

## Milk and Meat Recipes

### Tex-Mex Stew

Yields: 12 servings

1½ pounds extra lean ground beef	2¼ cups water
¼ cup green pepper, chopped	¼ teaspoon garlic powder
¼ cup onion, diced	¼ teaspoon ground cumin
1 15.5 oz. can pinto beans	¼ teaspoon salt
1 11 oz. can corn, drained	¼ teaspoon pepper
1 15.5 oz. can tomatoes with green chilies	¼ teaspoon dried oregano
1 packet onion soup mix	¼ teaspoon cayenne pepper
	1 tablespoon all-purpose flour

1. Brown ground beef in large deep pot over medium heat for 5 minutes.
2. Add chopped onion and green pepper.
3. Add garlic, salt, and pepper; continue cooking ground beef until no longer pink.
4. Add pinto beans, corn, diced tomatoes with green chilies and onion soup mix; mix thoroughly.
5. Add ground cumin, dried oregano, and cayenne pepper.
6. Combine water and all-purpose flour in a separate container, mix well. Add to stew.
7. Let simmer for 20-30 minutes; serve immediately.

Per serving (excluding unknown items): 210.4 Calories; 10.2g Fat (43.5% calories from fat); 14.9g Protein; 14.9g Carbohydrate; 39mg Cholesterol; 458mg Sodium.  
MyPyramid: 1 Grain (Starch); 1½ Lean Meat; 1 Fat.

### Banana Nut Smoothie

Yields: 4 servings

2 bananas, ripe
2 cups pineapple juice
2 tablespoons creamy peanut butter
2 teaspoons fat-free plain yogurt
1½ teaspoons vanilla extract
6 ice cubes
nutmeg to taste

1. Combine all ingredients, except nutmeg, in blender.
2. Cover and run on high until smooth and well-blended.
3. Sprinkle with nutmeg.

Per serving (excluding unknown items): 176.4 Calories; 4.4g Fat (21.6% calories from fat); 3.1g Protein; 33.0g Carbohydrate; 0mg Cholesterol; 43mg Sodium.  
MyPyramid: 2 Fruit; ½ Fat.