



## Hearty Vegetable Beef Soup



**Makes:** 4 servings

**Total Cost:** \$\$

Frozen vegetables, canned tomatoes, and chicken broth make this an easy soup to throw together on a cold work night. Noodles and beef make it extra hearty and comforting.

### Ingredients

- 3/4 can** chicken broth (low sodium, 14.5 oz)
- 1/2 cup** water
- 2 cups** mixed vegetables (frozen, for soup)
- 1 can** tomatoes (14.5 oz, broken up)
- 4 ounces** beef (cooked and diced)
- 1 teaspoon** thyme leaves (crushed)
- 1 dash** pepper
- 1/4 teaspoon** salt
- 1 bay leaf
- 1 1/4 cups** noodles (narrow-width, uncooked)

### Directions

1. Heat broth and water. Add vegetables, meat and seasonings. Bring to boil, reduce heat and boil gently, uncovered, for 15 minutes.
2. Add noodles. Cook until noodles are tender, about 10 minutes
3. Remove bay leaf.

*Source: North Dakota State University Extension Service, Creative Vegetable Cookery*

## Fruit Pizza



**Makes:** 12 servings

**Total Cost:** \$\$

The crust for this dessert cooks in the oven and is covered with a cream cheese mix and topped with strawberries. For variety, try using any combination of colorful fruits.

### Ingredients

- 1 teaspoon** vanilla extract
- 1 cup** strawberries, sliced (or kiwi, bananas, pears, peaches, or blueberries)
- 1/2 cup** margarine
- 1/2 cup** sugar
- 1 teaspoon** vanilla extract
- 1 egg (large)
- 2 cups** flour
- 2 teaspoons** baking powder
- 8 ounces** cream cheese, non-fat or light
- 1/2 cup** sugar

### Directions

1. Preheat oven to 375 degrees.
2. For crust, cream margarine, sugar vanilla, and egg until light and fluffy. Add flour and baking powder, mixing well.
3. Spread mixture about 1/8 inch thick on a pizza pan, baking sheet, or 9 inch by 13 inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For spread, mix together cream cheese, sugar, and vanilla. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.

*Source: Kansas Family Nutrition Program, Kids a Cookin'*

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