



Pico de Gallo

Servings: 8

Ingredients

- 2 cups ripe tomatoes, chopped
- 1½ cups onion, chopped
- ½ cup fresh cilantro, chopped
- 3 jalapeño peppers, seeded and chopped
- 2 tablespoons lime juice
- · 2 cloves garlic, minced
- 1/4 teaspoon salt

Directions

- 1. In a medium bowl, combine all ingredients.
- 2. Serve immediately or cover and refrigerate for up to 3 days.

Measurement equivalents

3 teaspoons = 1 tablespoon

4 tablespoons = $\frac{1}{4}$ cup

5% tablespoons = 1/3 cup

16 tablespoons = 1 cup

2 cups = 1 pint

4 cups (2 pints) = 1 quart

4 quarts (liquid) = 1 gallon





Cooking Terms

Boil: Heat a liquid until bubbles break continually on the surface.

Chop: Cut solids into pieces with a sharp knife or other chopping device. Finely chop is just chopping solids into small pieces.

Dice: Cut food into small cubes of uniform size and shape.

Divided: Use a particular ingredient more than once in the same recipe.

Simmer: Cook slowly in liquid over low heat at a temperature of about 180 F. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.



Tomato and Beef Stew Servings: 4 Ingredients

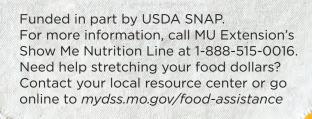
- ½ pound ground beef, ground turkey or venison
- ½ teaspoon salt (optional)
- ½ teaspoon pepper (optional)
- One 14.5-ounce can diced tomatoes, undrained
- One 14.5-ounce can sliced carrots, drained or 6 medium carrots, sliced
- One 15-ounce can diced potatoes, drained or 2 medium potatoes, diced
-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

Directions

- 1. In a skillet over medium heat, brown meat. Drain fat, if any. Season lightly with salt and pepper (optional).
- 2. In a pot, combine cooked meat, tomatoes, carrots, potatoes and sugar. Over medium heat, cook 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.

Additional cooking tips

- 4 ounces of shredded cheese is approximately 1 cup.
- Cook ground meat to at least 160 F. Remember, color is not a reliable indicator of doneness; use a food thermometer.





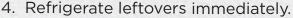
Servings: 4

Ingredients

- 1 pound ground beef
- One 10.75-ounce can tomato soup, condensed
- One 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. In a skillet over medium-high, brown meat. 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.





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N663 Revised 10/24