



Spinach Lasagna

Servings: 8

Ingredients:

- 2 cups (8 ounces) shredded mozzarella cheese
- 1 $\frac{3}{4}$ cup (16 ounces) cottage cheese
- 1 (14.5-ounce) can diced tomatoes, drained
- 6 no-boil lasagna noodles, divided
- 1 can (13.5-ounces) unsalted spinach, well drained

Directions:

1. Heat oven to 375°F. Mix 1 cup mozzarella cheese, cottage cheese, and drained spinach in medium size bowl and set aside. Spray 6-8 inch baking dish. Arrange 2 lasagna noodles on bottom of pan (note: you may have to break the noodles in half and overlap to fit into the pan).
2. Spread half the cheese mixture over noodles; spread half of drained tomatoes over top of cheese. Repeat layers.
3. Top with last 2 lasagna noodles cover with foil and bake 45 minutes.
4. Remove from oven, take off foil and sprinkle with remaining mozzarella cheese and bake for an additional 10 minutes.
5. Finally, remove from oven and let stand 10 minutes before serving.
6. Refrigerate leftovers immediately.

Adapted from the Canned Food Alliance, www.mealtime.org

Running out of money for food?

Contact your local
food stamp office
or go online to:
dss.mo.gov/fsd/fstamp.

Additional cooking tips

- 4 ounces of shredded cheese is approximately 1 cup.
- Cook ground meat, where bacteria can spread during grinding, to at least 160°F. Remember, color is not a reliable indicator of doneness, use a food thermometer.

Tomato and Beef Stew

Servings: 4

Ingredients:

- ½ pound ground beef, ground turkey, or venison
- ⅛ teaspoon salt (optional)
- ⅛ teaspoon pepper (optional)
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (14.5-ounce) can sliced carrots, drained or 6 medium carrots, sliced
- 1 (15-ounce) can diced potatoes, drained or 2 medium potatoes, diced
- ½ teaspoon sugar

Directions:

1. Brown meat in skillet over medium heat. Drain fat, if any. Season lightly with salt and pepper (optional).
2. Combine cooked meat, tomatoes, carrots, potatoes, and sugar in a pot. Cook over medium heat for 15 minutes or until contents are hot and desired consistency (will thicken slightly when cooled).
3. Let stand 10 minutes before serving.
4. Serve. Refrigerate leftovers.

Adapted from USDA, <http://recipefinder.nal.usda.gov/recipes/>



Substitutions:

- If substituting fresh herbs for dried herbs use ⅓ of what the recipe asks because dry herbs are more potent. Conversely if a recipe calls for dried and you would like to use fresh triple the amount called for in the recipe.

Sugar substitution:

1 cup sugar = 1 ⅓ cups brown sugar or 1 ½ cups powdered sugar

Vegetable Soup

Servings: 4

Ingredients:

- 1 (14.5-ounce) can vegetable broth
- 1 cup water
- 1 (14.5-ounce) can mixed vegetables, drained
- 1 (14.5-ounce) can diced tomatoes, undrained
- Oregano to taste
- Salt and pepper to taste

Directions:

1. Mix the tomatoes, vegetable broth, water, and seasoning in a large saucepan over medium-high heat. Bring to a boil.
2. Reduce heat, add vegetables and simmer until heated through. Serve immediately and refrigerate leftovers.

Recipe courtesy of the Canned Food Alliance,
www.mealtime.org



Mexican Sloppy Joes

Servings: 4

Ingredients:

- 1 pound ground beef
- 1 (10.75-ounce) can tomato soup, condensed
- 1 (14.5-ounce) can salsa of choice
- ½ cup shredded cheddar cheese
- 4 hamburger buns *Can also serve on top of rolls, corn muffins or rice.

Directions:

1. Brown meat in skillet on stove over medium-high heat. Drain fat, if any. Add soup and salsa.
2. Cook until sauce is reduced to desired thickness (approximately 10 minutes).
3. Top with cheese and spoon onto hamburger bun.
4. Refrigerate leftovers immediately.

Adapted from USDA, <http://recipefinder.nal.usda.gov/recipes/>

MEASUREMENT EQUIVALENTS:

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅓ tablespoons	= 1/3 cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

Spanish Rice

Servings: 4

Ingredients:

- 1 cup uncooked rice
- 1 cup water
- 1 (14.5-ounce) can tomatoes, chopped
- 1 teaspoon oil
- 1 green pepper, chopped
- 1 small onion, diced

Directions:

1. Cook onion, pepper and rice in oil over medium heat until soft, about 5 minutes.
2. Add tomatoes, tomato liquid, and water to rice mixture.
3. Bring to a boil and stir. Cover and cook on low heat. Cook until rice is tender (about 15-20 minutes).
4. Refrigerate leftovers.

Adapted from USDA, <http://recipefinder.nal.usda.gov/recipes/>



COOKING TERMS

BOIL: to heat a liquid until bubbles break continually on the surface

CHOP: to cut solids into pieces with a sharp knife or other chopping device. Finely Chop is just chopping solids into small pieces

DICE: to cut food into small cubes of uniform size and shape

DIVIDED: to use a particular ingredient more than once in the same recipe

SIMMER: to cook slowly in liquid over low heat at a temperature of about 180 degrees; the surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles

We hope you enjoy the recipes!

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 Extension

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