



Oklahoma Cooperative Extension Service

nutrition tid-bits

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Kitchen Timesavers

Try these kitchen timesavers to cut back on time and make less work for you. By taking the stress and hassle out of cooking, you'll have more time to enjoy it and to spend with your loved ones.

1. **Organize your kitchen.** Keep frequently used items such as cooking oils/sprays, spatulas, cutting boards, and spices within reach. This will save you from having to search for them later.
2. **Clear the clutter.** Before you start cooking, clear off your counters. This allows more room for prep space.
3. **Chop extra.** When chopping up veggies for a meal, chop more than you need. Take the extra, place in a reusable container and freeze. Then next time you need it, you can skip a step.
4. **Have everything in place.** Grab all ingredients needed for your meal – chopped vegetables, measured spices, and thawed meats. It will be easier to spot missing items and avoid skipping steps.
5. **Double your recipe.** For your next casserole or stew, try doubling the recipe and freezing the extra. You'll save time and make cooking next week's dinner a snap!
6. **Clean as you go.** Fill up the sink with soapy water and wash the dishes as you cook. It'll make clean up go much smoother!
7. **Save some for later.** Freeze leftover soups, sauces, or gravies in small reusable containers.

<https://www.choosemyplate.gov/eathealthy/budget/budget-time-savers>

CABBAGE ROLL CASSEROLE

Ingredients

- 1 lb 90/10 lean ground beef
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 cups water
- 1 (14.5 oz) can no-salt added diced tomatoes, undrained
- 1 (8 oz) can no-salt added tomato sauce
- 1 1/2 cups instant brown rice
- 1 large cabbage head, chopped into bite-size pieces

Preparation

1. Heat a large stockpot over medium-high. Add beef, onions, & garlic. Cook 8-10 minutes, crumbling meat, stirring occasionally.
2. Add water, diced tomatoes, tomato sauce & cabbage. Cook 5-7 minutes or until cabbage is tender.
3. Add rice & cook 5 minutes or until rice is fully cooked.
4. Divide into bowls & serve!

Tips

Choose 90% lean ground beef for less fat. The same delicious taste but a healthier option!

<https://oniproject.org/recipes/cabbage-roll-casserole/#>