

April

HAMBURGER SOUP

Ingredients:

1-½ pounds of ground beef (moose or deer or beef)
Lean ground is best and drain off any fat
1 medium onion, finely chopped
4 carrots, sliced
3 stalks of celery, sliced
8 tablespoons pearl barley
1-28 oz can spiced stewed tomatoes
Pepper to taste

2 cups water
3 cups beef broth or 3 cups water
3 bouillon cubes
1 can tomato soup
3-4 bay leaves
1-tablespoon parsley
½- teaspoon thyme



Directions:

- Brown onions and beef together, then drain off any fat.
- Combine all ingredients in a large pot. Cover and simmer for at least 2 hours.
Serves 10 people.

Can be served with oatmeal or whole wheat luskikn and a green salad.

Hamburger and Egg dishes may not be typically traditional foods but are well liked and economical and when combined with vegetables make a nutritious meal.

When using canned soups and bouillon, try using low- sodium (or salt) products, especially if you have heart or kidney disease or high blood pressure problems.

Eggs are source of protein and are good substitute for meat. Traditionally eggs were gathered from wild birds; today most people eat chicken eggs. An egg white has no cholesterol and only 20 calories; an egg yolk has 60 calories. You can add herbs ,like chives or parsley. Onions, peppers and mushrooms are very low in calories and can be added to the egg mixture.



Ingredients:

- 2 eggs, beaten (a small amount of low fat milk can be added to eggs)
- 1 ounce (or 1 slice) of cheese, cut into pieces. Sliced mushrooms, peppers or other vegetables may be added to omelet mixture.

Directions

- Pour into a **non-stick** fry pan. Place cheese on top, cover with a lid and cook on low heat for about 5 minutes.
- Serve with toast or with rolls/bread. Serve with a salad or vegetable, like broccoli on the side.
- ****A two-egg omelet will serve one person; a smaller portion can be made with one egg.**** You can omit the yolk and just use the egg white to make the omelet if high cholesterol is a problem.

