2002

January: Start the New Year Off Right

Utah State University Extension

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To start the new year off right...

**Set a realistic goal.** Small, short term goals are more doable. (Example: Eat a banana with

**Be specific.** Goals are more effective if you focus on a specific action or habit to change. (Example: Brush teeth before going to bed.)

**Set goals with family or friends.** Even if they do not share your goal, they can be a great support.

**Expect to be successful.** Being positive and enthusiastic help you to stay motivated.

**Keep track of how you are doing.** Set aside a few minutes each week to evaluate your progress.

**Celebrate any success.** Reaching goals is not all or nothing. It is important to reward yourself for any progress that you have made.

### Beef Stew

1 lb stew meat - cut into 1-inch cubes  
2-3 large carrots - cut into 1-inch pieces  
1 large white onion – diced  
2-3 cloves of garlic – peeled  
2 large boiling potatoes – peeled & cut into 1-inch cubes  
2-3 cups beef bouillon broth  
1 tbsp soy sauce  
Salt, Pepper and Herbs (sage, rosemary, thyme, etc) – to taste  
2 tbsp cornstarch mixed with 2 tbsp cold water

1. Heat large pot on high. When hot, lightly cook meat on all sides.  
3. Add stock & bring to a boil.  
4. Add vegetables & return to a boil.  
5. Cover & simmer on very low heat for 45-60 minutes or until meat is tender & vegetables are tender but not mushy.  
6. Turn heat to high & bring stew to a boil, remove from heat & drizzle in cornstarch mixture while stirring constantly.  
7. Return to heat & continue to stir until the stew has thickened. Serve immediately.  

**Try any kind of meat with the appropriate stock (bouillon), or no meat at all which cuts cooking time.**

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**Nutrition Education Program for Families**

Recipe from http://www.lightliving.com/mrarchive.html