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## Focus on Nutrition: Mini-Meals

Serve hot soup or sandwiches for a hearty lunch or light supper! They are tasty and good for your family. Nutritious raw fruits and vegetables go well with sandwiches. Homemade bread is perfect with hot soup!

Start with a main dish soup or sandwich and build a tasty meal around it. Use the **FOUR FOOD GROUPS** as a guide for good nutrition. Eating the right foods will help your family grow, feel good and look healthy. The **FOUR FOOD GROUPS** include:

- \* Fruits and Vegetables
- \* Breads and Cereals
- \* Milk and milk products
- \* Meat, poultry, seafood, dried beans and peas, eggs

Try planning some light meals and sharing them with your friends. This guide will help you plan light meals that are low-cost and nutritious:

### MENU

Main Dish (contains foods from the meat group)

Bread (may be part of main dish)

Milk

Dessert

Here are some ideas for light, mini-meals that are tasty, low in cost, and good for your family. They have all the foods you need for a nutritious meal. Foods received through the Abundant Foods Distribution Program can be used in these meals.

### \*\* MINI-MEALS FOR YOUR FAMILY \*\*

HOMEMADE VEGETABLE SOUP

OPEN-FACE TOASTED CHEESE SANDWICH

MILK

APPLE or ORANGE

\* \* \*

MEAT 'N CHEESE SANDWICHES

COLE SLAW SALAD

MILK

NO-BAKE PEANUT CRUNCH BARS

\* \* \*

CREAMED MEAT ON TOAST

CRISP RAW CARROTS AND CELERY

MILK

COOKIES or FRESH FRUIT

\* \* \*

CARROT-PEANUTBUTTER SANDWICHES

LIME CUPS

MILK

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Oregon State University Cooperative Extension Service

## "LUNCH BOX" SANDWICHES

MILK

APPLES

\* \* \*

## CAMPFIRE EGG SANDWICH

MILK

PUMPKIN CUP CAKES

\* \* \*

SPLIT PEA SOUP

CRACKERS

MILK

CARROT COOKIES

\*\* RECIPES \*\*

## HOMEMADE VEGETABLE SOUP

Makes 6 servings—Kids Like This!

1. **COOK** until tender in a large pot:  
*1/4 cup fat, margarine or bacon drippings*  
*1/2 to 1 cup sliced onion*
2. **ADD:**  
*2 quarts of water*  
A variety of vegetables which will total about 10 cups. Such as:  
*1 cup chopped cabbage*  
*3 chopped carrots*  
*3 chopped potatoes*  
*4 stalks chopped celery (use celery tops too)*  
*2 cups frozen, canned or fresh peas, corn, green or wax beans*
3. **ADD:**  
*1/2 cup rice*  
*3 beef bouillon cubes*
4. **COOK** until vegetables and rice are tender.
5. **SEASON** to taste with *salt* and *pepper*.

**NOTE:** You may add left-over meat or other meat.

## OPEN FACE TOASTED CHEESE SANDWICHES

6 servings. Tangy and good!

1. **PLACE** 6 *slices of bread* on a baking sheet.
2. **SPREAD** bread with a little *mustard* and *salad dressing*.
3. **PLACE** thin slices of *cheese* on top.
4. **PLACE** under broiler until the cheese melts.
5. **SERVE** with soup.

## MEAT 'N CHEESE SANDWICHES

Makes 6 to 8 sandwiches. Plenty of protein!

1. **COMBINE** and **MIX** well:  
*2 cups of any kind of chopped meat*  
*1 cup grated cheddar cheese*  
*1/4 cup catsup or chili sauce*  
*Dash of pepper*  
*1 tsp. Worcestershire sauce*  
*1 Tbsp. chopped onion*  
*1 tsp. salt*  
*1/4 to 1/3 cup salad dressing*  
*1/3 cup chopped celery (if you like)*

2. **SPREAD** on *bread*.
3. If you want to, **TOAST** the sandwiches under the broiler or toast in a greased frying pan until light brown.
4. **COVER** and **STORE** left-over filling in the refrigerator.

## COLESLAW SALAD

Makes 6 to 8 servings. Vitamin C in a bowl!

1. **COMBINE:**  
*1/2 cup salad dressing or mayonnaise*  
*2 Tbsp. lemon juice or vinegar*  
*1/2 tsp. celery seed (if you like)*  
*1 tsp. sugar*  
*1/2 tsp. salt*  
*Dash pepper*
2. **MIX** together:  
*2 cups chopped cabbage*  
*1-2 shredded carrots*
3. Just before serving, **ADD** dressing to cabbage-carrot mixture.

## NO-BAKE PEANUT CRUNCH BARS

A nutritious dessert.

1. **HEAT** just to boiling:  
*1/2 cup sugar*  
*1/2 cup corn syrup*
2. **REMOVE** from heat and **STIR** in:  
*1 cup peanut butter*
3. **POUR** mixture over 5 cups cereal (quick cooking rolled wheat or oats)
4. **MIX** and **SPREAD** in pan.
5. **CHILL**, **CUT** into bars, and **SERVE**.
6. **STORE** in covered container.

## CREAMED MEAT ON TOAST

Makes 6 servings. A hearty main dish.

1. **BROWN** in skillet over low heat  
*3 cups chopped canned meat*  
*6 Tbsp. butter or margarine*
2. **SPRINKLE** over meat and **BLEND** well  
*6 Tbsp. flour*
3. **REMOVE** from heat and **ADD** slowly  
*3 cups milk*
4. **RETURN** to low heat. **COOK** and **STIR** until smooth and thick.

**NOTE:** For variety, add some grated cheese when sauce is smooth and thick. Continue stirring until cheese is melted.

5. **SERVE** over *toasted bread, cornbread or biscuits.*
6. If there is left-over canned meat, immediately cover it and store in refrigerator.

## CARROT-PEANUTBUTTER SANDWICHES

Makes 4 to 6 servings. High in vitamin A and protein.

1. **COMBINE** and **BLEND** well in a small bowl  
*1/2 cup grated raw carrots*  
*1 cup peanut butter*  
*2 Tbsp. chopped sweet pickle*  
*Dash of salt*
2. **SPREAD** on *bread or rolls.*

## LIME CUPS

Makes 5 or 6 servings. A pretty fruit dessert.

1. **PREPARE** *1 package of lime gelatin* as directed on package.
2. **CHILL** until partially thickened.
3. **PLACE** a *few raisins* or *marshmallows* in the bottom of small bowls or cups (one for each serving).
4. **PLACE** *1 peach half* hollow side down in each bowl or cup.
5. **POUR** partially set gelatin over peaches. **PUT** into the refrigerator until firm.
6. **NOTE:** This fruit dessert could be made in a shallow pan and cut into pieces.
7. **SERVE** with whipped topping, if you like.

## "LUNCH BOX" SANDWICHES

Makes 4 sandwiches. A new way to use dried peas.

1. **BLEND** together in a small bowl:  
*1 cup grated cheese*  
*1 cup cooked dried peas (mashed and chilled)*  
*1 Tbsp. mayonnaise or salad dressing*  
*1 tsp. vinegar*  
*1/4 tsp. celery salt (if you like)*  
*Salt and pepper to taste*
2. **SPREAD** on your favorite *bread.*
3. **COVER** and refrigerate left-over filling.

## CAMPFIRE EGG SANDWICH

A high protein treat. Makes 4 servings.

1. **COOK** in small amount of fat over low heat.  
*4 Tbsp. chopped onion or green pepper*
2. **BEAT**  
*6 eggs or 1-1/2 cups packed dried egg mix*  
*and 1-1/2 cups water*
3. **ADD** to eggs and **MIX** well  
*1/2 cup milk or evaporated milk*  
*1 Tbsp. chili sauce or catsup*  
*1/4 cup grated cheese*
4. **TURN** egg mixture into frying pan with green pepper or onion and **COOK**.
5. **STIR** to keep from sticking.
6. **SERVE** on buttered bread or rolls.

## PUMPKIN CUP CAKES

Surprise! A vegetable dessert

1. **BLEND** together in a large bowl  
*1/2 cup shortening*  
*1-1/2 cups sugar*
2. **STIR** in  
*2 beaten eggs or 1/2 cup packed dried egg mix plus 1/2 cup water*  
*1 cup cooked or canned pumpkin*  
*3/4 cup milk*
3. **MIX** together in another bowl  
*2-1/4 cups all purpose flour*  
*2-1/2 tsp. baking powder*  
*1/2 tsp. soda*  
*1 tsp. salt*  
*2 tsp. cinnamon*  
*1/2 tsp. ginger*  
*1/2 tsp. nutmeg*
4. **ADD** dry ingredients 1/3 at a time to pumpkin mixture until all is added. **BLEND** well after each addition.
5. **POUR** batter into greased muffin pans. Makes 24 cup cakes. A greased 9 x 9 inch pan may be used.
6. **BAKE** 25 minutes at 350°. **COOL** and **SERVE**.

## SPLIT PEA SOUP

6 servings. A hearty soup.

1. **PUT** in a large pot and **HEAT** to a boil.  
*2 cups dry split peas*  
*6-1/2 cups water*  
*1/2 cup chopped onion*  
*1/2 cup diced carrots*  
*2 tsp. salt*
2. **LOWER HEAT** and **SIMMER** about 45 minutes (until peas are tender).
3. **ADD** and **SIMMER** 5 minutes longer  
*1-1/2 cups chopped meat or 6 diced wieners*  
*1/2 cup milk (if you like)*
4. **SERVE** hot. **COVER** and **STORE** leftover soup in the refrigerator.

## CARROT COOKIES

Makes about 36. A real treat!

1. **MIX** together in a large bowl:  
*3/4 cup shortening or margarine*  
*3/4 cup sugar*  
*1 Tbsp. finely grated orange rind*
2. **BEAT** in  
*1 egg or 1/4 cup packed dried egg mix and 1/4 cup water*
3. **ADD**:  
*1 cup cooked and mashed carrots*
4. **BEAT** well.
5. **MIX** together in another bowl:  
*2 cups flour*  
*2 tsp. baking powder*  
*1/2 tsp. salt*
6. **ADD** 1/3 of dry ingredients at a time to carrot mixture. **BEAT** after each addition.
7. **POUR** mixture into shallow baking pan.
8. **BAKE** at 350° for 20 to 25 minutes. **COOL**.
9. If you would like frosted cookies, **GLAZE** them with a mixture of:  
*2 cups powdered sugar*  
*1/3 cup orange juice*
10. **CUT** into bars.
11. **STORE** in a covered container.



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