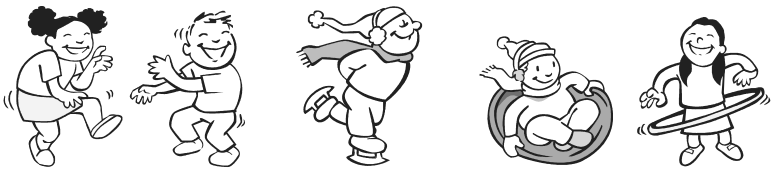
GROW HAPPY FAMILIES

Eating Together – Playing Together

It's All About Balance: Play Hard.

The key to getting active and staying active at any age is enjoyment. When you play hard and have fun, you are more likely to make physical activity an everyday habit. Both children and adults need plenty of active 'playtime,' at least 30 to 60 minutes a day of fun activities like walking, dancing, sledding, or just chasing each



other around.