Oriental Beef and Vegetables

1/2 pound round steak
1/2 pound ground turkey
1 tablespoon vinegar
1 tablespoon soy sauce
1 tablespoon oil (sesame oil will give this dish more oriental flavor)
4 carrots
2 medium zucchini
3/4 cup catsup
1/2 cup mushrooms (optional)
1/2 cup chopped bell pepper
4 tablespoons chili powder
2 cups water
1/2 cup chopped onion, if desired
2 (15 oz) cans kidney beans, drained and rinsed

Cut steak into bite-sized strips. In a fry-pan, cook steak in oil until browned. Cut carrots and zucchini diagonally. Add to fry-pan and cook until crisp-tender. Mix vinegar, soy sauce, and sugar together. Pour on sesame seeds, if desired. Serve immediately.

Easy Chili

1/2 pound ground turkey
1/2 pound ground turkey
1 chopped onion, if desired
2 (15 oz) cans kidney beans, drained and rinsed
3/4 cup catsup
4 tablespoons chili powder
1/2 cup chopped bell pepper
2-3 cups water
1/2 cup mushrooms (optional)

Brown turkey with the onion, if desired. Drain off the fat. Add the rest of the ingredients and cook 20 minutes, stirring to prevent sticking. Add more water if desired.

Serving tips: This recipe is high in sodium. Be sure to drain and rinse beans and try using a low-sodium catsup to lower the amount of sodium in the recipe. Top chili with a little shredded cheese or reduced fat sour cream. Serve with soda crackers (unsalted tops) or corn bread.
### Nutrition Facts

<table>
<thead>
<tr>
<th>Servings Per Recipe</th>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total Fat</td>
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<tr>
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<tr>
<td>*Calcium</td>
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<td>Sodium</td>
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<td>*Iron</td>
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*Percentage Daily Values

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Revised and Released by Kelly Condray, MS, RD, LD, EFNEP Nutrition Specialist
May, 2004
Publication Number: FDNS-NE 1157

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<th>Servings Per Recipe</th>
<th>Amount Per Serving</th>
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*Percentage Daily Values

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