

# SIMILAR INGREDIENTS, MULTIPLE MEALS

*Shop once, eat twice: Successful tips for busy families.*



THE WEATHER IS CHANGING  
AND THE COOLER  
TEMPERATURES CALL FOR  
SOUP! CHECK OUT THE SLOW  
COOKER TIPS ON PAGE 4.

## Slow Cooker Chili

### Ingredients:

- 1 lb. ground turkey or beef**
- 2 Tbsp. oil**
- 1 bell pepper, seeded and diced**
- 2 tsp. minced garlic**
- 1 medium onion, diced**
- 1 cup celery, diced**
- 2 (15.5 oz.) cans of beans  
(kidney, pinto, black, or red)**
- 2 (15.5 oz.) can of diced  
tomatoes**
- 2 Tbsp. chili powder**
- 1-2 Tbsp. honey**

### Directions:

1. Brown ground meat in a skillet until cooked through. Put in slow cooker.
2. Add oil, bell pepper, garlic, onion, and celery to slow cooker.
3. Add beans and tomatoes to slow cooker and stir.
4. Add chili powder and honey to slow cooker.
5. Turn to high for 15 minutes, then cook on low for 6-10 hours.
6. Serve warm with whole grain crackers or bread!

# Eat what's in season... *Beets*

Beets provide multiple nutritional benefits and are packed with fiber, folate, manganese, potassium, iron and vitamin C. They have a somewhat earthy flavor that pairs well with sweet, savory, or salty combinations. Fall and winter fruits are a good match to bring out beets' sweeter flavors. Pears, apples, citrus fruits, dried fruits, pomegranates, and persimmons all offer unique combination possibilities. Carrots, parsnips, and turnips can be cubed and combined with beets for a colorful roasted vegetable side.



## **Selection:**

Choose beets that still have leaf stems attached. Look for small, but firm beets that have blemish-free skin. Leaves should be bright green and not wilting if still attached to the vegetable. Avoid beets that are larger in size. They may be tough with a woody and undesirable texture in the middle.

## **Storage:**

After stems and leaves have been removed, beets should be stored with a damp paper towel in a plastic bag inside the refrigerator. They will last 7-8 days. If leaves are bright green and crisp, they can be stored in their own bag and incorporated into a salad mix or cooked as a side dish of their own. Beets can be stored long-term by freezing, pickling, drying, or canning.

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## **Ingredients:**

- 1 lb. ground beef**
- 1 tsp. salt**
- 1 tsp. pepper**
- ½ cup chopped onion**
- ½ cup chopped bell pepper**
- ½ cup uncooked oats**
- 1 egg, lightly beaten**
- 8 oz. canned diced tomatoes with juice**

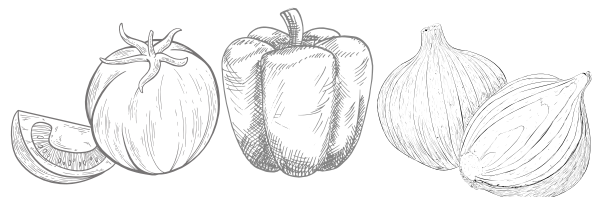
## **Topping:**

- ½ cup ketchup**
- 1 Tbsp. mustard**
- 2 Tbsp. brown sugar**

# Meatloaf

## Directions:

1. Preheat the oven to 375°F. Use cooking spray to lightly coat a 9" x 5" loaf pan.
2. Mix meatloaf ingredients well. Shape meat mixture into loaf and place in the baking dish.
3. Combine ingredients for topping and mix until blended.
5. Spread topping over top of meat loaf.
6. Bake for 1-hour or until internal temperature is 165°F.



## Side Dish Spotlight

Below are additional recipes using beets and ideas to add variety into your next bowls of chili! Learn more about sodium and what it does in our bodies on page four.

### Pink Pancakes (with beets)

#### Ingredients:

- ½ cup fresh cooked or canned beets
- 2/3 cup milk
- 1 large egg
- 1 Tbsp. avocado oil
- 1/3 cup plain yogurt
- 1 tsp. vanilla
- 1¼ whole wheat flour
- 1 tsp. baking powder
- 2 Tbsp. sugar (brown or white)

Blend beets and milk together in a blender. Add wet ingredients to the blender followed by the dry ingredients. Blend until smooth. Heat and grease a griddle or pan over medium-low heat. Pour batter onto cooking surface to make about 4-5 inch pancakes. Cook on first side until edges begin to dry and flip over to finish cooking other side. Note: if first batch of pancakes seems thin and watery, add a little more flour to blended mix before pouring onto cooking surface.

### Root Veggies in the Slow Cooker

#### Ingredients:

- 1 lb. carrots, peeled, cut into 2-inch slices
- 1 lb. beets, peeled and sliced into ¼ inch wedges
- 1 lb. parsnips, peeled, cut into 2-inch chunks
- 1 onion, sliced in ½ inch wedges
- ½ cup balsamic vinegar or Italian dressing
- 1 Tbsp. parsley

Coat the inside of a slow cooker with nonstick spray. Place all chopped vegetables in the slow cooker and pour dressing over the vegetables. Top with parsley. Place lid over vegetables. Cook on high for 3-4 hours or low for 6-7 hours.

### Additional Items for a Variety of Flavors in Chili

#### Note: tips for Chili cooked on Stovetop

To add heat – use hot sauce, pickled jalapenos or cayenne pepper.

To make the meat savory – add Worcestershire sauce.

Semi-sweet chocolate will add a faint hint of sweet and bitter. Plus, it has a richer taste.

Lime Juice and vinegar will add a tanginess.

Sugar, whether it be white, brown or a substitute, will add a sweetness.

Another tip – if your chili is too thin, try simmering with the lid off or add more beans, which adds starch to help thicken the soup.

### Mexican Cornbread

#### Ingredients:

- 2 eggs
- 2 Tbsp. oil
- ½ cup sour cream
- 1 can cream style corn
- 1 (4 oz.) can green chiles
- 1 cup shredded cheddar
- 2 (8.5 oz.) boxes cornbread mix

Preheat oven to 400°F and grease a nonstick 8" x 8" pan. In a large bowl, whisk eggs and oil together. Add sour cream, corn, diced chiles, cheese and mix until combined. Add cornbread mixes and stir until just combined. Pour batter into pan and bake for 40-45 minutes.

## Slow Cooker Tips!

With all the new small kitchen appliances, the slow cooker has remained a true staple in many home kitchens. The attraction of the slow cooker is the “set it and forget it” mentality. Occasionally this hands-off approach can still result in underdone vegetables and overdone meat.

Layering within the slow cooker does make a difference in the success of a dish. The heating elements are on the bottom and sides of a slow-cooker so tougher vegetables should be placed on the bottom and up the sides. Tougher vegetables include potatoes, turnips, parsnips, carrots, beets, and winter squash.

The next layer can include not-so-tough vegetables such as celery, fennel, green beans, and bell peppers. Any meat and/or poultry should be placed above hearty vegetable to prevent overcooking. This also allows the meat juices to drip down and flavor the entire pot.

Defrost meat or poultry in the refrigerator and cut into smaller pieces before putting in the slow cooker for more even cooking.



The quick-cooking, more delicate, vegetables and canned beans need to be placed on top to preserve texture and individual flavors. Delicate vegetables include zucchini, spinach, cauliflower, broccoli, and peas.

Last but not least, do not forget to incorporate liquid into the mix. Water, broth, or juice can be used to prevent food from sticking.

## Nutrient Profile: Sodium

Sodium, a component of salt, not only flavors food but also acts as a stabilizer and binder in food preservation. Bacteria cannot thrive in the presence of high sodium which is why so many of our canned soups, vegetables, and other products contain large amounts of sodium. Sodium is a mineral that has a bad reputation with its relationship to blood pressure. Too much can lead to high blood pressure, heart disease, and even stroke. Our bodies do need small amounts for muscle contractions, nerve impulses, and to help maintain proper balance of water and minerals. It's estimated that we need about 500 mg of sodium daily for these vital functions. There is almost 2,270 mg of sodium in 1 tsp. of salt... think about that the next time you sprinkle salt over your meal!



**Food Sources: usually not a nutrient you need to look for, salt is present in most processed and commercially prepared foods. Unprocessed fruits, vegetables, whole grains, nuts, meats, and dairy foods are usually lower in sodium.**

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