

Minestrone Soup

Servings: 4

Ingredients:

- 1 can (15 ounces) stewed tomatoes
- 2 cans (15 ounces each) of chicken or beef broth
- 1 can (15 ounces) of pinto or kidney beans
- 1 cup dry elbow macaroni
- 1 can (15 ounces) mixed vegetables

Directions:

1. Wash hands and surfaces.
2. In a large pot, combine tomatoes, broth and beans.
3. Bring the soup to a boil, and add the macaroni and vegetables. Reduce to low heat.
4. Let simmer for 6-8 minutes, or until the pasta and vegetables are tender and heated through.
5. Serve hot. Refrigerate leftovers immediately.



Adapted from USDA, whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/minestrone-soup



Follow us on Facebook Twitter, Pinterest and Instagram at:
facebook.com/MUNutritionforFamilies, twitter.com/MUFNEP,
pinterest.com/MUFNP and instagram.com/MUFNP

COOKING TERMS

BLEND: To thoroughly incorporate two or more ingredients.

BOIL: To heat a liquid until bubbles break continually on the surface.

CHOP: To cut solids into pieces with a sharp knife or other chopping device. To finely chop is to chop solids into small pieces.

SIMMER: To cook slowly in liquid over low heat at a temperature of about 180 degrees; the surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles

Southwest Baked Pasta and Cheese

Servings: 6

Ingredients:

- 1 cup dry elbow pasta
- 1 can (14.5 ounces) diced, no-salt-added tomatoes, drained
- 1 can (10.75 ounces) condensed cheddar cheese soup
- 1 can (4 ounces) diced mild green chiles
- ¼ cup milk
- 1 teaspoon chili powder
- ¾ cup shredded sharp cheddar cheese, divided
- 1 cup crushed tortilla chips

Directions:

1. Wash hands and surfaces.
2. Heat oven to 375 degrees F.
3. Cook pasta according to package directions. Drain.
4. While pasta is cooking, mix the tomatoes, soup, chiles, milk, chili powder and ½ cup of the cheese in a large bowl.
5. Add hot pasta to the bowl of other ingredients and mix to blend thoroughly.
6. Transfer to a 2-quart, shallow baking dish and spread to even out the top; top with remaining ¼ cup of cheese.
7. Bake in the center of the oven for about 20 minutes, until bubbly.
8. Sprinkle top with the crushed tortilla chips and bake 5-10 minutes longer, until the topping is lightly browned.
9. Serve hot. Refrigerate leftovers immediately.

Adapted from Canned Food Alliance, mealtime.org/meals-and-nutrition/recipes/library/southwest-baked-pasta-and-cheese.aspx

MEASUREMENT EQUIVALENTS

| | |
|-------------------|----------------|
| 3 teaspoons | = 1 tablespoon |
| 4 tablespoons | = ¼ cup |
| 5 ⅛ tablespoons | = ⅓ cup |
| 16 tablespoons | = 1 cup |
| 2 cups | = 1 pint |
| 4 cups (2 pints) | = 1 quart |
| 4 quarts (liquid) | = 1 gallon |





Celery and Tuna Salad

Servings: 8

Ingredients:

- 1 pound (4 cups) dry elbow macaroni
- 1 can (5 ounces) water-packed tuna, drained
- $\frac{3}{4}$ cup light mayonnaise
- $\frac{3}{4}$ cup celery, chopped
- 1 teaspoon mustard
- $\frac{1}{2}$ cup sweet pickles, diced (optional)
- $\frac{1}{4}$ teaspoon salt and pepper, or to taste

Directions:

1. Cook pasta according to package directions and drain.
2. Add tuna, light mayonnaise, celery, mustard and pickles, if desired. Stir thoroughly.
3. Add salt and pepper, to taste.
4. Chill before serving. Refrigerate leftovers immediately.

Adapted from USDA, whatscooking.fns.usda.gov/recipes/food-distribution-fdd/green-bean-and-tuna-salad

Tasty Mixed-Up Mac and Cheese

Servings: 8

Ingredients:

- 1 can (15 ounces) sliced carrots, drained and rinsed
- 2 cans (15 ounces each) cream of mushroom soup, low-sodium
- 1 egg
- 1 pound (4 cups) dry elbow macaroni, cooked according to package directions and slightly cooled
- Salt and ground black pepper, to taste (optional)
- Nonstick spray oil
- 1 package (8 ounces) shredded colby jack cheese

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. Mash carrots until smooth.
4. Combine carrot mixture and both cans of soup in a large mixing bowl. Mix in egg and fold in macaroni; salt and pepper to taste.
5. Coat a 9 x 13-inch baking dish with spray oil. Scrape mixture into the baking dish, and smooth the surface. Top with shredded cheese.
6. Cover with aluminum foil, and bake for 30 minutes. Uncover and bake for 10 minutes more, until bubbling around the edges.
7. Serve warm, and refrigerate leftovers immediately.

Adapted from Canned Food Alliance, <http://www.mealtime.org/meals-and-nutrition/recipes/library/tasty-mixed-up-mac-and-cheese.aspx>



Macaroni and Cheese With Broccoli

Servings: 6

Ingredients:

- 2 cups dry elbow macaroni
- 4 tablespoons flour
- 2 cups milk
- 2 cups shredded, low-fat cheddar cheese
- ½ teaspoon pepper
- 2 cups broccoli, cooked and chopped (can be frozen)
- Salt, to taste

Directions:

1. Wash hands and surfaces.
2. Cook macaroni, following package instructions. Drain the cooked macaroni and return to pan.
3. While macaroni is still warm, sprinkle in flour and stir thoroughly.
4. Over medium heat, slowly stir the milk into the macaroni.
5. Add the cheese and pepper. Stir over medium heat until the milk and cheese thicken into a creamy sauce, approximately 7-10 minutes.
6. Stir the broccoli into the macaroni mixture and heat thoroughly. Add salt to taste.
7. Serve hot. Refrigerate leftovers immediately.



Running out of money for food?

Contact your local food stamp office
or go online to:

[http://dss.mo.gov/fsd/food-assistance/
food-stamp-program/](http://dss.mo.gov/fsd/food-assistance/food-stamp-program/)

We hope you enjoy the recipes!

For additional information on nutrition and physical activities you can do with your family, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Each caller will receive a free healthy gift!

For more recipes and physical activity ideas, visit us online at missourifamilies.org

Funded in part by USDA SNAP.