



Slow Cooker Pork Stew Over Brown Rice

Ingredients:

- 2 lbs lean pork stew meat
- 3 cups baby carrots
- 1 large onion, sliced
- 1 1/2 teaspoons dried thyme leaves
- 1/2 teaspoon coarse ground black pepper
- 1/4 teaspoon salt
- 1 clove garlic, minced
- 1 1/2 cups complete bran and wheat flakes ready-to-eat cereal (crushed to 3/4 cup)
- 1 cup dried tart cherries
- 3/4 cup 100% apple juice or apple cider
- 4 cups hot cooked brown rice

Directions:

1. Trim fat from pork.
2. Spray large pan with non-stick cooking spray. Cook half of the pork at a time until browned.
3. In a 4-6 quart crockery cooker layer carrots, onion, thyme, pepper, salt and garlic. Sprinkle with cereal and cherries.
4. Top with pork and pour apple juice or cider over contents in the cooker.
5. Cover and cook on low setting for 7-8 hours or on high setting for 3 1/2 to 4 hours.
6. Prepare the brown rice according to package directions toward the end of the stew cooking time. (Brown rice typically takes about 40-45 minutes to cook).
7. Stir pork mixture and serve over 1/2 cup brown rice.

Source: [What's Cooking? USDA Mixing Bowl](#)



Saving Money in the New Year!

The new year has come and it is time to start thinking about goals for 2018! Now is the perfect time to work on your food budget and still eat healthy. Below are a few ways to get started.

- ◆ **Plan Ahead.** Make a shopping list and only buy items you need. Decide on what meals you would like to make first, check your cupboards for items you already have and make a list for what you will need. This will save you time and money.
- ◆ **Make Your Own.** Prepackaged and convenience food are often expensive and unhealthy. You can save money and eat healthier by making meals and snacks at home. Try using left over low sugar cereals to make your own snack mix, make large amounts of meals such as pasta or soup and freeze leftovers for later, or pre cut fruits and veggies and place into portioned baggies for quick bites.
- ◆ **Shop Smart.** Buy fruits and vegetables that are in season to save money. You also save by shopping with coupons or going to the store on sale days. Also, buying in bulk can help save money too.

[Source](#)

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Guiso de carne de puerco de cocción lenta sobre arroz integral

Ingredientes:

- 2 libras de carne de puerco para guiso
- 3 tazas de zanahorias pequeñas
- 1 cebolla grande, en rodajas
- 1 1/2 cucharaditas de hojas de tomillo
- 1/2 cucharaditas de pimienta negra molida
- 1/4 cucharadita de sal
- 1 diente de ajo, picadito
- 1 1/2 tazas de hojuelas de cereal de salvado y trigo listo para comer (trituras, 3/4 de taza)
- 1 taza de cerezas agrias secas
- 3/4 de taza de jugo de manzana o sidra 100% jugo
- 4 tazas de arroz integral cocido y caliente

Preparacion:

1. Quétele la grasa a la carne de puerco.
2. Rocíe un sartén grande con aceite antiadherente en aerosol. Cocine la mitad de la carne a la vez, hasta que se torne marrón.
3. En una olla de cocción lenta de 4 a 6 cuartos, coloque en capas las zanahorias, cebolla, tomillo, pimienta, sal y ajo. Espolvoree con el cereal y las cerezas.
4. Coloque el puerco sobre los otros ingredientes y agregue el jugo de manzana o sidra.
5. Tape y cocine a temperatura baja durante 7 a 8 horas o en alto de 3 1/2 a 4 horas.
6. Cuando el guiso esté casi listo, prepare el arroz integral de acuerdo con las instrucciones del paquete. (El arroz integral por lo general se toma entre 40 y 45 minutos para cocerse).
7. Revuelva la carne y verduras y sirva sobre 1/2 taza de arroz.

Fuente: [What's Cooking? USDA Mixing Bowl](#)



¡Haga rendir su dinero en este año nuevo!

¡El año nuevo ha llegado y es tiempo de empezar a pensar sobre las metas para el 2018! Ahora es el momento perfecto para trabajar en su presupuesto de alimentos y seguir comiendo en forma saludable. En seguida le ofrecemos varias maneras de empezar.

- ◆ **Planee con tiempo.** Haga su lista de compras y solo compre lo que necesita. Decida sobre cuáles comidas desea hacer primero, revise qué tiene ya en su alacena y haga una lista de lo que necesitará. Esto le ahorrará tiempo y dinero.
- ◆ **Prepárelo usted mismo.** Los alimentos pre empacados y de conveniencia son por lo general costosos y poco saludables. Usted puede ahorrar dinero y comer saludablemente si prepara las comidas y bocadillos en casa. Trate de usar las sobras de cereales bajos en azúcar para preparar sus propios bocadillos, haga comidas en cantidades grandes y congele las sobras para después o corte frutas y verduras con anticipación y divídalas en bolsitas de porciones para bocadillos rápidos.
- ◆ **Compras saludables.** Compre frutas y verduras frescas de la temporada o enlatadas y congeladas para ahorrar dinero. Usted puede ahorrar dinero si usa cupones o hace sus compras los días de ofertas. Comprar a granel también le ahorra dinero.

[Fuente](#)

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