



CARROTS

WHAT'S IN IT FOR YOU?

Carrots have:

- Vitamin A for healthy skin and eyes
- Potassium to keep your blood pressure at a healthy level
- Fiber to help you stay regular

SERVING IDEAS

- Snack on carrot sticks and light dressing or hummus
- Add shredded carrots to coleslaw for extra color and flavor

STORAGE

Store carrots in a plastic bag and refrigerate for up to two weeks.

GROUND TURKEY STEW

Makes four 1-cup servings

Ingredients:

1/2 pound ground turkey, or ground beef

1/8 teaspoon salt

1/8 teaspoon pepper

1 - 10 3/4 ounce can tomato soup,
condensed

One soup can of water

6 medium sliced **carrots**

2 medium diced potatoes

1 cup diced onion



Instructions:

1. Brown meat. Drain fat, if any. Season lightly with salt and pepper (optional).
2. Add soup and 1 can of water to fry pan. Add vegetables.
3. Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat, cover for last 10 minutes to thicken.
4. Serve. Refrigerate leftovers.

Adapted from University of Minnesota Extension Service , Simply Good Eating Recipe Cards



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