



Dinner Made Easy! – Simple Soup

Soups are an easy, one-pot meal. Leftovers can be had for lunch or frozen for a later date.

Choose your **PROTEIN** (1 pound, diced meat)

- Beef, chicken or turkey, pork, beans, or lentils

Choose your **VEGETABLES** (2 cups, chopped)

- Onions, celery, zucchini, tomatoes, carrots, mushrooms, broccoli, greens (spinach, kale, collards, Swiss chard, etc.)

Choose your **LIQUID** (4 cups)

- Water, low-sodium broth
- For creamy soups, add ½ - 1 cup of evaporated skim milk

Choose your **WHOLE GRAIN** (1 ½ cups, cooked)

- Brown rice, whole wheat pasta, orzo, barley, quinoa, farro

1. Heat 1 tablespoon of vegetable oil in a soup pot over medium-high heat. Add the meat and sauté until lightly browned, about 5 minutes. If using beans, skip this step and add them in step 3.
2. Add the vegetables. Reduce heat to medium and sauté for 5 minutes. If using canned or thawed frozen vegetables or leafy greens, add these during step 4.
3. Add liquid and bring to a boil. Reduce heat and simmer for 25-30 minutes or until meat is cooked through. Stir occasionally to keep ingredients from sticking to the bottom of the pot.
4. Add cooked grain during the last 5-7 minutes of cooking time, just until warmed through.

**Add seasonings during step 3. Try dried or fresh herbs (parsley, basil, thyme, oregano, etc.), seasonings (ground cumin, Mrs. Dash, cayenne pepper, chili powder, salt, pepper, etc.), minced garlic or ginger, lemon zest, hot sauce or hot peppers



Dinner Made Easy! – Simple Casserole

Casseroles are an easy, one-pot meal. Leftovers can be had for lunch or frozen for a later date.

Choose your PROTEIN (1 cup, fully cooked)

- Beef, chicken, turkey, pork, beans, lentils, ham, canned tuna or salmon

Choose your VEGETABLES (1 ½ - 2 cups, chopped)

- Onions, celery, zucchini, tomatoes, carrots, mushrooms, broccoli, greens (spinach, kale, collards, Swiss chard, etc.)

Choose your SAUCE (choose one)

- 10 ounce can nonfat/low-fat cream of mushroom, celery, or tomato + ¼ cup nonfat milk
- 14.5 oz (1 cup) can diced tomatoes (drained) + ½ cup low-fat sour cream

Choose your WHOLE GRAIN (1 ½ cups, cooked)

- Brown rice, whole wheat pasta, barley, quinoa, farro, cubed whole wheat bread (1 cup)

Choose your TOPPINGS (1/2 cup)

- Shredded low-fat cheese, bread crumbs, crushed corn flakes, crushed tortilla chips

1. Preheat oven to 350F.
2. Mix protein, vegetables, sauce, and whole grain together in large mixing bowl. If using heartier vegetables, such as carrots, broccoli, kale or collards, precook for 3-4 minutes in boiling water. Drain well and then add to casserole mixture.
3. Transfer casserole to 9x13 baking dish. Top with desired toppings. If using bread crumbs, corn flakes, or tortilla chips, cover casserole with foil for last 5-10 minutes to prevent burning.
4. Bake for 40-60 minutes, until top is golden brown and casserole is bubbly.

Recipe idea: Mexican Black Beans and Rice

1 cup black beans (drained & rinsed) + 1 ½ cups chopped spinach + ½ cup corn + 1 ½ cups cooked brown rice + 1 cup diced tomatoes (drained) + ½ cup low-fat sour cream + ½ teaspoon ground cumin + ¼ teaspoon cayenne pepper + ½ cup shredded low-fat cheese on top

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