



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Grandma's Hamburger Vegetable Soup

Heart disease is the leading cause of death in the U.S., accounting for roughly 25 percent of all deaths in America. Statistics from the Centers for Disease Control and Prevention report that 11.3 percent of the adult population (aged 18 and older) in America is diagnosed with heart disease. Studies show that the development of heart disease begins in youth. In fact, the fatty streaks of atherosclerosis (plaque build-up/blockage in the heart's blood vessels) have been seen in youth as young as 15 years old. Although not all deaths from heart disease are preventable, the large majority are. Lifestyle choices play a key role in determining your risk of developing and/or dying from heart disease. Being physically active, getting enough sleep, abstaining from tobacco products and making heart healthy food choices are all key habits that help to lower your risk.

Use the following tips to help build a nutritious, heart healthy eating pattern for you and your family:

- Cook most of year meals at home and choose wisely while eating out.
- Eat plenty of high-fiber foods, like fruits, vegetables, legumes, whole grains, and nuts. Aim for at least 8 servings of fruits vegetables per day (fresh, frozen, or canned).
- Eat fish, especially oily fish (such as salmon, trout, and mackerel) at least twice a week. Eat other heart healthy fats, found in unsalted nuts and seeds, as snacks, but keep the serving sizes in check.
- Cook with olive, coconut, sunflower, safflower, corn and /or soybean oil, but do so in moderation.
- Choose fat-free or low-fat dairy products and mostly whole-grain products. (With a doctor's okay, switch all children over the age of 2 to skim milk.)
- Go lean with protein foods and aim to have at least one meatless meal per week and use plants for your protein source.
- Avoid processed products that contain trans-fats and limit the consumption of products with excess sodium, fat, and added sugar.
- For adults, keep sodium intake to less than 2,300 mg/day. For those with heart disease, kidney disease, diabetes and or hypertension, limit intake to less than 1,500 mg/day. For children, the needs will vary.
- Choose water as your beverage of choice most of the time.

This meal is loaded with heart healthy vegetables and lean meat. Even though canned goods are used, the sodium level is kept in check by using low-sodium and no-added-sodium products. The sweet touch of basil gives this soup a great taste.



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Directions:

- 1) In a large sauce pan, over medium-high heat, add 1 tbsp. of olive oil. Once the oil is heated, add 1 medium onion (diced). Cook until the onion is tender, stirring constantly.
- 2) Add 1 lb. of lean ground beef (90% lean) or ground turkey to the pot and cook until the meat is browned.
- 3) Add to the pot a 14.5 oz. can of the following: low sodium beef broth, sliced carrots (drained), no salt added green beans (drained), and no salt added stewed tomatoes.
- 4) Add 2 minced garlic cloves, 1 tsp. of dried basil, and 2 oz. of whole wheat or vegetable pasta (any shape).
- 5) Reduce the heat to simmer for 10-15 minutes to blend the flavors and for the noodles to become tender. Stir occasionally.

Serve 1/6th of soup in a deep bowl alongside a wedge of whole wheat/grain bread for dipping. For a little something sweet,

consider eating a 1 oz. piece of dark chocolate or a handful of frozen grapes for dessert.

Notes:

Portion out the leftovers into single serving containers and carry the soup to lunch or freeze it for another time.

Try whole wheat saltine crackers in place of whole wheat bread. Keep sodium and calories in check by only eating 6-7 crackers.

Try substituting other lean meats like diced chicken breast in place of ground meat or using 20 oz. of low sodium kidney, beans (drained).

TIP:

When introducing your toddler to bread products for the first time, consider only introducing whole wheat/grain varieties.

Serves: 6

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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