



Family Fun in the Kitchen: Soup and Cornbread

The kitchen has always seemed like the center of the home. Most of us remember not only the smell of good food cooking but also many important family conversations that occurred in the kitchen.

Today's hectic lifestyle may leave many of us feeling that we have lost that sense of centeredness in our lives. What goes on in the kitchen not only feeds our body but also our soul.

Perhaps with a little thought and effort we can recreate some of that feeling in our homes today. Set aside a couple of hours on the weekend to create a meal and have some family fun in the kitchen. Kids love to create a food product. You can utilize the recipes provided here or just get out the cookbook and select an item for a family meal and activity.

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What is the value of FAMILY FUN IN THE KITCHEN?

- **Creates happy memories** as you work and laugh together in the kitchen as a family unit.
- **Strengthens family traditions and cultural values** which are often center around food and meals.
- **Develops proficiency in food based life-skills** that enhances the quality of daily life.
- **Develops a healthy meal to serve to your family.** There is a rising epidemic of obesity and overweight among both adults and children. Approximately 64% of adults in the US are either obese or overweight. About 30% of children ages 6-19 are either overweight or at-risk-of-overweight. Studies have demonstrated that families who eat more meals at home have a diet that more nearly meets calorie and nutrient needs.
- **Develops food safety skills to help reduce the chance of food-borne illness.** These skills include such things as washing hands before and during the process of handling food; cleaning all surfaces and cooking utensils that come in contact with food; cooking foods to recommended internal temperatures; keeping hot foods above 140 deg F and cold food below 40 deg F; proper storage after service.

Getting Ready to Cook

- Take your children to the **grocery store** to help select the vegetables and other ingredients.
- Remember to **add milk and a fruit** to have a balanced meal.
- The following recipe will provide practice and develop skills to peel and chop vegetables. Or use the Zippy Bean Minestrone if you have less time.

Dakota Minestrone

Eight 1-cup servings

1 pound lean ground beef
1 large onion, chopped
Brown beef; add onion; cook until onions are clear.

6 cups water
1 cup potatoes, peeled and cubed
1 cup carrots, peeled and sliced
½ cup celery, diced
1 cup cabbage, shredded
1 can (16 oz) diced tomatoes
1 can (16 oz) pinto or other beans
1 small bay leaf
½ teaspoon basil
1 teaspoon salt
⅛ teaspoon ground pepper

In large soup pot, combine beef mixture with all vegetables and spices. Simmer 1-2 hours.

1 cup dry macaroni (shells or elbows)
Add macaroni and simmer until macaroni is tender, 15-20 minutes.

4 oz shredded cheddar cheese
Remove the bay leaf. Serve topped with shredded cheese.

Zippy Bean Minestrone

Six 1-cup servings

1 package (16 oz) frozen mixed vegetables
Cook vegetables according to package directions.

1 jar (15½ oz) spaghetti sauce
1 cup water
1 can (10½ oz) beef consommé
1 can (16oz) pork and beans
1 can (15½ oz) kidney beans
½ cup pasta shells

Combine remaining ingredients with cooked mixed vegetables in a large soup pot. Bring to boil. Reduce heat and simmer, covered, for 20-25 minutes. Add water if needed.

Recipes from The Bean Cookbook, ND WIC Program, ND State Department of Health, 1995.

Cornbread

Makes 9 servings

Preheat oven to 400 F

1 cup all-purpose flour
1 cup yellow cornmeal
¼ cup sugar
4 teaspoons baking powder
¾ teaspoon salt

Stir together dry ingredients in a mixing bowl.

2 eggs
1 cup milk
¼ cup cooking oil

Beat together wet ingredients in a separate bowl. Add wet ingredients to dry ingredients and beat just until smooth (do not over-beat). Turn into a greased 9x9x2 inch baking pan. Bake for 20-25 minutes.

Related web based project

Determine the nutrient analysis by utilizing "The Interactive Healthy Eating Index".

<http://www.usda.gov/cnpp/projects/html>

References

Videon TM, Manning CK. Influences on adolescent eating patterns: The importance of family meals. *J Adolesc Health* 2003;32:365-373.

Westenhoefer J. Establishing dietary habits during childhood for long-term weight control. *Ann Nutr Metab* 2002;46(suppl 1):18-23.

For more information on this and other topics, see: www.ag.ndsu.edu

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