



Market Basket of the month

March Recipes



Vegetable Beef Soup

(Makes 12 cups)

Ingredients:

- 1 lb. lean ground meat (15% fat) (turkey, chicken or beef)
- 1 cup diced onion
- ½ cup sliced celery
- 1 cup sliced or diced carrots
- 1 ½ cups sliced or chopped cabbage
- 1 can (15 oz.) kidney beans, drained and rinsed
- 2 cans (15 oz. each) diced or chopped tomatoes with liquid
- 1 can (15 oz.) tomato sauce
- 1 can (15 oz.) cut green beans, drained and rinsed, or 1½ cup frozen cut string beans
- 1 cup whole kernel corn (frozen, fresh, or canned, drained and rinsed)
- 2 cups low-sodium broth
- 1 teaspoon garlic powder or 4 cloves garlic, minced
- 1 teaspoon dried parsley
- ½ teaspoon oregano
- ½ teaspoon basil
- ¼ teaspoon pepper
- ½ cup small macaroni (optional)

Directions:

1. In a skillet over medium-high heat (350 degrees F in an electric skillet), cook the ground meat until browned, breaking it up as it cooks. Drain any fat and put in a large saucepan.
2. In the same skillet, sauté the onion, celery, and carrots until limp but not brown. Add to the saucepan.
3. Add all the remaining ingredients to the saucepan.
4. Bring to a boil. Lower heat, cover and simmer for about 30 minutes.
5. Refrigerate leftovers within 2 hours.

Food Hero – Oregon State University

Nutrition Facts (per 1 cup): 150 Calories, 4.5g. Fat, 25mg. Cholesterol, 370mg. Sodium, 18g. Carbohydrates, 4g. Dietary Fiber, 2g. Protein

Honey Mustard Green Beans

(Makes 4 cups)

Ingredients:

- 1 Tablespoon prepared mustard
- 3 Tablespoons honey (see Notes)
- 3 Tablespoons vinegar
- 4 cups green beans (cooked from fresh, frozen, or canned, drained and rinsed)

Directions:

1. Wash hands with soap and water.
2. In a medium saucepan or skillet over medium-low heat, stir together mustard, honey and vinegar. Cook until sauce boils and becomes thick, about 10 minutes.
3. Add green beans and stir to coat evenly. Cook until beans are heated through. Serve warm.
4. Refrigerate leftovers within 2 hours.

Notes

- 4 cups of green beans is about 1½ pounds fresh or 16 ounces frozen or 2 cans (15 ounces each) drained.
- Honey is not recommended for children under 1 year old.

Source: FoodHero.org

Healthy Eating Tips:

A good practice is to aim for a variety of colors on your plate. Fruits and vegetables like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals.

Market Basket of the Month is a WellSpan Community Health and Engagement initiative.

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