

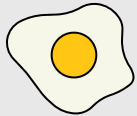
ONE POT MEALS

Use what you already have on hand - or buy a few inexpensive ingredients at the store - to make your own "one pot wonder"! Get creative and use any combination of protein, starches, vegetables, and seasonings you like.

PROTEIN



beef
fish
pork
chicken/turkey
eggs
beans
lentils
tofu



Choose protein options that are lower in saturated fat and sodium. Look for sales at the store.

VEGETABLES



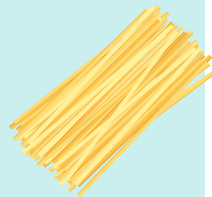
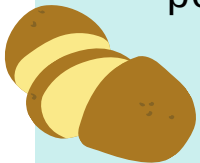
peppers
onions
mushrooms
summer squash
green beans
tomatoes
carrots
mixed vegetables



All types of veggies count - fresh, frozen, and canned! Look for fresh veggies that are in season at the store/farmers market to save money!

STARCHES

potatoes/sweet potatoes
rice
pasta
quinoa
corn/grits
winter squash



Look for whole grain and high-fiber options. Use the unit price (cost per ounce, pound, etc.) to compare the cost of different products at the store.



SEASONINGS

garlic/onion powder
Italian herbs
chili powder
cumin
tomato sauce
cream of mushroom soup
BBQ sauce
hot sauce
soy sauce
chicken/vegetable broth



Choose low-sodium options whenever possible. One container can be used in many meals!

Example: make fried rice with scrambled eggs, cooked rice, frozen mixed veggies, soy sauce, and chicken. See the back side for more recipe ideas!

RECIPE IDEAS



LENTIL STEW

Makes 8 servings

- 2 tablespoons olive or vegetable oil
- 1 cup chopped onion
- 6 large carrots, chopped
- 4 celery stalks, chopped
- 6 cups vegetable or chicken broth
- 1 cup dried lentils, rinsed
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon garlic powder
- 1 can (15 ounces) diced tomatoes



1. Heat oil in a large pot. Add veggies and cook until tender, stirring often.
2. Stir in broth, lentils, Worcestershire sauce, and garlic powder.
3. Cover, bring to a boil, reduce heat. Simmer for 15-20 minutes, or until lentils are tender.
4. Add tomatoes and cook just until heated
5. Serve with whole grain bread and a side of milk or yogurt.

PASTA PRIMAVERA

Makes 3 servings

- 1 cup uncooked noodles
- 1 tablespoon olive or vegetable oil
- 3 cups mixed vegetables
- 1 tablespoon butter
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 3 tablespoons Parmesan cheese



1. Cook noodles according to package. Drain, and use the same pot to heat oil.
2. Add vegetables and cook until tender, stirring often.
3. Add pasta back to pot. Stir in butter and spices.
4. Add your favorite protein to make this a complete meal!

WHITE TURKEY CHILI

Makes 5 servings

- 1 tablespoon olive or vegetable oil
- 1/2 pound ground turkey
- 1/2 medium onion, chopped
- 1 garlic clove, minced
- 2 cups vegetable or chicken broth
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 can (15 ounces) beans, drained and rinsed
- *Optional toppings:* sliced jalapenos, shredded cheese, cilantro



1. Heat oil in a large pot over medium heat.
2. Add turkey and onion and cook until turkey is lightly browned. Add garlic and cook 1 minute longer.
3. Stir in broth, cumin, and oregano and bring to a boil. Reduce heat and simmer for 20 minutes.
4. Add beans and simmer for 10 more minutes, or until turkey is done and onion is tender.
5. Serve with your favorite toppings.

BROCCOLI, BEANS, & RICE

Makes 4 servings

- 3 cups fresh or 10 ounces frozen broccoli
- 2 cans (15 ounces each) tomatoes - *any kind*
- 1 cup cooked brown rice
- 1 can (15 ounces) beans, drained and rinsed - *any kind*
- Pepper, to taste
- *Optional seasonings:* oregano, basil, cayenne pepper



1. In a medium pot over medium-high heat, add broccoli and tomatoes. Cook 10-20 minutes - stirring occasionally - or until broccoli is tender.
2. Stir in rice, beans, and seasonings of your choice. Cook until heated through.
3. Serve with fresh or canned fruit.