

One-Pot Meals “One pot hits the spot”

When you want a hearty meal without a lot of kitchen clean-up, a one-pot meal may be the answer. A one-pot meal:

- Can be made ahead of time.
- Can be a complete meal with protein, starch, vegetables, fruits and milk.
- Can be prepared and served in the same dish.
- Is a good way to use leftovers.
- Is quick to clean up.

“**Pots**” can be a skillet, pot, pan, casserole dish, salad bowl, slow cooker, or rice pot.

One-pot meal suggestions:

- Cook chili, soup, stew, or noodle casserole.
- Use the microwave to bake a potato. Cut it open and generously top with beans, salsa, and sprinkle of low-fat cheese.
- Heat a bowl of soup with veggies and tofu.
- Make a hearty salad with lettuce, carrots, tomatoes, canned beans, tofu, and cheese. Add cooked ground or leftover meat.
- Make a fruit salad with fresh, frozen or canned fruit with cottage cheese or yogurt, topped with nuts or granola.

*Please check with your doctor or health care professional before making dietary changes

Burritos

Ingredients:

Makes 5 Servings

- ½ small head lettuce
- 1 medium tomato
- ½ (10-count) package flour tortillas, large size
- 1 cup grated or shredded cheese
- ½ (16-ounce) can refried beans

Optional: leftover meat round onion
 taco flavored meat chili beans
 guacamole salsa/taco sauce
 bell peppers

Directions:

1. CHOP lettuce, tomato, and any optional ingredients. SET aside.
2. On an ungreased pan, WARM tortillas by placing one at a time on a hot pan.
3. SPRINKLE cheese over warm tortilla. MELT cheese.
4. REMOVE tortilla from pan.
5. SPREAD refried beans. SPRINKLE lettuce and tomatoes on the tortilla.
6. ADD optional ingredients to tortilla.
7. FOLD and ROLL into a burrito.

Funded by:
Executive Office on Aging
In collaboration with University of Hawaii
College of Tropical Agriculture and Human Resources
Cooperative Extension Services
Supplemental Nutrition Assistance Program-Education
(SNAP-Ed)