

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

JANUARY 2016

Basic Meat Mix Enchilada Casserole Chili Rice Casserole Tacos Easy Stroganoff



Basic Meat Mix

5 pounds lean ground meat (beef, turkey, etc.)
2 medium onions, chopped
1 cup chopped celery
2 cloves garlic, minced, or 1 teaspoon garlic powder
¾ teaspoon pepper

Stovetop Directions

1. Brown ground meat and onions in a large skillet or pot. Drain and rinse excess fat.
2. Stir in remaining ingredients. Cook over medium heat for 15 minutes.

Microwave Directions

1. Combine onions and crumbled ground meat in a microwave-safe 5-quart casserole dish. Cover.
2. Microwave on high 14 to 16 minutes, stirring two or three times.
3. Drain fat. Stir in remaining ingredients. Cover.
4. Microwave on high five to eight minutes.

To Freeze

1. Divide cooked mixture into five containers or freezer bags (approximately 2 cups each). Cover. Label with date and freeze. If using freezer bags, remove air from bags, seal, press flat and freeze. For best quality, use frozen ground beef within three to four months.

To Defrost

1. Place one package Basic Meat Mix in appropriate container or pan and defrost in the microwave, on the stovetop, or in the refrigerator.
2. Microwave until defrosted (stir frequently and break apart with a fork once or twice).
3. On the stovetop, heat on medium heat for 10 to 15 minutes before continuing with the recipe.
4. Defrost meat in refrigerator overnight.

Tips

1. You can use this mix in any recipe calling for cooked hamburger.
2. You can add this mix to your favorite spaghetti sauce.

Enchilada Casserole

1 package Basic Meat Mix
¼ cup water
1½ teaspoons chili powder
1 can (8 ounces) tomato sauce or 1 can (14.5 ounces) chopped tomatoes
1 can (15-16 ounces) pinto or black beans, drained and rinsed
1½ cups shredded reduced fat cheddar cheese
8 (6-inch) corn tortillas

1. Preheat oven to 350 degrees.
2. Mix Basic Meat Mix, water, chili powder, tomatoes and beans in a medium pot. Heat to 165 degrees (using a food thermometer).
3. Put four corn tortillas into an 8 x 8 inch baking pan. Pour half of meat mixture and half of cheese on top of tortillas. Top with four more tortillas, remaining meat mixture and remaining cheese.
4. Bake for 30 to 40 minutes.

Breastfeeding:

Why breastfeed?

"I hadn't planned to breastfeed, but I'm glad I am. I know I am giving my baby everything she needs." ~ Samantha, WIC Breastfeeding Mom from Bismarck

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Chili

1 package Basic Meat Mix
2 cans (14.5 ounces) tomatoes
1 can (15-16 ounces) kidney beans, drained and rinsed
2 teaspoons chili powder

1. Mix all ingredients.
2. Microwave 10 minutes in a microwave-safe dish or cook on stovetop in a large pot for 30 minutes.



Tips for Raising Healthy Eaters

Remove distractions during family meals. Turn off the television and avoid talking on the phone or texting, so everyone's attention is on each other. Talk to each other and focus the conversation on what everyone did during the day.

Rice Casserole

- 1 package Basic Meat Mix
- 2 cups cooked brown rice
- 1 can (15.25 ounces) whole-kernel corn, drained and rinsed

1. Mix all ingredients. Heat thoroughly on the stovetop in a medium pan, in the microwave in a microwave-safe dish or in the oven in an 8 x 8 inch pan until it reaches 165 degrees (using a food thermometer).
2. Top with reduced fat shredded cheese if desired.



Tacos

- 1 package Basic Meat Mix
- 1 teaspoon chili powder
- ¼ teaspoon cumin
- 8 corn or whole wheat tortillas



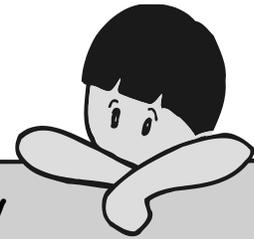
1. Mix all ingredients. Heat thoroughly on the stovetop in a medium pan or in the microwave in a microwave-safe dish.
2. Spread onto a tortilla.
3. Top with your favorite taco toppings such as lettuce, tomatoes, olives and reduced fat shredded cheese.

Tip: You can use one package of reduced-sodium taco seasoning in place of the chili powder and cumin.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

North Dakota Department of Health
600 E. Boulevard Avenue., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1



Turn Off the TV

Play in the snow if you have it. Build snow forts. Make paths through the snow. Grab a sled and go sledding together.

Source: Nutrition Matters™, www.numatters.com

Easy Stroganoff

- 1 package Basic Meat Mix, defrosted
- 1 can (4 ounces) mushrooms
- 1 can (10.5 ounces) cream of mushroom soup (reduced fat and low sodium preferred)
- ½ cup fat free sour cream (optional)
- 4 cups cooked noodles

Microwave Directions

1. In a 1½-quart microwave-safe dish, combine meat, mushrooms and soup.
2. Microwave on high three to six minutes until mixture reaches a temperature of 165 degrees. (using a food thermometer).
3. Stir in sour cream, if using. If necessary, microwave on high ½ to 1½ minutes or until thoroughly heated.
4. Serve over noodles.

Stovetop Directions

1. Heat meat, mushrooms and soup in a medium saucepan until sauce is thick and reaches a temperature of 165 degrees. (using a food thermometer)
2. Stir in sour cream, if using.
3. Serve over noodles.

All the recipes in this month's Pick-WIC Paper were reprinted from Making Magic Mixes, Meat Mixes, NDSU Extension Service, www.ag.ndsu.edu/food.

GROWING HAPPY FAMILIES

Enjoy Each Other While Enjoying Family Meals

Keep meal time relaxed to nourish the body and health your family make stronger connections. Let your little ones select which foods to put on their plates and how much to eat from the healthy choices you provide.