

Share and Learn
December 8, 2011
Home on The Range – Families and Food Together

Resources

Kids in the Kitchen (manual under revision)

www.wrha.mb.ca/healthinfo/prohealth/nutrition/files/Nutrition_2.pdf

Eat Better Together

www.bettertogetherbc.ca

Eat Better; Eat Together

www.nutrition.wsu.edu/ebet/

Family Day – A day to eat dinner with your children

www.casafamilyday.org

The Kids Cook Monday

www.thekidscookmonday.org

Improving Cooking and Food Preparation Skills – A Synthesis of Evidence to Inform Program and Policy Development

<http://www.hc-sc.gc.ca/fn-an/nutrition/child-enfant/cfps-acc-synthes-eng.php>

Improving Cooking and Food Preparation Skills – A Profile of Promising Practices in Canada and Abroad

<http://www.hc-sc.gc.ca/fn-an/nutrition/child-enfant/cfps-acc-profil-apercu-eng.php>

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Tomato Bean Soup with Cheddar



1. In a pot, add:

Tomatoes	1 can (19 oz or 540 mL)
Beans in tomato sauce	1 can (14 oz or 398 mL)
Water	1 cup
Basil (dried)	1 teaspoon
Parsley (dried)	1 teaspoon

Heat to a boil.

2. Turn heat and simmer soup, uncovered, for about 10 minutes. Stir occasionally.
3. Grate $\frac{1}{2}$ cup of cheddar cheese.
4. Serve soup in bowls and sprinkle cheese on top.

Serves 4

Tips

- Add 1 can of corn for added flavor to this soup.
- Serve with biscuits or bannock.

Source: The Basic Shelf Cookbook, 1995.

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Vegetarian Chili



5. In a large pot, add:
- | | |
|----------------|-----------------------------------|
| Oil | 2 tablespoons |
| Garlic, minced | 1 clove (or ¼ tsp. garlic powder) |
| Onion, chopped | 1 medium |
- Heat over medium heat until onion is clear.
6. Add:
- | | |
|--------------|----------------|
| Tomato sauce | 1 can (398 mL) |
| Tomatoes | 1 can (795 mL) |
- Bring to boil.
7. Then reduce heat and add:
- | | |
|--------------|---------|
| Pearl barley | ½ cup |
| Oats | 1/3 cup |
| Water | ½ cup |
- Cook for 20 to 30 minutes.
8. Add the rest of the ingredients:
- | | |
|----------------------------------|-----------------|
| Kidney beans, drained and rinsed | 1 can (398 mL) |
| Beans in tomato sauce | 1 can (398 mL) |
| Corn niblets (undrained) | 1 can (341 mL) |
| Cumin (optional) | 1 teaspoon |
| Basil (optional) | 1 teaspoon |
| Chili powder | 1 ½ tablespoons |
| Pepper | ½ teaspoon |
9. Cover and simmer over low heat for about 20 minutes or until barley is soft. Stir occasionally. Add water if it gets too thick.

Serves 8

Hot Tip

Serve with cornbread and milk.

Source: Community Kitchens Cookbook

Minestrone Soup



10. In a large pot, add:

Oil	1 teaspoon
Garlic, finely chopped	1 clove
Onion, finely chopped	1 medium

Cook until onions are soft.

11. Add:

Carrots, sliced	2 medium
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Cook for about 2 minutes until soft.

12. Add:

Water	3 cups
Chickpeas or kidney beans	1 can (19 oz)
Tomatoes (undrained)	1 can (19 oz)
Green beans (undrained)	1 can (14 oz)
Macaroni, uncooked	$\frac{3}{4}$ cup
Sage	1 teaspoon
Thyme	1 teaspoon
Pepper	$\frac{1}{8}$ teaspoon

Cook over medium heat and bring to a boil.

13. Once boiling, lower heat and cover.

14. Continue to cook for another 10-15 minutes or until macaroni is soft.

Serves 5

Tips

- If you don't have thyme or sage, use Italian seasoning.
- If you don't have a garlic clove, use $\frac{1}{8}$ teaspoon garlic powder.
- Add 1 cube or packet beef bouillon.

Lentil Spaghetti Sauce



15. In a large pot, add:

Oil	1 ½ teaspoons
Garlic, minced	1 clove
Onion, chopped	1 medium

Over medium heat, cook for 5 minutes.

16. Add:

Lentils, washed	1 ¼ cups
Water	1 cup

Cover and cook on low heat for about 35 minutes.

17. Add:

Tomato sauce	1 can (680 mL)
Tomato paste	1 can (156 mL)
Sugar	1 tablespoon
Parsley, chopped	1 teaspoon
Oregano, dried	1 teaspoon
Basil, dried	1 teaspoon
Cayenne pepper	¼ teaspoon

Cook, covered for about 15 minutes or until lentils are soft.

18. Serve over *cooked spaghetti.

Serves 6

Option: Sprinkle with Parmesan cheese.

**To cook spaghetti (or any other pasta):
Boil a pot of water, once boiling, add dry pasta. Cook for 8 minutes or
until tender. Pasta more than doubles when you cook it.**

Hot Tips

The lentil spaghetti sauce can also be used in lasagna, on pizza or with meatballs. Serve with milk.

Basic Pancakes



19. In a large bowl, mix flour, sugar, baking powder and salt:
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|--|---------------|
| White flour | 2/3 cup |
| Whole wheat flour | 2/3 cup |
| (use 1 1/3 cups of white flour only if you want) | |
| Sugar | 2 tablespoons |
| Baking powder | 1 tablespoon |
| Salt | 1/2 teaspoon |
20. In a separate bowl, mix water and skim milk powder to make milk:
- | | |
|------------------|------------|
| Water | 1 1/4 cups |
| Skim milk powder | 1/3 cup |
- (if using carton milk, add 1 1/4 cups, do not add water or skim milk powder)
21. Add egg and margarine to milk and mix:
- | | |
|-------------------|---------------|
| Egg, beaten | 1 |
| Margarine, melted | 2 tablespoons |
22. Make a hole in the middle of the dry ingredients. Pour the egg and milk mixture into the hole all at once.
23. Stir. Batter is mixed enough when the batter comes off the sides of the bowl easily, don't over mix.
24. Grease a pan. Drop about 1/4 cup of batter at a time onto hot pan.
25. Pancakes are ready to flip when you see bubbles on the top and they are golden brown underneath.
26. Arrange pancakes on plates and top with peaches or any other fruit. Sprinkle with cinnamon, if you like.
- | | |
|--------------------|----------------|
| Peaches | 1 can (398 mL) |
| Cinnamon, optional | sprinkle |

Makes about 10 pancakes

Adapted from: The Five Roses Complete Guide to Good Cooking, 1989.

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