

Recipe 1: Beef tips

4 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none">• 1 tablespoon olive oil• 1 lb sirloin tip steak, fat trimmed off and cut into cubes• 10 ounce bag frozen butternut squash• 1/2 10 ounce bag frozen cut green beans• 2 teaspoon paprika• 1 teaspoon garlic powder• Salt and pepper to taste• 1/4 cup skim milk• 1/2 teaspoon ground sage	<ol style="list-style-type: none">1. Bring a large pot of water to a boil2. In a large skillet, heat the olive oil over medium heat3. Add the beef tips and cook for about 5 minutes, stirring frequently4. While the beef cooks, drop the squash into the boiling water and cook for 10 minutes or until soft5. Add the green beans, paprika, garlic powder, salt, and pepper to the skillet with the beef and continue cooking 10 minutes or until heated through6. When the squash is soft, drain in a colander and return to the hot pot7. Mash squash with a potato masher, add the milk and sage, then stir well with a spoon to combine8. Serve the beef tips and green beans with the veggie mash on the side

Recipe 2: Tex-mex soup

6 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none">• 1 tablespoon olive oil• 1 small white onion, diced• 1 green pepper, diced• 3 cups chicken broth• 1 can low sodium diced tomatoes• 2 cans low sodium black beans, drained and rinsed	<ol style="list-style-type: none">1. In a large pot, heat the olive oil over medium heat2. Add the diced onion and green pepper then sauté for 5-7 minutes3. Add the broth, tomatoes, beans, tomato sauce, corn, and spices

<ul style="list-style-type: none"> • 8 ounce can tomato sauce • 1 can corn • 1 tablespoon chili powder • ½ tablespoon cumin • 1 teaspoon garlic powder • 1 teaspoon cayenne (optional) • ½ teaspoon black pepper • 1 avocado, diced • 1 lime, cut into wedges 	<ol style="list-style-type: none"> 4. Bring to a boil, lower the heat, and simmer for 15-20 minutes 5. Serve topped with diced avocado and a lime wedge
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If you don't need it all this week, this soup freezes well. Just store in a freezer safe airtight container for up to 6 months. Just reheat in a pan or the microwave, adding a splash of stock or water to get the desired consistency if the soup has thickened.

Recipe 3: Turkey meatballs

4 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none"> • 1lb ground turkey • 1 egg • ½ cup breadcrumbs • ¼ cup parmesan cheese • 1 teaspoon dried parsley • ½ teaspoon dried oregano • ½ teaspoon dried thyme • ½ teaspoon black pepper • 2 sweet potatoes, cut into fry sized strips • 2 tablespoon olive oil • 1 teaspoon chili powder • 1 teaspoon cumin 	<ol style="list-style-type: none"> 1. Preheat oven to 350 degrees 2. Line a large baking sheet with aluminum foil and lightly spray with nonstick cooking spray 3. In a bowl, combine turkey, egg, breadcrumbs, parmesan, parsley, oregano, thyme and black pepper 4. Mix well with hands, then roll out 12 evenly sized meatballs 5. Place the meatballs on ½ of the baking sheet 6. In another bowl, toss the sweet potato fries with the olive oil, chili powder, and cumin 7. Spread the sweet potato fries evenly across the other half of the baking sheet 8. Bake for 20-25 minutes or until meatballs are cooked through, flipping the meatballs and stirring the fries halfway

Cooked meatballs can be stored in the freezer in an airtight container or zip top bag for up to 6 months. Reheat in the oven at 350 degrees for about 30 minutes or until they are piping hot all the way through.

Recipe 4: Unstuffed egg roll

4 servings

Recipe adapted from the American Diabetes Association

Ingredients	Instructions
<ul style="list-style-type: none">• 1lb ground pork• ½ teaspoon black pepper• 1 bag slaw mix• 1 bunch green onion, chopped• 1 teaspoon garlic powder• 1 teaspoon ground ginger• 2 tablespoons low sodium soy sauce	<ol style="list-style-type: none">1. In a large sauté pan or wok, cook the ground pork for 10-12 minutes or until cooked through2. Season the pork with the black pepper then remove from pan and set aside3. Heat oil in pan the add slaw mix and green onions, reserving a pinch of onion for garnish4. Season with garlic powder, ginger, and soy sauce5. Cook for 5-7 minutes until cabbage has softened6. Add pork back to pan and cook 1 minute longer7. Serve topped with green onions

Recipe 5: Sweet potato chili

6 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none">• 1 lb lean ground beef• 2 medium sweet potatoes• 1 small white onion• 1 green bell pepper• 1 jalapeno pepper (optional)• Chili powder• Cumin• Garlic powder• 1 box (32 ounces) of low sodium beef stock• 2 cans black beans• 1 can diced tomatoes	<ol style="list-style-type: none">1. Cook beef in a skillet over medium heat then rinse and drain in a colander2. While the beef cooks, dice the potatoes, onion, and pepper(s)3. Heat oil in a large pot with a lid over medium heat4. Cook veggies in the oil for about 5 minutes5. Add the chili powder, cumin, garlic powder, salt and pepper and stir well to coat the veggies6. Add the box of beef stock and the drained beef7. Bring to a boil, then cover and simmer for 10-15 minutes or until the potatoes are soft8. Add the beans and tomatoes then cook for 5 more minutes or until everything is heated through

	9. If desired, serve with a lime wedge to squeeze over the top
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This chili will keep in a tightly sealed container in the fridge for 3-4 days or in the freezer for up to 6 months. Reheat in a pot or in the microwave, adding a splash of stock or water to reach the desired consistency.