



# Extension Nutrition Program

## FSNE/EFNEP

### Fiesta Fun

Mexican food is popular with all ages. Using basic ingredients you can prepare low cost, pleasing meals the whole family will enjoy. Hot sauces and salsa add flavor and spice. Try mild varieties for children and others who do not enjoy hot and spicy foods. Jalapeño peppers are hot - use them sparingly.

#### Tamale Pie

Yield: 6 servings • Serving:

- 1 pound ground meat
- 1 cup chopped onion
- ½ cup chopped green bell pepper
- 1- 15 ounce can beans (kidney, black **or** pinto), drained and rinsed
- 1- 14.5 ounce can diced tomatoes
- 1- 15 ounce can corn, drained **or** 1½ cups frozen corn
- 1 teaspoon to 1 Tablespoon chili powder (to taste)

1. Preheat oven to 350 degrees F.
2. In a frying pan over medium heat, cook the ground meat stirring often to crumble the meat into small pieces.
3. Add onion and green pepper; continue cooking until onion and pepper are softened. Remove

from the heat and drain the meat mixture.

4. Stir in the beans, tomatoes, corn and chili powder. Stir to mix everything together.
5. Transfer the mixture to a 2 quart oven safe baking dish or a 9 inch x 13 inch baking pan.
6. Prepare cornmeal topping.

#### Cornmeal topping

- 1 cup cornmeal
- 4 cups water
- ½ teaspoon salt

1. In a 2 quart or larger pan, bring 3 cups of water and the salt to a boil.
2. Stir remaining 1 cup of water and the 1 cup of cornmeal together in a small bowl. Add the cornmeal/water

mixture to the boiling water in the pan and stir constantly until the cornmeal is cooked and thick.

3. Spoon the cornmeal topping over the meat mixture in the baking dish or pan.
4. Bake in the oven for 30 minutes at 350 degrees F. until steaming hot.

**PER SERVING:** CALORIES 376 • FAT 16 G • PROTEIN 26 G • CARBOHYDRATE 36 G • FIBER 8 G • GOOD SOURCE OF VITAMIN A, VITAMIN C AND IRON

#### Variation

##### Vegetarian Tamale Pie:

Leave out the meat and add an additional can of beans and 1 cup shredded cheese.

You may substitute the cornmeal topping with a cornbread mix. Prepare mix according to directions on box and top the casserole.

**PER SERVING:** CALORIES 305 • FAT 8 G • PROTEIN 16 G • CARBOHYDRATE 47 G • FIBER 12 G • GOOD SOURCE OF VITAMIN A, VITAMIN C AND IRON

## Spicy Meatball Soup

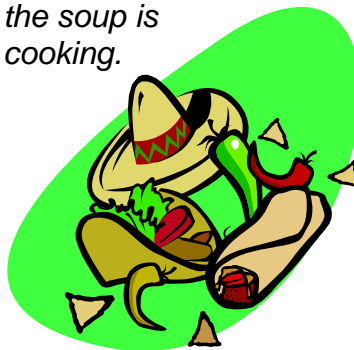
Yield: 8 servings

- 1 medium onion
- 2 carrots
- 1 stalk celery
- ½ green pepper
- 2 Tablespoons vegetable oil
- 1 teaspoon oregano
- 6 cups chicken broth
- Salt & pepper to taste
- 1 pound lean ground beef
- ¼ cup breadcrumbs
- 1 egg
- ½ cup cooked rice
- ¼ cup chopped fresh cilantro or parsley

1. Chop the onion, carrots, celery and green pepper.
2. In a large saucepan, heat the vegetable oil over medium heat and add the chopped vegetables. Continue cooking and stirring until the onion starts to soften, about 5 minutes.
3. Add the oregano, broth, salt and pepper. Lower heat and simmer for 20 minutes while preparing the meatballs.
4. In a large bowl mix together the ground beef, breadcrumbs, egg and cooked rice.
5. Form small meatballs about the size of a walnut and set meatballs aside.
6. Bring soup to a low boil. Drop meatballs into the boiling soup a few at a time, stirring

7. occasionally, until all meatballs have been added. Cook for an additional 5 minutes and add cilantro just before serving.

★ **Tip:** *Serving suggestion: Quesadillas make a great side dish to this soup. They can be prepared as the soup is cooking.*



## Quesadillas

Yield: 6 tortillas

- 2 cups shredded cheese
- 6 tortillas
- 1- 4 ounce can diced green chili peppers or hot sauce

1. Sprinkle 1/3 cup cheese on half of each tortilla top with chili peppers or hot sauce. Fold tortillas in half, pressing down gently.
2. In a large skillet or griddle cook tortillas over medium-high heat about 20 seconds on each side, or until cheese has melted. Serve warm.

## Taco Rice Skillet

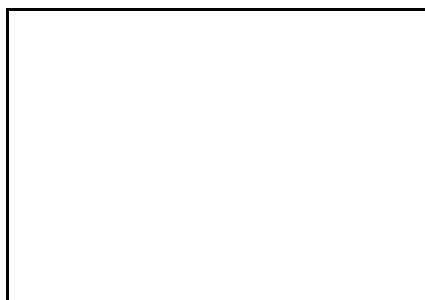
Yield: 8 servings • Serving:

- 1½ pounds ground beef
- 1½ cups uncooked rice
- 4 cups water
- 1 cup chopped onion
- 3 to 4 teaspoons chili powder
- 3 cups chopped tomatoes (fresh or canned)
- 3 cups shredded cheese
- 1½ cups shredded lettuce

1. Brown ground meat in a large skillet. Drain to remove fat. Return meat to the pan.
2. Add rice, water, onion, chili powder and tomatoes to skillet. Simmer over low heat until rice is cooked, about 25 minutes.
3. Portion meat/rice mixture onto plates. Sprinkle cheese. Place lettuce over top. Serve with taco sauce, if desired.

PER SERVING: CALORIES 539 • FAT 32 G • PROTEIN 29 G • CARBOHYDRATE 34 G • FIBER 2 G

★**Tip:** *Reduce cheese to 2 cups for a lighter meal.*



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