

Healthy Choices

March 2025

Cabbage Soup with Ground Beef

Ingredients:

Serves 6

1 tablespoon olive oil
1 large onion, diced
1 pound ground beef
2 cloves garlic, minced
1 tablespoon tomato paste
1-1/4 teaspoons salt
1/4 teaspoon pepper
4 cups low sodium beef broth
1 can (15 ounce) diced tomatoes
1 can (14 ounce) crushed tomatoes
2 large carrots, peeled and diced
1 small head cabbage, cored & cut into 1 inch pieces
1/2 cup rice
1 tablespoon brown sugar, optional
Chopped fresh parsley, optional garnish



Source: Adapted from The Natural Nurturer

Directions:

1. Wash hands with soap and water.
2. Heat oil in a large soup pot over medium-high heat. Add the onions and cook until soften.
3. Add the ground beef and cook, about 7-8 minutes. Drain fat.
4. Once the meat is cooked add the garlic, and cook for 1 minute. Stir in the tomato paste, salt, and pepper.
5. Slowly add the broth, scrapping up any brown bits from the bottom of the pot. Stir in the tomatoes, carrots, cabbage and rice.
6. Bring to a boil then cover and lower the heat to medium-low to maintain a low simmer. Cook until the rice is cooked through, and the vegetables are tender, about 30-45 minutes.
7. If soup is thick you can add a cup of water to thin it out.

Nutrition Information: Calories 228 per serving, Total Fat 8g, Carbohydrates 34g, Cholesterol 47mg, Sodium 754mg, Fiber 5g, Protein 24g

Green Bean Sauté

Ingredients:

6 Servings

- 1 cup onion, chopped
- 1 cup mushroom, sliced
- 1 teaspoon garlic, minced
- 1 can green beans, low sodium, drained

Directions:

1. Wash hands with soap and water.
2. Spray a skillet with non-stick cooking spray.
3. Sauté onions, mushrooms, and garlic.
4. Add green beans and heat thoroughly.



Source: USDA, MyPlate

Nutrition Information: Serving size, 1/2 cup, Total Calories 29, Total Fat 0g, Cholesterol 0mg, Sodium 3mg, Carbohydrates 6g, Protein 2g



WALK KANSAS

Kansas State University Research and Extension is proud to announce the 25th anniversary of Walk Kansas, an **eight-week health initiative** designed to promote active lifestyles and well-being among Kansans and participants worldwide.

Program dates: March 30 to May 24; registration opening on March 4.

Registration Cost: \$10 per person
Team and Individual options available!

For more information and to register, visit www.walkkansas.org or contact our Girard or Independence office.

Girard Office: (620) 724-8233

Independence Office: (620) 331-2690

Let's thrive in 2025 for the 25th anniversary of Walk Kansas!

Wildcat Extension District 620-331-2690

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