

# A TASTE OF WINTER

Foods For All Seasons



Serves 6-8

- 1/2 pound lean ground turkey
- 1/2 pound extra lean ground beef
- 1/2 small onion, minced
- 2 tablespoons breadcrumbs (optional)
- 1 tablespoon fresh oregano, minced (or 1 teaspoon dried)
- 2 egg whites, lightly beaten (or 1 whole egg)
- 1 teaspoon salt
- 1/2 teaspoon cumin powder
- 1/4 teaspoon ground pepper
- 2 tablespoons uncooked rice
- 1/4 cup tomato sauce

Mix all ingredients together except the tomato sauce. Add tomato sauce, using only enough to make the mixture moist, but firm enough to hold together as meatballs. Form mixture into small meatballs. Moisten hands frequently with cold water to prevent meat from sticking.

#### Broth:

- 1/2 small onion, chopped
  - 1 clove garlic, minced
  - 1 tablespoon bell pepper, minced (optional)
  - 1 tablespoon oil
  - 6 cups chicken or beef stock (low sodium optional)
  - 1/2 cup tomato sauce
  - 1/2 teaspoon salt, or to taste
- Chopped vegetables, such as chayotes, carrots, zucchini, or cabbage (optional)

Saute the onion, garlic and bell pepper in oil until they are soft. Add stock, tomato sauce, and salt. Bring to a hard boil. Add the meatballs slowly as the boiling does not stop. Skim fat.

Add diced or chopped vegetables as desired. Lower heat to a simmer. Cover and cook for 25 minutes. Serve with hot chile salsa or top with minced cilantro.

### Lighten up your Winter:

Add warm fresh bread and salad to a lowfat soup to create a nourishing winter meal.

Refrigerate soups and stews and skim the fat before serving.

Read the food label and choose lowfat items with 3 grams of fat or less per serving.

#### Nutritional Analysis per serving

Calories	117
Cholesterol	3mg
Fat	4g
Sodium	1,023mg

#### Recipe Courtesy of:

San Bernardino County  
Cooperative Extension



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