Commodities

Applesauce
Canned Beef
Green Beans
Peaches
Beef Stew
Potatoes Dehydrated
Macaroni N Cheese
Fruit & Nut Mix Dried
Chicken Breast
Almonds Roasted Whole Shell
Great Northern Beans
Macaroni N Cheese
Cream of Mushroom soup
Rolled Oats

In this Issue

White Chicken Chili
Cooked Beans
Physical Activity
Thanksgiving on a Budget
Fruits & Vegetables

Some may not receive all commodities due to availability

Healthy Choices

Wildcat Extension District 620-331-2690
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Southwind Extension District 620-365-2242
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November 2022

Commodities

Ingredients:

White Chicken Chili

Serves 6

2 tablespoons olive oil
2 teaspoons garlic powder
1 onion (chopped)
1/2 teaspoon black pepper
1 can green chilies
2 teaspoons cumin, ground
2 cans Great Northern Beans (15 ounce, low-sodium)
1 1/2 cups chicken (cooked, cubed)
1 can chicken broth (14 ounce)
1/2 cup Monterey Jack cheese, shredded

Directions:

1. Wash hands with soap and water.
2. In a large saucepan, heat oil. Add onion and cook until tender
3. Add green chilies, beans (do not drain), chicken broth, garlic powder, pepper, ground cumin and chicken. Bring to a boil
4. Reduce heat and simmer for 10 minutes or until desired thickness.
5. Serve hot, topped with cheese, sour cream, green onions.

Nutrition Information: Serving size, 1 1/2 cups, Total Calories 317, Total Fat 10g, Cholesterol 41mg, Sodium 810mg, Carbohydrates 35g, Total Sugars 3g, Protein 24g

A good, basic instructional recipe for cooking dry beans.

Sort: Before soaking beans, pick them over and remove any damaged beans, small stones or dirt.

Soak: Most beans will rehydrate to triple their dry size, so be sure to start with a large enough pot. Choose one of the following ways to soak your beans:

- Hot soak: Hot soaking helps reduce intestinal gas. For each pound of dry beans, add 10 cups hot water, heat to boiling and let boil 2 to 3 minutes. Remove from heat set aside for up to 4 hours.
- Quick Soak: For each pound of dry beans, add 10 cups hot water, heat to boiling and let boil 2 to 3 minutes Remove form heat cover and set aside one hour.
- Overnight soak: For each pound (2 cups) dry beans, add 10 cups water and let soak overnight, or at least 8 hours.

Cook: Drain soaking water and rinse beans. Cover beans with fresh water. Simmer for 1-1/2 to 2 hours until tender.

Source: Adapted from Nebraska Nutrition Education Program

K-State Research and Extension is an equal opportunity provider and employer.
When it gets colder outside, it can be more difficult to stay physically active. However, being physically active is important all year long. According to K-State Research and Extension specialist Sharolyn Jackson, it’s important to consider your “why” for physical activity. If your goal is to lose weight in the long-term, that may not be particularly motivating. If your goal is to feel better right now, it may be the boost you need to get outdoors and moving in the cold. When exercising in cold weather, be sure to dress in layers. This includes a moisture-wicking material closest to the body; a jacket to guard against wind for the outermost layer; protection for the head, hands, and feet; and even an extra pair of socks. If it is not possible to exercise outside, you can still exercise indoors. Try using hand weights while watching television, or walking up and down any stairs you may have in your home. Learn more and listen to an interview with Sharolyn at [https://bit.ly/ExerciseWinter](https://bit.ly/ExerciseWinter).

If you have ever hosted Thanksgiving dinner for your family and friends, you know that the grocery bill can add up rather quickly. According to the American Farm Bureau Federations’ 34th annual survey of Thanksgiving cost, in 2019, the average family spent $48.91 on Thanksgiving dinner for 10 people. However, this was as several years ago at this point and the prices in our local stores have increased. What if I told you that just implementing a few shopping habits that can provide you with significant savings for the big day?

- **Start Planning Early**: This will allow you to spread out your spending! Pinpoint when you will get the best deals on your essentials and plan accordingly.

- **Create a Menu**: One of the worst feelings is spending money and time on a dish that no one likes. As those that are attending what their favorite items are and make your menu around the crowd favorites!

- **Buy Generic**: Buying generic versus name-band foods saves a lot of money at the grocery store! Try this experiment by offering name-brand corn along with a generic brand!

Thanksgiving is about celebrating with your friends and family, being part of the holiday traditions, and being grateful for all the blessings in your life. It’s not about cooking the “perfect” meal OR having the largest turkey that money can buy. 😊

Center for Disease Control and Prevention recommends eating a diet with plenty of fruits and vegetables. Fruits and vegetables give many health benefits. But it’s important to select and prepare them safely.

Choose fruits and vegetables that are free of bruises or damaged spots. Keep precut fruits and vegetables cold. Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

For more information on food safety visit the Center for Disease Control and Prevention website: [Fruit and Vegetable Safety | CDC](https://www.cdc.gov/fruitandvegetablesafety/index.html)