

Women in Agriculture October 2022 Fall Newsletter

2022 Women in Agriculture Award Winners

Purdue Extension Women in Agriculture recognized three Indiana agriculture leaders at the Indiana State Fair on Aug. 4.

Karen Plaut, the Glenn W. Sample Dean of the Purdue College of Agriculture, and Angie Abbott, assistant dean of Purdue University's College of Health and Human Sciences and associate director for Purdue Extension, honored the recipients of the Purdue Extension Women in Agriculture 2022 awards.

“It is a pleasure for Purdue Extension to spotlight women who are committed to the success of Indiana agriculture. The recipients' hard work and dedication to their communities and the agriculture industry is evident in all they do,” Abbott said.

Purdue rising senior, Savannah Bordner, received the Emerging Women in Agriculture Leadership award, which recognizes the accomplishments of a high school or undergraduate student who has made a positive impact on agriculture. Bordner is studying agriculture economics at Purdue while serving as a Purdue College of Agriculture ambassador and in Purdue's Old Masters Program. She recently traveled on a Purdue study abroad program with two Purdue Extension educators to study the rural development of

Ireland while also learning about fisheries and agri-tourism.



Bordner has completed four internships in her career, including at Ag Reliant Genetics, as a production agriculture marketing intern with John Deere, a sales and marketing agronomic intern at LG Seeds and a commercial sales intern with Corteva Agriscience. She was a 10-year 4-H member and served as the Indiana state FFA northern regional vice president, during which she visited middle and high school classrooms to share her passion for agriculture. As a state FFA officer, she also traveled to Washington, D.C., to discuss agriculture policy issues with representatives.

<https://ag.purdue.edu/department/extension/wia/index.html>

*Purdue University is an equal opportunity/equal
access/affirmative action institution.*



The Purdue Extension Women in Agriculture Leadership Award recognizes a woman in an agribusiness or policymaking position who has actively influenced Indiana agriculture. Katie Glick, practice group director for Ice Miller LLP, was honored with the 2022 award. Glick and her husband, Brett, live on their family farm in Columbus, Indiana, with their two daughters. The family owns and operates their private seed company, L&M Glick Seed, selling corn, soybean and wheat seeds directly to customers and the wholesale market. They also have a cattle operation and grow corn, soybeans, wheat and double crop soybeans.

In 2011, Glick joined the Indiana Soybean Alliance, Indiana Corn Marketing Council and Indiana Corn Growers Association as the public affairs and industry relations director. She worked with industry professionals and lobbied on behalf of Indiana corn and soybean farmers. Glick has served as an advocate for Indiana agriculture throughout her career including presenting at the National FFA conference and writing for a blog and the hometown newspaper. Glick is a 10-year 4-H member and continues to support the Indiana 4-H Foundation and local 4-H efforts in Bartholomew County.

The Purdue Extension Women in Agriculture Achievement Award recognizes women who are directly involved in a home farm operation. Joelle Orem of Howard County is the honoree for 2022. With her husband and family, she helps manage Orem Farms, a beef cattle, grain crops and custom hay production operation. She works with Barn2Door, an e-commerce platform that offers web stores for farmers, as a marketing development expert. Orem helps farmers improve their brand strategy through social media and marketing. She recently joined Purdue Extension's Women in Agriculture team to assist with event planning and creative projects.



The Purdue Extension Women in Agriculture awards committee was co-chaired by Beth Vansickle, an Extension educator in Madison County, and Lindsey Moore, senior litigation officer at Farm Credit Mid America. The Purdue Extension Women in Agriculture team provides educational opportunities and resources for women in the agriculture industry and coordinates the Midwest Women in Agriculture conference.

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SAVE THE DATE:

FEB 21-23

TERRE HAUTE CONVENTION CENTER



Women in Agriculture

2023
AG WOMEN
engage
conference

*Engaging Midwestern
Women in Agriculture*

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Women in Agriculture

Save The Date!

February 22, 2023

Young Ladies in Ag Forum

Young Ladies in Grades 8-12 & College Welcome!

During the AG WOMEN ENGAGE
(AWE) Conference

Terre Haute Convention Center

Check-in 1:00 - 1:30 pm EST
Program 1:30 - 8:30 pm EST
Dinner Included!

Topics Include:

Financial Strategies for Young Women
Networking in the Agriculture World
Marketing Yourself
Building a Strong Resume

*Engaging
Young Ladies
in Agriculture*

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Mark Your Calendars!

The Ag Women Engage Conference (formerly the Midwest Women in Ag Conference) will be held

February 21-23, 2023 at the Terre Haute Convention Center. All women engaged in agriculture are invited to attend the conference.

In conjunction with the Ag Women Engage Conference the Young Ladies in Ag Forum will be held on

February 22, 2023. All young ladies in grades 8-12 or college age are welcome to attend.

For information on the conference and the forum check this website:

<https://ag.purdue.edu/department/extension/wia/conference.html>

See You In Terre Haute!

Farmland for the Next Generation

During this 4-session virtual program hear from industry representatives, farmers, & extension personnel as we prepare you for your future land acquisitions.

When: Monday evenings
Nov. 7th - 28th

Where: 6:30-8:30 pm EST /
5:30 - 7:30 pm CST

Cost: \$50 per family

Register: <https://tinyurl.com/Farmland22>
by Oct. 31st

This curriculum was created by the American Farmland Trust, supported by a four-year Educational Enhancement grant from the USDA Beginning Farmer and Rancher Development program.

Questions? Please contact Kathryn Weiss,
weiss44@purdue.edu or (219) 285-8620 ext. 2800



Extension

Literary Leaders Book Club

Join the Purdue Women in Agriculture Team for their first Literary Leaders Book Club. Literary Leaders Book Club is designed to inspire you to be a leader within the agriculture community while networking with others over an intriguing book.

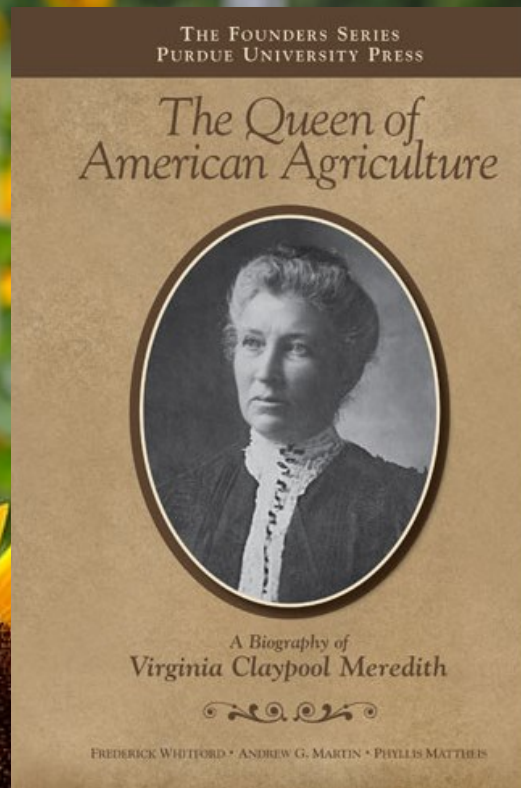
Schedule

November 18th—Kickoff Event

January 20th—Discussion Session

March 17th—Capnote Discussion
with Author

All sessions will be via Zoom and be held
at 12:00 pm Eastern.



Literary Leaders Book Club
sponsored by:



Women in Agriculture

Name

Address

City, State Zip Code

**Return registration form and program fee to
Miami County Extension Office (1029 W 200 N, Peru, IN 46970)
by November 7, 2022.**

Cost is \$15.

Please make checks payable to Purdue CES ED Fund.

Phone #

E-mail Address

How would you like to read the book:

Hardback* _____ Already have a copy _____

ePDF _____ *Limited # of hardback books
available.

NOTE: If you need a reasonable accommodation to participate in this program, please contact Courtney Schmidt at 765-472-1921 or e-mail schmi163@purdue.edu by November 7, 2022.

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MANAGING FOR TODAY AND TOMORROW

**SUCCESSION, BUSINESS, ESTATE AND
RETIREMENT PLANNING FOR FARM AND
RANCH WOMEN**

DECEMBER 5, 7, 9, 12 AND 14, 2022
virtual program 10 am - 12 pm EST

REGISTRATION

Register at:
<https://tinyurl.com/M42AT>
by **November 28, 2022**
Cost: \$25 per person

For more information Contact
Jennifer Logue
Phone (765) 458-5055
Email loguej@purdue.edu

If you require special
accommodations please contact
us by **November 28th**

PARTNERS



Digging Deeper Into Land Leases

**Building Successful & Equitable Land
Lease Agreements from the ground up.**

Dates & Times

December 6, 2022

6:30 pm - 8:30 pm EST

5:30 pm - 7:30 pm CST

or

December 7, 2022

10:00 am - 12:00 pm EST

9:00 am - 11:00 am CST

**Pick Which Works
Best for You!**

Cost

\$25 per household/farm

Registration deadline is 24
hours before each session.

- Identify the various lease tools available
- Evaluate the pros & cons of common lease types
- Learn about farm land leasing trends
- Discuss challenges associated with terminating a lease

**Todd Janzen,
Attorney Janzen Ag
Law**

Todd Janzen will discuss
the legal side of land
leases.



Register Online Today!

Register at

<https://tinyurl.com/Digging22>

For more information, or if you need a reasonable accommodation to participate in this program, contact Jenna Nees at 765-653-8411 or smith535@purdue.edu, prior to the program.

Fun and Useful Resources

Purdue Pest & Crop Newsletter

<https://extension.entm.purdue.edu/newsletters/pestandcrop/>

This newsletter provides timely field crops information on pest problems, crop development issues, and weather events. Pest & Crop newsletter is issued weekly throughout the crop-growing season to assist “pest managers” in making effective, economic, and environmentally sound pest management strategies.

Facts For Fancy Fruit

<https://fff.hort.purdue.edu/>

This is a newsletter for commercial and advanced amateur fruit growers

Turf Tips

<https://turf.purdue.edu/turf-tips/>

Timely Information on hot topics, pest problems, and research findings in turf.

Plant & Pest Diagnostic Lab

<https://ag.purdue.edu/department/btny/ppdl/>

The Purdue University Plant & Pest Diagnostic Laboratory works to diagnose plant diseases and identify insects, plants, and weeds and other plant and pest problems.

Purdue Center for Commercial Agriculture

<https://ag.purdue.edu/commercialag/home/>

The Purdue Center for Commercial Agriculture is centered around farm management, decision tools, market based podcasts, and the economy. Check out their Ag Economy Barometer, Crop Basis Tool, and Managing Farm Risk decision tool.

Purdue Farm Stress Team

<https://extension.purdue.edu/farmstress/>

There are many resources available to farmers however much of this information ignores the most important farm asset; the farmer, farm family, and farm employees. Check out their farm stress events and the various resources available to the farmer and family.

Purdue Institute for Family Business (PIFB)

<https://ag.purdue.edu/department/agecon/fambiz/>

PIFB is aptly named to reflect its permanent and ever-important presence in the state of Indiana and at Purdue University. PIFB’s aim is to enhance the knowledge of family business owners, successors, employees, advisors, and educators to improve family functioning and business success

North Central SARE

<https://northcentral.sare.org/>

SARE (Sustainable Agriculture Research and Education) strengthens communities, increases producers’ profitability, and improves the environment through grants and education. SARE embraces three broad goals: profit over the long term; stewardship of our nation’s land, air, and water; and quality of life for farmers, ranchers, and their communities. Check out their website for various grant opportunities



Things to Listen to While in the Tractor Seat



Purdue Crop Chat

A podcast on Anchor

By Purdue University Extension & Hoosier Ag Today

Find them on Facebook

Purdue Crop Chat

@PurdueCropChat

Bite by Bite: Nutrition for Life

A podcast on Anchor

**By Purdue University Extension -
Health & Human Sciences**

Find them on Facebook

Purdue University Health and Human Sciences Extension



Tools For Today's Farmers •

A podcast on Anchor

By Purdue Extension Farm Stress Team

Find them on Facebook

Purdue Extension Farm Stress Team

@PurdueFarmStressTeam



FREEZER READY SLOW COOKER MEALS



HONEY ROSEMARY CHICKEN

Mix the following ingredients. Let marinate for several hours in the refrigerator before freezing. Place in gallon freezer bag, and freeze.

- 5 boneless, skinless chicken breasts
- 1/3 Cup balsamic vinegar
- 1/3 Cup honey
- 1/3 Cup olive oil
- 3 Tbs chopped fresh rosemary
- 1 tsp salt

TO COOK- Thaw in the fridge overnight.

Add 1 cup of water & the contents of the bag to the crockpot. Cook on high for 3-4 hours or low for 6-8 hours. Ten minutes before serving, add 2 Tbs cornstarch to thicken the sauce.

TO SERVE- Serve over mashed potatoes.

Nutrition Facts

Serving Size 1 cup (105g)		Servings Per Container 8	
Amount Per Serving			
Calories 200	Calories from Fat 90		
% Daily Value*			
Total Fat 11g	17%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 45mg	15%		
Sodium 350mg	15%		
Total Carbohydrate 13g	4%		
Dietary Fiber 0g	0%		
Sugars 12g			
Protein 16g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

GREEN CHILE PORK TACOS

Mix the following ingredients, place in gallon freezer bag, and freeze. Due to the large size of the pork shoulder, you may need to cut it into 2 or 3 smaller pieces to fit better in the bag.

- 4 lb. pork shoulder
- 1 Cup diced onion
- 1- 10 oz. can diced tomatoes with green chilies
- 1- 16 oz. jar of salsa verde
- 1/3 Cup of lime juice
- ½ tsp salt
- ¼ tsp garlic powder
- ½ tsp chili powder
- ¾ tsp ground cumin

TO COOK- Thaw in the fridge overnight. Place in slow cooker and cook 6-8 hours on low or 4-5 hours on high. When cooked, remove pork and shred. Add pork back into slow cooker and stir to combine.

TO SERVE- Serve with tortillas, lettuce, sour cream and shredded cheese.

Nutrition Facts

Serving Size 1 cup (350g)		Servings Per Container 8	
Amount Per Serving			
Calories 340	Calories from Fat 80		
% Daily Value*			
Total Fat 9g	14%		
Saturated Fat 2.5g	13%		
Trans Fat 0g			
Cholesterol 140mg	47%		
Sodium 1020mg	43%		
Total Carbohydrate 14g	5%		
Dietary Fiber 1g	4%		
Sugars 2g			
Protein 47g			
Vitamin A 4%	Vitamin C 10%		
Calcium 4%	Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

BEEF STEW

Mix the following ingredients, place in gallon freezer bag, and freeze.

- 2 lbs stew meat
- 1 ½ Cup diced onion
- 5 large carrots, diced
- 2 medium zucchini, diced
- 3 medium celery stalks, diced
- 2 tsp salt
- 1 tsp black pepper
- 2 tsp Italian seasoning
- 1 tsp garlic powder
- 1- 28 oz. can no salt added crushed tomatoes
- 1- 12 oz. jar fat free beef gravy

TO COOK- Thaw in the fridge overnight. Place in slow cooker and cook 8-10 hours on low or 4-5 hours on high.

TO SERVE- Serve warm and enjoy.

Nutrition Facts

Serving Size 1 cup (352g)		Servings Per Container 8	
Amount Per Serving			
Calories 220	Calories from Fat 50		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 75mg	25%		
Sodium 980mg	41%		
Total Carbohydrate 15g	5%		
Dietary Fiber 4g	16%		
Sugars 7g			
Protein 27g			
Vitamin A 160%	Vitamin C 20%		
Calcium 6%	Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

CHICKEN POT PIE

Mix the following ingredients (minus the frozen veggies and biscuits). Place in gallon freezer bag, and freeze.

- 5 boneless skinless chicken breasts
- 1 cup sliced celery
- 1 cup diced onion
- 2- 14.5 oz cans of low sodium cream of chicken soup
- ¼ tsp celery seed
- ½ tsp poultry seasoning
- ¼ tsp black pepper
- 1- 12 oz bag frozen mixed veggies
- 1- 16.3 oz. can buttermilk biscuits

TO COOK- Thaw in the fridge overnight.

Place in slow cooker and cook 4-5 hours on low. After 5 hours on low, stir in frozen vegetables and cook for an additional 30 minutes. While vegetables are cooking, bake biscuits according to directions.

TO SERVE- Spoon some chicken filling on a plate or bowl and top with a biscuit that has been split in half.

Nutrition Facts

Serving Size 1 cup + 1 biscuit (306g)		Servings Per Container 8	
Amount Per Serving			
Calories 350	Calories from Fat 50		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 55mg	18%		
Sodium 1010mg	42%		
Total Carbohydrate 50g	17%		
Dietary Fiber 3g	12%		
Sugars 8g			
Protein 24g			
Vitamin A 25%	Vitamin C 8%		
Calcium 4%	Iron 20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

CHEESY HAM AND POTATOES

Mix the following ingredients, place in gallon freezer bag, and freeze.

- 1- 28 oz. bag of frozen, diced hash browns
- 2-14.5 oz. cans of low fat/low sodium Cream of Mushroom soup
- 2- 14.5 oz. cans of water
- 1 Cup diced onion
- 2-8 oz. ham steaks, diced
- 2 Cups fat free shredded cheddar cheese
- 4 Cups chopped broccoli
- 2 teaspoons black pepper

TO COOK- Thaw in the fridge overnight. Place in slow cooker and cook 6-7 hours on low.

TO SERVE- Eat while warm and enjoy.

JAMBALAYA

Mix the following ingredients, place in gallon freezer bag, and freeze.

- 1½ Cups reduced sodium chicken broth
- 1 Cup diced green pepper
- 1 Cup diced onion
- 1 Cup diced celery
- 1-28 oz. can of no salt added diced tomatoes (juice included)
- ½ tsp garlic powder
- 1 bay leaf
- ½ lb large shrimp, raw and de-veined
- 1- 13.5 oz. Andouille sausage, sliced
- 2 tsp Cajun Seasoning

TO COOK- Thaw in the fridge overnight. Place in slow cooker and cook 6-7 hours on low or 4-5 hours on high.

TO SERVE- Serve with whole grain brown rice.

Nutrition Facts	
Serving Size 1 cup (406g)	
Servings Per Container 8	
Amount Per Serving	
Calories 380	Calories from Fat 190
	% Daily Value*
Total Fat 21g	32%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1520mg	63%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 23g	
Vitamin A 10%	• Vitamin C 100%
Calcium 45%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts	
Serving Size 1 cup (283g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 690mg	29%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 14g	
Vitamin A 10%	• Vitamin C 50%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

PINEAPPLE PORK

Mix the following ingredients (minus the corn starch), place in a gallon freezer bag, and freeze.

- 1 ½ lbs cubed Pork Loin
- 1 20 oz. can unsweetened pineapple tidbits
- ½ Cup diced red pepper
- ½ Cup diced onion
- 2 Tbs brown sugar
- ½ tsp ginger
- ½ tsp kosher salt
- ½ tsp black pepper
- 3 Tbs corn starch

TO COOK- Thaw in the fridge overnight.

Place in slow cooker. Cook on HIGH for 4-6 hours or LOW 7-9 hours. About 5 minutes before serving, in small bowl, combine 3 tablespoons water and cornstarch; blend well. Stir into pork mixture in slow cooker. Cover; cook on high setting for an additional 5 minutes or until thickened.

TO SERVE- Serve over whole grain brown rice.

BEEF & CREAMY POTATO CASSEROLE

Cook beef over medium high heat, 5-7 minutes until brown; drain. Mix ground beef, seasoning, soup, milk, pepper and ½ of the French-fried onions. Add to gallon freezer bag in the following order: 1) beef mixture, 2) green beans, 3) potatoes.

- 1 lb lean 85% (or higher) ground beef
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ teaspoon pepper
- 1- 10.75 oz. can low sodium, low-fat cream of mushroom soup
- ½ Cup 2% milk
- 1- 2.8 oz. can French-fried onions
- 1- 30 oz. bag frozen shredded hash brown potatoes
- 1- 12 oz. bag frozen cut green beans

TO COOK- Thaw in fridge overnight. Place in slow cooker, dumping from top of bag: 1) potatoes, 2) green beans and 3) ground beef.

Cook on low, 4-5 hours.

TO SERVE- Sprinkle remaining onions on top.

Nutrition Facts	
Serving Size 1 cup (182g)	
Servings Per Container 8	
Amount Per Serving	
Calories 180	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 170mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 19g	
Vitamin A 6%	• Vitamin C 35%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts	
Serving Size 1 cup (269g)	
Servings Per Container 8	
Amount Per Serving	
Calories 310	Calories from Fat 130
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 5g	25%
Trans Fat 0.5g	
Cholesterol 40mg	13%
Sodium 140mg	6%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 15g	
Vitamin A 2%	• Vitamin C 4%
Calcium 6%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

SWISS STEAK & VEGGIES

Mix the following ingredients (minus the potatoes), place in gallon freezer bag, and freeze.

- 1 ½ pounds beef boneless round steak, about 3/4 inch thick
- ½ tsp seasoned salt
- ½ tsp black pepper
- 6 to 8 new potatoes cut into fourths
- 1 ½ Cups baby-cut carrots
- 1 Cup diced onion
- 1- 14.5 oz. can diced tomatoes with basil, garlic and oregano, undrained
- 1- 12 oz. jar home-style beef gravy

TO COOK- Thaw in fridge overnight. Dice 6-8 new potatoes and place in slow cooker. Empty freezer bag into slow cooker on top of potatoes. Make sure meat is on top of all ingredients. Cover and cook on low for 7-9 hours.

TO SERVE- Serve warm and enjoy.

LEMON CHICKEN

Mix the following ingredients, place in gallon freezer bag, and freeze.

- 5 boneless, skinless chicken breasts
- 5 Tbs lemon pepper seasoning
- 2 Tbs melted, unsalted butter
- 1 sliced lemon
- 1 tsp dried parsley

TO COOK- Thaw in fridge overnight.

Place in slow cooker and remove the lemon rinds. Cook on low for 8-10 hours.

TO SERVE- Serve with quinoa.

Nutrition Facts	
Serving Size 1 cup (391g)	
Servings Per Container 8	
Amount Per Serving	
Calories 290	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 470mg	20%
Total Carbohydrate 37g	12%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 24g	
Vitamin A 70% • Vitamin C 40%	
Calcium 6% • Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size 1 chicken breast (140g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 940mg	39%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	
Vitamin A 4% • Vitamin C 10%	
Calcium 2% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

TERIYAKI BEEF AND VEGETABLES

Place beef and 1 Tbs. cornstarch in freezer gallon bag and shake to coat. Gently add soy sauce, sherry, brown sugar, ginger, garlic and water chestnuts to bag and freeze.

- 1 ½ lb beef round steak, trimmed of fat, cut into thin bite-size strips
- 2 tablespoons cornstarch
- ¼ Cup soy sauce
- ¼ Cup dry sherry or apple juice
- 2 Tbs packed brown sugar
- 1 tsp ground ginger
- ½ tsp garlic powder
- 1- 8 oz. can sliced water chestnuts, drained
- ¼ Cup water
- 1- 1 lb. bag frozen broccoli, carrots & cauliflower, thawed

TO COOK- Thaw in fridge overnight. Place in slow cooker and cook on low for 6-7 hours. About 30 minutes before serving, in small bowl, blend 1/4 cup water and remaining 1 tablespoon cornstarch until smooth. Stir into beef mixture. Stir in thawed vegetables.

Increase heat setting to High; cover and cook 25 to 30 minutes longer or until vegetables are crisp-tender.

TO SERVE- Serve over whole grain brown rice

BEEF TIPS & GRAVY

Mix the following ingredients, place in gallon freezer bag, and freeze.

- 1 ½ pounds cubed beef (stew meat)
- 1 packet dry onion soup mix
- 1 can reduced sodium, low-fat cream of mushroom soup (although cream of anything will work)
- 1- 14 oz. can reduced sodium beef broth or stock
- ½ tsp black pepper

TO COOK- Thaw in fridge overnight. Place in slow cooker and cook 6-8 hours on low or 4-5 hours on high. Stir occasionally.

TO SERVE- Serve over egg noodles.

Nutrition Facts	
Serving Size 1 cup (199g)	
Servings Per Container 8	
Amount Per Serving	
Calories 190	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 360mg	15%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 21g	
Vitamin A 10% • Vitamin C 20%	
Calcium 4% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size 195 grams (195g)	
Servings Per Container about 7	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 680mg	28%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 22g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	