

Kids in the Kitchen

Some of my most precious childhood memories are of helping my Granny in her kitchen. Whether it was preparing a special birthday meal for someone in our family or helping her make her famous Pineapple Cake, I loved getting to spend time with her while she did something she enjoyed. Not only did I learn cooking skills, but lots of life-lessons along the way.

Getting our children involved in helping in the kitchen is a great avenue to share family time. It gives parents the opportunity to have a “captive audience” with their children without the interruption of computers, cell phones, and television. It is also a way to get our children to try new foods they might not otherwise.

At least once a week, allow your children to help plan (healthy of course!), shop for the ingredients (teaching valuable consumer skills), and prepare (teaching proper cooking techniques) the family dinnertime meal. It is a great opportunity to give your child important culinary skills, as well as, make lasting memories.

The Texas Beef Council has a wonderful recipe data base at www.txbeef.org. Below are two recipes from their Kid-Friendly Recipes section. Encourage your children to visit this website and look for recipes they would also like to try. Enjoy!

Beef Tostadas Grande

Servings

Serves 4

Cook Time

25 minute

Ingredients

- 1 lb. 95% lean ground beef
- 1 cup chopped onion
- 1 Tbsp. chili powder
- 1 jar (16 oz.) prepared thick-and-chunky salsa
- 8 tostada shells (5 to 6- inch diameter)

Instructions

Brown ground beef with onion and 1 Tbsp. chili powder in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking beef up into 3/4-inch crumbles. Stir in salsa; bring to a boil. Reduce heat; simmer 10 minutes or until liquid is evaporated, stirring occasionally.

Divide beef mixture evenly among tostada shells. Top with tomatoes, avocado, jalapeño peppers, sour cream, cilantro and chili powder, as desired.

Nutritional Information

Calories per serving: 327 calories

Cheesy Taco Cups

Servings

Serves 8

Cook Time

15 minutes

Ingredients

- 1-1/2 lbs. 95% lean ground beef
- 1 package (11.3 oz.) refrigerated dinner roll dough or (16.3 oz.) reduced fat buttermilk biscuit dough
- 1 package (1.25 oz.) reduced sodium taco seasoning mix
- 3/4 cup sloppy Joe sauce
- 1/3 cup shredded reduced fat Mexican four-cheese blend
- thinly sliced lettuce (enough for 1-1/2 cups)
- chopped tomato
- sour cream (optional)
- sliced ripe olive (optional)
-

Instructions

Heat oven to 350°F. Separate biscuits and press each into a 3-1/2 inch circle. Turn muffin pan upside-down; press each biscuit over a muffin cup. Bake in 350°F oven 12 to 15 minutes or until browned. Remove baked cups to platter.

Meanwhile brown ground beef with taco seasoning mix in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking beef up into crumbles.

Stir in sloppy Joe sauce; cook 2 to 4 minutes or until hot and bubbly, stirring occasionally. Stir in 1/3 cup cheese. Spoon beef mixture evenly into cups. Top with lettuce and tomato. Top with sour cream and olives, if desired.

Nutritional Information

Calories per taco cup: 331