



Paid for in part by OR SNAP

## Planning ahead pays off



**Save money and time.  
Plan a menu that fits your family**

### Create a menu:

- ◆ Check your cupboard for ingredients to try to use up for a few meals.
- ◆ Include your family and let them help choose what meals will be cooked.
- ◆ Make casserole or soup dishes on the weekend to freeze; eat later in the week.
- ◆ Plan leftover nights for those extra busy evenings.



## Shop with a list



A little time spent planning out what food to buy can save time and money. You'll spend less time at the store, and you're less likely to be caught by the stores catchy marketing, which means less money spent.



## Kids can...

- ★ Choose a meal or recipe to include on the menu.
- ★ Set and help clear the table.
- ★ Set a kitchen related New Year's resolution, such as helping cook one meal each week.

## Need ideas of what to make?

Check out [FoodHero.org](http://FoodHero.org) for quick and easy dinners. Every recipe has ideas of simple sides to complete the meal.

## Monthly Hero Checklist

- Create a weekly menu
- Shop with a grocery list
- Have kids help in the kitchen
- \_\_\_\_\_

Stay connected   



**FoodHero.org**

Oregon State UNIVERSITY **OSU** Extension Service



# Refried Bean Soup



## Ingredients

- 1 tablespoon **canola oil**
- 1 cup **onion**, finely chopped
- 1 clove **garlic**, minced
- 1 large can (28 ounces) crushed **tomatoes**
- 1 large can (30 ounces) fat-free **refried beans**
- 2 cans (14.5 ounces each) low-sodium **chicken broth**

**Serving Size** 1 cup  
**Yield** 10 Servings  
**Prep time:** 15 minutes  
**Cooking time:** 30 minutes



## Directions

1. Heat oil in a large soup pot. Add onion and garlic and sauté until soft.
2. Add crushed tomatoes and bring to a boil. Boil for 5 minutes, and reduce heat to low.
3. Add beans and chicken broth. Simmer for 15 minutes.
4. Serve immediately.
5. Refrigerate leftovers within 2-3 hours.

## Nutrition Facts

Serving Size about 1 cup (264g)  
 Servings Per Container 10

Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 500mg	21%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 6g	24%
Sugars 1g	
<b>Protein</b> 8g	
Vitamin A 10%	• Vitamin C 15%
Calcium 6%	• Iron 15%

\*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