



University of California
Cooperative Extension
Tulare County

Agriculture and Natural Resources



Prepared by: _____

FAST AND FLEXIBLE FOOD IN THE FAST LANE

During the months of November many people's thoughts turn toward all the abundance they possess. Giving thanks is a human thing to do, as are the rituals around gatherings with friends and family. Helping others is also something that humans have always done and continue to do all over the world. Did you know that the United States has 150,000 food banks, food pantries, soup kitchens, meal sites, and meal delivery programs that operate to serve people who do not have enough to eat? Many such organizations depend on commodity, donated and salvaged foods to feed their guests. Most programs rely on volunteers, are small, and operate on a low budget. Staff and volunteers face the obstacle of preparing nutritious, quick, and tasty meals, or food bags, with little expertise and a variable food supply. Consider offering to volunteer to help such an agency in your community so *no one will have to go hungry!*

The following recipe is a simple soup recipe that could be adjusted to feed a large group providing a sustaining and satisfying meal when complemented with crusty bread and a vegetable salad, for example. Recipes to prepare inexpensive yet nutritious meals can be found in many sources. The University of California's Expanded Food and Nutrition and Food Stamp Nutrition Education programs are two good sources. Recipes that provide simple nutritional material including a calorie count and serving size information using the USDA Food Guide Pyramid are especially useful. During this busy time of the year, it helps all of us to—no matter how many we are feeding—to have a simple to recipe

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ready to use.

HAM AND POTATO CHOWDER – serves 6

Ingredients

Potatoes – 3 medium potatoes or 3 cups frozen diced hash brown potatoes

Ham – $\frac{3}{4}$ pound fully-cooked ham

Broth – 1 $\frac{1}{2}$ cups (chicken or vegetable broth)

Carrots or Peppers – 2 cups sliced carrots or 2 cups chopped red or green sweet pepper

Onion – $\frac{1}{2}$ cup chopped onion or 1 $\frac{1}{2}$ tsp. minced diced onion or $\frac{1}{2}$ tsp. onion powder

Herbs – 1 tsp. (dried basil, thyme, marjoram, or Italian seasoning, crushed) as desired

Milk – 3 cups (use reconstituted nonfat dry milk to save money)

Cornstarch or Flour – 2 T. cornstarch or $\frac{1}{4}$ cup all-purpose flour

Parsley, optional – $\frac{1}{4}$ cup snipped fresh or 2 T. dried parsley

Directions

1. If using fresh potatoes, scrub potatoes. Peel potatoes, if desired. Chop potatoes into small cubes.
2. Chop ham into $\frac{1}{2}$ inch cubes. Set aside.
3. Combine potatoes, broth, carrots or peppers onion, and herbs. Bring to boiling. Reduce heat.
4. Simmer, covered, for 20 to 25 minutes or until potatoes are tender.
5. Stir together milk and cornstarch or flour. Add ham, milk mixture, and parsley, to potato mixture, stirring constantly. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more.

Nutrition information:

Serving Size: 1 cup

Per Serving Nutrition: 1 $\frac{1}{2}$ vegetable, $\frac{1}{2}$ milk, 1 meat

Calories Per Serving: 299

Source: Willie Burgess, Isobel Miller; **Writer:** Amanda Brown; Purdue University, West Lafayette, Indiana. **Date:** August 20, 1997

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