

Black Pepper Beef and Cabbage Stir-Fry

Serves 4

Ingredients:

- 2 tablespoons vegetable oil
- 4 cloves garlic, chopped
- 1/2 pound ground beef
- 1/2 small head cabbage, shredded
- 1 red bell pepper, cut into strips
- 2 tablespoons soy sauce
- 1 teaspoon cornstarch
- 1/2 cup cold water
- 1 teaspoon ground black pepper, to taste
- 1 pinch salt, to taste



Source: Adapted from Allrecipes

Directions:

1. Heat large skillet or wok over medium-high heat, add oil. Sauté garlic for about 5 seconds, then add ground beef. Stir-fry until beef is evenly brown, 5 to 7 minutes; drain excess fat.
2. Stir in cabbage and red pepper, and cook until vegetables are tender and beef is fully cooked. Stir in soy sauce. Mix together cornstarch and water, and stir in. Season with salt and pepper to taste. Cook, stirring until sauce has thickened. Serve with hot rice.

Nutrition Information: 280 Calories per serving, Total Fat 22g, Saturated Fat 7g, Cholesterol 48mg, Sodium 547mg, Total Carbohydrate 10g, Fiber 3g, Sugars 4g, Protein 12g

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Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2-1/2 hours a week of physical activity, and children need 60 minutes a day.



Did you know that less than half of Kansas adults meet the minimum recommendations for physical activity? One program which can help support you as you work to achieve your physical activity goals is Walk Kansas! Walk

Kansas is a team-based health initiative program that will inspire you to lead a healthier life by being more active and making better nutrition choices. You are part of a six-member team which selects a goal and supports one another in reaching it over the course of the eight-week program. If you don't have a team, we can assign you to one or you can fly solo! By participating in Walk Kansas, you will receive weekly newsletters filled with helpful information, access to the online tracking system and app, support from membership in a closed Walk Kansas Facebook group, and much more! There is also a new feature of Walk Kansas this year: the "Med Instead of Meds" class series. This six-session virtual series will be exclusively available to Walk Kansas participants and will focus on eating a healthy Mediterranean-style eating pattern. Each session will explore one to two simple steps, a mindfulness skill, and Med Way recipes from medinsteadofmeds.com. You can learn more and register online at WalkKansas.org. The cost to participate is \$10 per adult. This year, Walk Kansas will take place from March 26th to May 20th.

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7 tips to help you stretch your food dollars and get the most for your food budget:

1. **Plan:** What meals do you want to plan for dinner? Sit down and write out your list. Before you head to the store, take an inventory of everything you already have on hand to prevent purchasing things you already have at home. Include meals like stews, casseroles, or stir-fries, which "stretch" your meals further by bulking them up.
2. **Get the Best Price:** Look at your local grocery store's weekly sales and ads! Ask about loyalty cards- or any coupons you might miss out on.
3. **Compare and Contrast:** Is the small bottle of ketchup really cheaper? Locate the "Unit Price" on the shelf directly below the product. Use it to compare different sizes of the same product to determine which is really the better deal.
4. **Buy in Bulk:** Buying foods in bulk is almost always cheaper. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables.
5. **Buy in Season:** Buying fruits and vegetables in season can lower the cost and add freshness! Check out your local farmers' market to find seasonal produce and help local vendors!
6. **Convenience Cost:** Purchasing convenience foods cost more than doing the work yourself. If time is your main struggle with eating healthy, convenience cost might be worth it for you. But, just know that does come with a heavier price tag.
7. **Year-Round Saving:** Certain foods are typically low-cost options all year round. Try beans for a less expensive protein source. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



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