



EFNEP

Expanded Food and Nutrition Education Program

K State Research & Extension—Sedgwick County

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Healthy Food, Healthy Families

September Angel Food Ministries

Philly Steak on Whole Wheat Bun with sauted onions, bell peppers, mushroom, and cheese Tossed Salad Peaches Skim Milk	St. Louis Ribs Deviled Eggs Cole Slaw Carrot and Celery Sticks Pears Skim Milk
Smoked Sausage Sour Kraut Green Beans Baked Cinnamon Apples Skim Milk	Pop Corn Chicken Brown Rice California Mixed Vegetables Fresh Fruit Skim Milk
Frijole Cheese Soup Corn Muffins Orange Smiles	Mexican Soup Whole Wheat Tortilla Fresh Broccoli and Dip Skim Milk
Salisbury Steak Sweet Potatoes Tossed Salad Apricots Skim Milk	Chicken Stir Fry Snap Peas Canned Fruit Skim Milk

Frijole Cheese Soup

6 servings

$\frac{1}{2}$ cup canned pork OR 1 ham hock OR 2 slices bacon, cooked and crumbled	1-15-oz. can diced tomatoes, undrained
$\frac{1}{2}$ cup chopped onion	2 teaspoons chili powder
6 cups cooked pinto beans, undrained or 4 - 15 oz cans	$\frac{1}{2}$ teaspoon ground cumin
1/12 teaspoons salt	$\frac{1}{4}$ teaspoon oregano
	1 to 2 cups water
	1 $\frac{1}{2}$ cups shredded cheddar cheese

1. Wash hands and work area
 2. In a small skillet cook the meat and onion.
 3. Drain the beans, saving the liquid.
 4. Mash beans using liquid as needed.
 5. Combine beans, meat mixture, salt, tomatoes, remaining liquid, chili powder, cumin, oregano, and 1 cup water.
 6. Add more water if you prefer a thinner soup.
 7. Cover and simmer 20 minutes.
 8. Add cheese.
 9. Stir constantly until melted.
- Refrigerate leftovers

Nutrition Information
412 calories per serving
5.5 calorie points
14 fat grams
21 grams dietary fiber

Mexican Chicken Soup

6 one cup servings

1 1/2 cups cooked chicken	1. Place chicken pieces in large saucepan and add enough water to cover.
4 cup chicken broth	2. Cook until tender, about 25 minutes.
2 cups canned tomatoes	3. Remove chicken pieces from the broth and add the tomatoes, garlic, onion and chilies.
1 clove garlic, minced	4. Slide chicken meat off the bones and return meat to the broth.
1/2 cup chopped onion	5. Add beans and simmer about 15 minutes.
1/4 cup canned mild chilies, diced	Serve with tortillas.
2 cups cooked, drained pinto beans	

Nutrition Information

182 calories 2.5 calorie points
2 fat grams 9 grams dietary fiber