



GEARY COUNTY K-STATE RESEARCH & EXTENSION
SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

TEFAP

Can-Do Meatball Stew

Makes 6 Servings

Ingredients

- 1-1/2 lb. lean ground beef
- 1 egg, slightly beaten
- 1 cup dry breadcrumbs
- 1/4 cup finely chopped onion
- 1/8 teaspoon ground black pepper
- 1 (14.5 oz.) can low-sodium beef broth
- 1 (10-3/4 oz.) can tomato soup (condensed, don't add water or milk)
- 1 (14.5 oz.) can carrots, drained and rinsed
- 2 (14.5 oz.) cans white potatoes, drained, rinsed and diced



Directions

1. Mix ground beef, egg, breadcrumbs, onion and pepper until blended. Shape into 50 meatballs.
2. Using a baking sheet or pan with sides, bake meatballs at 350 degrees F. for 30 minutes or until done.
3. While meatballs are baking, mix broth and tomato soup in a large kettle. Heat thoroughly, stirring occasionally.
4. Drain fat from meatballs. Add carrots, potatoes and meatballs, heat over medium heat until vegetables are hot.
5. Serve in soup bowls.

Visit our SNAP-Ed TEFAP Recipe Website for more meals to try!
<https://www.hhs.k-state.edu/ks-snaped/recipes/tefap/index.html>

NUTRITION CLASSES NOW ONLINE

SNAP-Ed or Supplemental Nutrition Assistance Program Education is excited to offer Nutrition Classes online! SNAP-Ed Classes will help you make positive changes to achieve good nutrition, improve fruit and vegetable intake, increase physical activity, and stretch your food dollars!

If you are interested in learning how to make positive changes for your health or simply want to know how to cook nutritious meals on a budget, while staying home, contact us! Our Nutrition Educators can teach classes for you and your family over Zoom. If you do not know how to use Zoom, the educators will show you!



Do not have internet? No worries! You can participate in the classes over the phone.

These **CLASSES** are **FREE** if you and your family qualify for FDPIR, Free and Reduced Lunch Program, Head Start, Medicaid/Kancare, SNAP, TANF, TEFAP, or WIC.

If you are not sure you meet the standards for the classes, contact Ann Katt at amkatt1@ksu.edu or Courtney Angelo at cjangelo@ksu.edu, or call 785.238.4161. You can also visit our website at <https://www.geary.k-state.edu/health-home-family/family-nutrition-program.html>

MEATBALL STEW NUTRITION

INFORMATION

1 Serving
OR
1/6 of the Recipe

Calories 270
Total Fat 7 g
Saturated Fat 2.5 g
Cholesterol 60 mg
Sodium 590 mg

Total Carbohydrate 27 g
Dietary Fiber 3 g
Total Sugars 8 g
Protein 27 g

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