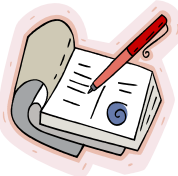




Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

April 2021



Mark Your Calendar

County Extension Education
Association meeting
Monday, April 26, 2021
10:00am
Aransas Pass
(Call for directions)



to the following individuals for volunteering their time to judge at the following Goliad County Homemaking Show.

Evelyn Sinast, Lucy Ortiz, Judy Turany and Shelia Keeney



San Patricio Diabetic Support Group Meeting
Zoom or in-person meeting

Tuesday, April 6, 2021 / 10:00 to 11:30 a.m.

To register, call or email Kathy Farrow at 361-587-3400
or k-farrow@tamu.edu.

April is Stress Awareness Month



Tips to Help Manage Stress:

- **Pinpoint stressors.** Try starting a stress journal. Each time you feel stressed, keep track of it. You will start to see patterns and themes. Things to write down include: the cause of stress, how you felt (physically and emotionally), your reaction, and what you did to make yourself feel better. Think about how you currently manage and cope with stress. Are your strategies healthy or unhealthy?
- **Know your limits.** It may be surprising to discover the number of stressors that can be reduced and/or eliminated. Learning to say no is an important part of knowing your limits and sticking to them. Whether it is for personal or professional reasons, taking on more than one can handle is a guaranteed recipe for stress. Be mindful of your current schedule and commitments.
- **Alter stressful situations.** If it's not possible to avoid a stressful situation, try to alter it. Deal with problems head on and do your best to anticipate and prevent them. Poor time management can cause stress. When you're stretched too thin and behind, it's hard to stay calm and focused. Plan ahead and make sure you don't overextend yourself.
- **Try changing the reaction.** If changing a stressor is not

probable, try changing the reaction to it. Adapting to stressful situations can help regain a sense of control by altering expectations and attitude. Try to view stressful situations from a more positive standpoint. Take perspective of the situation. Ask yourself how important it will be in the long run.

- **Nurture yourself for improved health.** Beyond a take-charge approach and a positive attitude, stress levels can be reduced by nurturing yourself. Set aside time to relax in your daily schedule. Do something enjoyable every day, whether it is playing the piano, dancing, singing, going for a walk, calling a good friend, working on crossword puzzles, or reading a book. Everyone is different, so it's important to discover what is relaxing for you.
- **Increase your resistance to stress.** Regular physical activity and healthy eating patterns can help combat stress. Make time for at least 30 minutes of activity every day. Find activities that are enjoyable and that can be done with a friend or group to increase accountability. Start your day off with a healthy breakfast and keep your energy up and your mind clear with balanced, nutritious meals and snacks throughout the day.

Stress is defined as mental, emotional, or physical tension or strain and too much can negatively impact health.

Ground Beef Basics

Shop and Save



3 ounces of lean beef supplies nearly half the protein most people need in a day.

- ✿ Ground beef is often red on the outside because of exposure to oxygen. A darker color on the inside is normal and not a sign of spoilage.
- ✿ Watch for ground beef on sale. Stock up if you can cook or freeze within a couple of days.
- ✿ Large packages of ground beef may cost less per pound than small packages.
- ✿ Try ground beef that is 15%fat or less. Lower fat meat may cost more per pound but you are buying less saturated fat.



Food Hero Baked Meatballs

Never leave ground beef at room temperature for more than 2 hours

Store Well Waste Less

- ◆ Refrigerate raw ground beef and use within 2 days for best quality.
- ◆ Freeze raw ground beef for longer storage:
- ◆ Divide into recipe-sized amounts.
- ◆ Flatten into 1-inch thick pieces for quick freezing and thawing.
- ◆ Package in airtight wrap or containers. Remove as much air as possible, label and date. Use within 4 months for best quality.
- ◆ Refrigerate cooked ground beef for 3 or 4 days. Freeze for longer storage; use within 4 months for best quality.

Keep it Safe!

- ✿ Cook, refrigerate or freeze ground beef soon after buying.
- ✿ Thaw frozen meat in the refrigerator. Allow 12 hours for 1 pound and use a container to catch liquids. Cook or re-freeze within 1 or 2 days.
- ✿ For faster thawing (1 pound in 1 hour), cover leakproof package with cold water; weigh it down to keep under water. Add new cold water every 30 minutes. Cook right away.
- ✿ Microwave thawing is safe if the meat is cooked right away.
- ✿ Keep raw meat away from fruits and vegetables.
- ✿ Wash hands with soap and water before and after touching raw meat.
- ✿ Use hot soapy water to wash all surfaces and utensils that touch raw meat.
- ✿ Meatloaf, meatballs and hamburgers are safely cooked when the inside temperature reaches 160 degrees F. Check the middle with a food thermometer.



Enjoy Ground Beef

Quick Chili

Ingredients:

- ½ pound ground beef (15% fat or less)
- 1 medium onion, chopped
- 1 can (15 ounces) kidney beans with liquid
- 2 cans (14.5 ounces each) diced tomatoes with liquid
- 2 Tablespoons chili powder



Directions:

1. Brown meat and onion in a large skillet over medium-high heat. Drain fat from the skillet (see Notes).
2. Add beans with liquid, tomatoes with liquid and chili powder.
3. Reduce heat to low, cover and cook for 10 minutes. Serve warm.
4. Refrigerate leftovers within 2 hours.

Notes:

- Serve with shredded cabbage, low-fat sour cream, cilantro or grated cheese.
- Add other vegetables such as bell pepper, carrot, celery and corn, if desired.
- Add cumin, oregano or red pepper flakes for extra favor!
- Pour fat from cooked meat into a metal container. Let it cool, then dispose of it in the garbage can.

Makes: 6 cups

Prep time: 5 minutes

Cook time: 20 minutes

Garlic Ginger Ramen with Beef

Ingredients:

- ½ pound lean ground beef (15% fat)
- 2 cups water
- 2 packages oriental flavor instant ramen-style noodles, broken into small pieces
- 16 ounces frozen mixed vegetables
- 2 green onions, thinly sliced
- 1 Tablespoon fresh ginger or ¼ teaspoon ground ginger
- 2 cloves of garlic, minced, or ½ teaspoon garlic powder



Directions:

1. In a large skillet over medium-high heat (350 degrees F in an electric skillet), brown ground beef and cook until no longer pink. Drain fat.
2. Add 2 cups of water and ONE seasoning packet to cooked beef and mix well.
3. Add frozen vegetables, green onion, ginger, and garlic and bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low, and simmer 3 to 5 minutes until vegetables are tender, stirring occasionally.
5. Refrigerate leftovers within 2 hours.

Notes:

- Try adding more seasonings such as red pepper flakes, cayenne pepper or jalapeno pepper.

Makes: 6 cups

Prep time: 10 minutes

Cook time: 15 minutes

Beef and Broccoli

Ingredients:

- ¾ pound lean ground beef
- ¼ teaspoon ground ginger
- ¾ teaspoon garlic powder
- 2 Tablespoons brown sugar
- ¼ cup low-sodium soy sauce
- 2 teaspoons cornstarch
- 1 Tablespoon sesame oil
- ¼ teaspoon red pepper flakes
- ½ cup water
- 4 cups broccoli, chopped (fresh or frozen)
- 3 cups cooked bulgur



Directions:

1. Sauté beef, ginger and garlic powder in a skillet over medium-high heat until meat is browned.
2. In a bowl, mix sugar, soy sauce, cornstarch, sesame oil, pepper flakes and water.
3. Add sauce to beef and cook for 5 minutes. Add broccoli and cook until tender.
4. Serve over cooked bulgur.
5. Refrigerate leftovers within 2 hours.

Notes:

Try "Baked Tofu" instead of beef.

Makes: 7 cups

Prep time: 15 minutes

Cook time: 30 minutes

TEXAS A&M AGRI LIFE EXTENSION

San Patricio County
219 N. Vineyard
Sinton, Texas 78387-2613

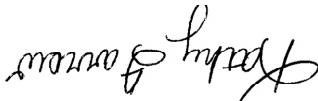
Return Service Requested

References to commercial products or trade names are made with the understanding that no discrimination is intended and no endorsement by the Texas A&M AgriLife Extension Service is implied. Articles and recipes adapted from University of Nebraska-Lincoln Extension, Heart.org, Allrecipes.com, Eatright.org, Food and Health Communications, University of New Jersey, and Foodhero.org.

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Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

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For additional information contact: