

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



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



United States Department of Agriculture
National Institute of Food and Agriculture



North Carolina
Public Health




Fix it Fast, Eat at Home



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!