

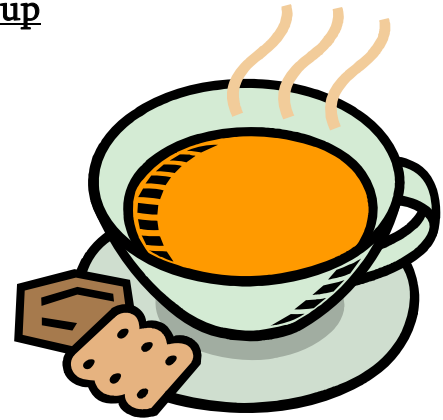


Healthy Meals recipes

Hearty Vegetable Beef Soup

- 10 ½ oz. can chicken broth
- ½ cup water
- 2 cups mixed vegetables, fresh, canned or frozen
- 16 oz. can tomatoes, broken up
- 1 cup beef, cooked and diced
- 1 teaspoon thyme leaves, crushed
- 1/8 teaspoon pepper
- 2 oz. narrow-width noodles, uncooked

1. Heat broth and ½ cup water.
2. Add vegetables, meat and seasonings. Bring to boil, reduce heat, and boil gently, uncovered, for 15 minutes.
3. Add noodles. Cook until noodles are tender, about 10 minutes.
4. Makes 4 servings, 1 cup each.



Bean Salad

- 1 can garbanzo beans, drained and rinsed
 - 1 can red kidney beans, drained and rinsed
 - 1 can green beans, drained
 - 1 can diced green chilies, drained
 - 1 tablespoon olive oil
 - 1 tablespoon lemon juice
 - 2 teaspoons chili powder
 - ¾ teaspoon salt
1. Mix oil, lemon juice, chili powder, and salt in a large bowl.
 2. Gently stir in beans and chilies. Makes about 6 servings.

