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## January: Start the New Year Off Right

Utah State University Extension

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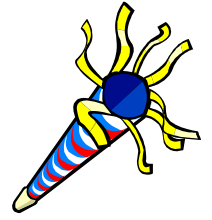
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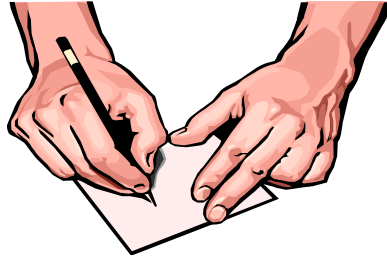




# To start the new year off right...



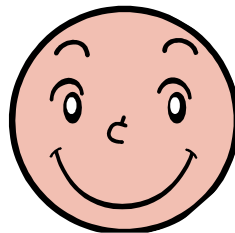
**\*\*Set a realistic goal.**  
Small, short term goals are more do-able. (Example: Eat a banana with



**\*\*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.



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# January

## 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.
2. Add herbs & seasoning. Stir.
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.

**NEP**

**Nutrition Education Program for Families**

SUN	MON	TUE	WED	THU	FRI	SAT
						Be realistic. Make small changes over time.
				Be adventurous. Expand your horizons to try new things.		
		Be flexible. Forgive yourself for small slip-ups, and keep on trying.				
			Be sensible. Enjoy all foods, but not all at the same time.			
					Be active. Goals are not reached unless you are working on them.	
	Please yourself. Goals should meet your desires.					