

PATCH Food Program Newsletter



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Recipe

Slow Cooker Vegetable Beef Soup

- 1 lb. Beef Stew Meat, 1 inch cubes
- 1 Large Red Potato, ½ inch cubes
- 1 Package Frozen Mixed Vegetables (~1 lb.)
- 6 Cups Beef Broth
- 1 Can (14 oz.) Diced Tomatoes
- 1 tsp. Dried Basil
- 1 tsp. Salt
- ½ tsp. Black Pepper

1. Add ingredients into the slow cooker.

2. Cover slow cooker and cook on HIGH for 3.5-4 hours or LOW for 6-7 hours, until meat is tender.

Toast Toppers

Top your whole grain toast with:

- Peanut Butter + Apple
- Mozzarella Cheese + Tomatoes
- Hummus + Cucumber

Fruit Facts

Persimmons are a fruit that look very similar to a tomato but it tastes very sweet. Persimmons are



rich in Vitamin A and Vitamin C.



You can find persimmons at your local supermarket. Picking a persimmon is similar to how you'd pick a tomato; look for the ones that are unblemished and firm. You can store them at room temperature when firm or in the refrigerator when soft.

Food Crafts

Salt Dough Ornaments

Ingredients:

- 1 Cup Salt
- 1 Cup Flour
- ½ Cup Water

Equipment

- Parchment Paper
- Rolling Pin
- Cookie Sheet
- Drinking Straw
- Cookie Cutters
- Paint
- Pain Brush
- Ribbon

1. Preheat oven to 250 F and line table with parchment paper.

2. Mix the ingredients together. Knead dough on the parchment paper until it is soft. You can add more flour if mixture is too sticky.

3. Use the rolling pin to flatten out dough to ¼ inch thick. Use cookie cutters to make the shapes.

4. Use drinking straw to make a whole for the ribbon.

5. Place cut-outs on baking sheet.

6. Bake for 2-3 hours or until completely dry. Flip cookies over after 1 hour.

7. Remove from cookie sheet. Let them cool completely then decorate.

Did you know?

Cholesterol can come from your liver that makes it or from foods. Cholesterol is important for making hormones and cell function.

Food for Thought

If a peanut went to space, would it become an astro-nut?

Want to get your engine going?



Eat Fruits and Veggies!