

PantryPress



Italian Soup

Serves: 6

Ingredients

1 cup chicken broth
¾ cup water
1 (15oz) can kidney beans, rinsed and drained
1 (15 oz) can spinach, rinsed and drained
1 (15oz) can mixed veggies, rinsed and drained
1 can diced tomatoes
2 teaspoons garlic powder
1 tablespoon onion powder
1 teaspoon oregano
Salt and pepper to taste

Directions

1. Add all ingredients into a large pot.
2. Bring to boil then reduce heat.
3. Cover and simmer for 15 minutes or until heated all the way through.

Nutrition Info

149 Calories
2g Fat
26g Carbohydrates
9g Fiber
10g Protein
362mg Sodium

Related Links:

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/big-thaw-safe-defrosting-methods

https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts

https://www.fda.gov/consumers/womens-health-topics/food-safety-home

How to Keep Food Safe

Food safety starts at the store! Pick up the refrigerated and freezer items last so that they spend the least amount of time in warmer temperatures. Once at home, the first step is to wash your hands. Use warm soapy water for at least one minute. Next, rinse your produce using warm water as well. You should wash produce even if you plan on peeling it, this can reduce the spread of germs and bacteria. PRO TIP: A splash of white vinegar in a gallon of water can help remove stubborn dirt.

Protect your Proteins

Raw meat can have lots of germs and bacteria that can make us sick. When preparing raw meat be sure to wash everything it comes into contact with. That includes utensils, knives, countertops, sinks, cutting boards, and your hands! Follow the tips below to avoid any cross contamination in your kitchen!

- Do NOT use the same cutting board for raw meat and produce.
- Always wash your cutting board immediately after handling raw meat.
- Avoid wooden cutting boards when handling raw meat, they are harder to clean.
- Use a meat thermometer to make sure meat reaches a safe internal temperature.
    - > Pork and Beef and Ham and Fish: 145 degrees F
    - > Ground Meats and Eggs: 160 degrees F
    - > Poultry and Leftovers: 165 degrees F

Food Friendly Fridge

Refrigerators do a great job of keeping perishable items from going bad. Keep your fridge clean and organized to help food stay fresher for longer.

- Set your refrigerator at or below 40 degrees Fahrenheit to avoid spoilage.
- The fridge door temperature changes frequently, place temperature sensitive items such as milk and eggs towards the back of the shelf, the coldest area of the fridge.
- Sealed drawers are the best storage option for fruits and veggies.
- Tightly wrap uncooked meat before placing it on the bottom shelf of the fridge to avoid any leaks.
- If a food item does leak into the fridge, clean immediately with warm soapy water and avoid harsh chemicals around your food.

Love Your Leftovers

Keeping food safe from germs will give it more time on the shelf and prevent you and your family from getting sick.

- Leftovers should be stored in the fridge within two hours of preparation and eaten within two days.
- Always label leftovers with the date they were made to avoid confusion.
- Use your senses to decide if something has spoiled or not. Look for changes in texture, unpleasant smells, or an off taste. When in doubt, throw it out!
- Do not thaw frozen food on the countertop, instead thaw in the fridge for 24 hours.
- If you are thawing in a bowl of cold tap water, be sure that the food item is completely submerged in a leakproof package and the cold water is changed every 30 minutes.

Marion County Public Health Department NUTRITION SERVICES

USDA FOODS

Indiana Department of Health

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