



# GEARY COUNTY K-STATE RESEARCH & EXTENSION

SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

## TEFAP BEEF AND TOMATO BAKE

Makes 6 Servings



### Ingredients

- 2 medium potatoes, peeled and sliced
- 1 can sliced carrots, drained
- ¼ teaspoon black pepper
- ½ cup onion, sliced
- 1-pound lean ground beef, browned and drained
- 1 can green beans, drained
- 1 can condensed tomato soup (about 10 ounces)

### Directions

1. Preheat oven to 350 degrees F. Spray a 9x9-inch baking dish with nonstick cooking spray.
2. Layer potatoes, carrots, meat, beans, soup and pepper in baking dish.
3. Cover with an oven-safe lid or aluminum foil and bake for 45 minutes, or until potatoes are soft and casserole is bubbling.
4. Uncover and bake for 15 more minutes.
5. Refrigerate leftovers.

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

## TRIPLING BENEFITS AT THE MARKET

Thursday, August 27<sup>th</sup>, the Geary Community Farmers Market is holding a Triple Day! Visit from 4-7 pm at the parking lot of JC Church of the Nazarene.

Bring your SNAP-EBT or Pandemic-EBT card, swipe it for up to \$25 (this is the maximum double/triple – you can spend less), get \$25 in RED tokens to spend on SNAP food, get \$25 in ORANGE tokens to spend on fruits & veggies, and get another \$25 in Market Bucks to spend on fruits & veggies! Visit their website for more information! <https://www.livewellgearycounty.org/farmers-market>

## MYPLATE, MYWINS FOR THE FAMILY

MyPlate, MyWins is about finding a healthy eating style that works for your family and fits with your everyday life. With the school year being a little different due to COVID-19, families can find fun, practical tips that have worked for other families to use at home. On the site, they discuss many small changes you can make that add up to big success over time. Some tips and games you can find are:

- Healthy Eating on a Budget
- MyPlate Guide to School Breakfast and Lunches
- Food Art
- Grocery Store Bingo
- And More!



Give some a try, and discover “wins” for your own family. Visit <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/families>

## BEEF AND TOMATO BAKE NUTRITION INFORMATION

<b>1 Serving</b>	<u>Calories</u> 230	<u>Total Carbohydrate</u> 22 g
<b>Or</b>	<u>Total Fat</u> 9 g	<u>Dietary Fiber</u> 3 g
<b>1/6 of Recipe</b>	<u>Saturated Fat</u> 3 g	<u>Total Sugars</u> 8 g
	<u>Cholesterol</u> 50 mg	<u>Protein</u> 17 g
	<u>Sodium</u> 550 mg	

DEB ANDRES  
EXTENSION AGENT  
FAMILY AND CONSUMER SCIENCES  
785-238-4161  
DANDRES1@KSU.EDU

ANN KATT  
SNAP-ED NUTRITION EDUCATOR  
785-579-4726  
AMKATT1@KSU.EDU

COURTNEY ANGELO  
SNAP-ED NUTRITION EDUCATOR  
785-579-4726  
CJANGELO@KSU.EDU



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