



NUTRITION NEWS

serving up happy and healthy



November 2023

CHEF'S CORNER by Chef Kris DeHut



Simple Taco Soup

Servings:8
Prep Time 25 minutes

Ingredients

- 2 pounds ground beef
- 1 envelope taco seasoning
- 1-1/2 cups water
- 1 can (16 ounces) mild chili beans, undrained
- 1 can (15-1/4 ounces) whole kernel corn, drained
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (14-1/2 ounces) stewed tomatoes
- 1 can (10 ounces) diced tomato with green chiles
- 1 can (4 ounces) chopped green chiles, optional
- 1 envelope ranch salad dressing mix

Instructions

Cook beef over medium heat until no longer pink, breaking it into crumbles; drain. Add taco seasoning and mix well. In a pot, add beef and stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally.

Source: Tasteofhome.com

**LOOKING FOR A JOB
WHILE THE KIDS ARE IN SCHOOL?
WE ARE HIRING IN
NUTRITION SERVICES!**



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For questions or comments, please contact the North Clackamas School District Nutrition Services Department at (503) 353-6068. This institution is an equal opportunity provider.



Have you ever stopped to wonder how much America loves to cook?

Search online for recipes and thousands of hits will appear. There are endless TV shows dedicated to the topic from Food Network to PBS to local news segments. And even in this digital age, there are still over 2,000 cookbooks published, printed and sold each year in the United States. Why? We simply have a fascination with the subject. Is it educational or entertainment? Maybe it's a bit of both. No matter the reason, we are hooked!

Kids in the Kitchen



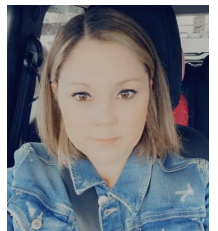
A kitchen is an extraordinary learning laboratory for kids. When they are mixing, stirring, kneading, spreading, tossing, squeezing and pouring, they are learning without realizing it. And though cooking is an essential life skill, there is so much more to learn than just skills of cooking. In the kitchen you can learn health and

nutrition, science, math, safety, sanitation, history, geography and even language arts. But the most important lesson of all is to **HAVE FUN!**



chartwells
CHEERS

Melissa Arnold
Kitchen Lead
Riverside Elementary



Hello. My name is Melissa Arnold. I spent my first two years subbing in Nutrition Services for the district but finally found my home as a lead at Riverside Elementary.

What is your favorite place you have ever visited? Virginia Beach Virginia while I was in the military.

If you could choose a superpower, what would it be? To be 10 places at once.

What is your favorite local place to eat? King curry Thai

What energizes you outside of work? Lots and lots of coffee and the gym

