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Save Time Using Your Freezer

Cook foods now—
use later!

Basic Freezing Steps:

1. **Cook the food.** See the table on the right for foods that freeze well. Plain cooked pasta does not freeze well.
2. **Cool the food.**
3. **Pack** the food in small amounts. Use freezer containers or freezer plastic bags. Leave space at the top of container or bag.
4. **Write** the name of the food and date on the container.
5. **Place** container in the freezer (0°F).
6. **Thaw** foods in the refrigerator before reheating. Or use a microwave on defrost setting in a microwave-safe container. Frozen vegetables can be cooked without thawing.
7. **Heat** foods to 165°F. Use a food thermometer to check the temperature.



Stay Connected



Kids Can...

- ❄️ help peel potatoes for **Quick Black Bean Mexican Soup** (recipe on back).
- ❄️ help pack cooked food for freezing.
- ❄️ wash a veggie for the family dinner.

Freezer Storage Times

Applesauce	8 to 10 months
Dried Beans, Cooked	Up to 3 months
Fruit, Veggies	6 to 12 months
Meat	1 to 2 months
Soup, Stock	4 to 6 months

Monthly Food Hero Checklist

- Freeze a cooked food to be used later.
- Have kids help freeze foods using the **Basic Freezing Steps**.
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Quick Black Bean Mexican Soup



Ingredients

- 1 tablespoon **vegetable oil**
- 1 small **onion** chopped (about 1 cup)
- 4 cloves **garlic**, minced
- 1 can (14-15 ounces) diced **tomatoes**
- 4 cups cooked or canned **black beans** (with liquid)
- 2 **potatoes**, peeled and diced
- 4 cups **water**
- 1/2 cup fresh **cilantro**, chopped
- 1 tablespoon **cumin**
- 1/3 cup **lime juice** or juice from 1 lime
- hot sauce** to taste

Serving Size 1 cup
Prep time: 15 minutes
Cooking time: 45 minutes



Directions

- Heat oil in a large pot over medium-high heat. Sauté the onion for 2 minutes. Add the garlic and tomatoes and cook for 2 minutes. Stir often.
- Add the beans, potatoes and water. Bring to a boil; then reduce to low-medium heat. Cook slowly, covered for 20 minutes.
- Add the cilantro, cumin, lime juice and hot pepper sauce. Stir well, and cook for 10 minutes. Serve hot.
- Refrigerate leftovers within 2 hours.

Notes Try topping soup with non-fat sour cream, chopped cilantro and baked tortilla chips.

When soup is ready, serve half as a family meal and put the other half in a freezer container. Follow the **Basic Freezing Steps** on the front.

Nutrition Facts

Serving Size 1 cup (253g)		Servings Per Container 12	
Amount Per Serving			
Calories 120	Calories from Fat 15		
% Daily Value*			
Total Fat 1.5g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 350mg	15%		
Total Carbohydrate 21g	7%		
Dietary Fiber 5g	20%		
Sugars 2g			
Protein 5g			
Vitamin A 4%	Vitamin C 25%		
Calcium 6%	Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



Make mealtime a family time. Family meals help kids learn to make healthy choices, try new foods and make strong family connections. Here are some tips:

- Eat together often.
- Let everyone help.
- Let kids make healthy choices.
- Turn off the television, phone and other distractions.
- Talk to each other.

Message brought to you by the Nutrition Council of Oregon.

For more Recipes and Tips on eating well for less, visit www.foodhero.org

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