Quick Healthy Meal

30 minutes before serving:
- Wash hands
- Brown ground meat in a skillet or heavy sauce pan (stir often)
- Wash hands after handling raw meat
- Clean and cut celery
- Scrub potatoes, pierce with a fork to make small holes so they will not blow up in the microwave oven.

20 minutes before serving:
- Drain grease from meat or use paper towels to sop it up; throw away greasy towels
- Wash tops of bean and tomato sauce cans; open and pour into pot with the ground meat; add water if you want soupier chili.

15 minutes before serving:
- Put potatoes in the microwave oven. Follow the oven’s instructions for cooking time
- Wash oranges, slice and put on plates.

10 minutes before serving:
- Set the table
- Put out crackers and drinks.

Easy Chili
Yield: 4 cups

1/2 pound lean ground meat
16-oz. can chili beans
2 8-oz. cans tomato sauce
1 Tbs. dehydrated onion flakes
1 Tbs. sugar
1 cup water

- Brown ground meat in a skillet or heavy pan on top of the stove; stir it often and drain grease
- Wash tops of the cans; open the lids and pour beans and tomato sauce into the pan
- Add dried onion, sugar and water; heat until it bubbles
- Reduce heat to low; cover the pan and keep it hot until time to serve; stir often so it will not burn
- This chili is good in a bowl, served over baked potatoes or pasta. Top with grated cheese if you like!