

Quick Bites



Healthy Fun Facts: Some foods lose their nutrition during the cooking process. The heat pulls out healthy vitamins and minerals into the cooking liquid. But when you eat soups and stews, you're actually consuming the cooking liquid—and all those leached out nutrients, too.

Find more recipes at: www.jocoeats.com

Chicken Chili

Makes 6 Servings
\$0.95 per serving



- 1 (5-ounce) can chicken
- 1 (1-ounce) package taco seasoning
- 1 (28-ounce) can unsalted diced tomatoes
- 1 (15-ounce) can unsalted white beans
- 1/2 cup shredded cheddar

1. Add all ingredients in a large pot and cook until hot.

2. Serve topped with cheddar cheese.



Nutrition Facts

6 servings per container	
Serving size	1/6 of recipe
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 590mg	26%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 2mg	10%
Potassium 442mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Tips That Make Sense

- Make large amounts of recipes that freeze well such as spaghetti sauce, chili, and soups. Label and freeze them for later use.
- Recycle the roast! Purchase a large roast on sale. Cook and eat some of it the first night. Freeze the rest for later.
- Cook a whole chicken and use for more than one meal.
- Stretch ground meat with bread crumbs, oatmeal, or tomato sauce.
- Do not leave food in the oven overnight. Cooked foods, such as meats, could make you very sick when left at room temperature for more than 2 hours.
- For drinking, use nutritious, low-cost instant nonfat dry milk. Thoroughly chill it before drinking for better taste. You can mix it with regular milk to stretch your food dollars.

Make Your Own Taco Seasoning

Taco seasoning packets are convenient and easy to use, and they add lots of flavor to any dish. Making your own taco seasoning packet is easy, too, if you have some extra spices—and it can save you money. Here's a recipe to get you started. You can tweak the flavors to create your own special chili-taco seasoning spice blend.

2 tablespoons paprika

2 teaspoon oregano

1-1/4 teaspoons cumin

2 teaspoons garlic powder

Cayenne pepper (use 1/4 teaspoon for mild or 3/4 teaspoon for spicy)

2 tablespoons of dry onion flakes

Mix and store in an airtight container

1 tablespoon of seasoning = 1 package of taco seasoning



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