

Plan, Shop, Fix, and Eat



1. Plan

Plan meals for your family for a week, two weeks or longer—whatever works for you.



2. Shop

Make a list of all the food you will need for your meals. Shop for a week at a time and stick to your list.



3. Fix

Stick to your menu plan for your meals. Make simple healthy meals for your family.



4. Eat

Eat together as a family without the TV.

EATING AT HOME = EATING HEALTHY

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Beefy Skillet Dinner

Makes 5 servings | Serving Size: 1 cup


 **Hint:** To reduce sodium even further, look for canned vegetables with no salt added.


Nutrition information


Per Serving

225 calories	
Total Fat	5 g
Saturated Fat	2 g
Protein	25 g
Total Carbohydrate	27 g
Dietary Fiber	3 g
Sodium	460 mg

 **Excellent Source of Vitamin C**

 **Good Source of Iron**

 **Good Source of Vitamin A**

 **Good Source of Fiber**

Recipe analyzed using extra-lean ground beef.

Ingredients

- 1 pound lean or extra-lean ground beef or turkey
- 3 tablespoons Easy Onion Soup Mix (recipe below)
- 1½ cups water
- 1/3 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (8-ounce) can corn, drained
- ¾ cup uncooked whole-wheat macaroni
- 1/2 cup reduced-fat cheddar cheese, shredded

Directions

1. For Easy Onion Soup Mix, combine the following ingredients. Measure 3 tablespoons for use in this recipe. Save remainder to add flavor to other recipes.
 - 1 teaspoon black pepper
 - 1 teaspoon garlic powder
 - 1 tablespoon cornstarch
 - 1 tablespoon onion flakes
 - 1 tablespoon onion powder
 - 1 teaspoon sodium-free beef bouillon
2. Brown ground beef or turkey in a large skillet. Drain. Return meat to skillet.
3. Stir in soup mix, water, onions, tomato sauce, corn and macaroni.
4. Bring mixture to a boil. Cover and simmer for 10 minutes.
5. Remove cover and simmer until macaroni is tender; stir occasionally. For recipe made with ground beef, temperature should reach 160°F. If made with ground turkey, the temperature should reach 165°F.
6. Top with cheese.

160°F

165°F



Make Up a Story and Act It Out

Allow each family member to make up a story. As they tell the story everyone acts it out. You can pretend you are going to the beach, hiking up a mountain or anything else you can dream up!