

FOOD

Old-Fashioned Beef Stew

Ingredients:

- 1 pound lean beef chuck, trimmed and cut into 1 inch cubes
- 2 tablespoons all-purpose flour
- 2 teaspoons vegetable oil
- 2 onions, thinly sliced
- 2 cups fresh sliced mushrooms
- 2 cloves garlic, minced
- 2 teaspoons tomato paste
- 2 cups beef broth
- 4 cups sliced carrots
- 2 russet potatoes, sliced into 1/4 inch slices
- 1 cup chopped fresh green beans
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- 1/4 cup chopped parsley



Directions:

1. Coat beef with flour, shaking off excess. In a large nonstick stock pot, heat oil over medium-high heat, add beef and saute until brown, approximately 6 minutes. Remove beef from stock pot and set aside.
2. Add onions and mushrooms to stock pot and saute for 6 minutes. Add garlic and saute for 1 minute, continually stirring.
3. Skim off fat any fat from the stock pot and return cooked beef to pot; stir in tomato paste and broth. Add enough water to just cover ingredients and bring to a boil. Reduce heat to low and simmer until beef is tender, about 1 hour and 15 minutes.
4. Skim off any foam that has accumulated on the surface of stew and add carrots, potatoes and green beans. Cover partially and simmer for 15 minutes.
5. In a small mixing bowl, mix cornstarch and cold water. Stir mixture into stew. Increase heat and boil uncovered for 1 minute. Sprinkle with parsley and serve.



Cheddar Bay Biscuits

These biscuits are cheesy and rich, and fairly close to the ones a famous seafood restaurant chain serves. Makes 20 biscuits.

Directions:

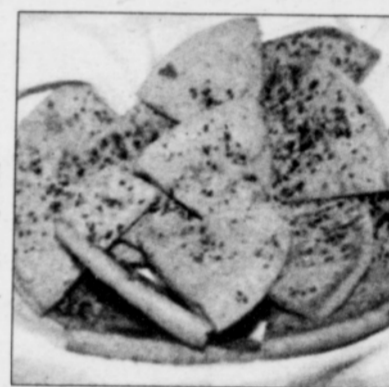
1. Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.
2. In a mixing bowl, combine the baking mix, cheese, and water. Mix until dough is firm. Using a small scoop, place dough on the prepared pan.
3. Bake at 375 degrees F (190 degrees C) for 10 to 12 minutes, or until golden brown.
4. Combine the melted butter, garlic powder, salt, onion powder and parsley. Brush over baked biscuits immediately upon removing from oven.

Ingredients:

- 4 cups baking mix
- 3 ounces Cheddar cheese, shredded
- 1 1/3 cups water
- 1/2 cup melted butter
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon onion powder
- 1/8 teaspoon dried parsley

Pita Chips

These baked pita chips make a lovely accompaniment to any dip or spread.



Ingredients:

- 12 pita bread pockets
- 1/2 cup olive oil
- 1/2 teaspoon ground black pepper
- 1 teaspoon garlic salt
- 1/2 teaspoon dried basil
- 1 teaspoon dried chervil

Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Cut each pita bread into 8 triangles. Place triangles on lined cookie sheet.
3. In a small bowl, combine the oil, pepper, salt, basil and chervil. Brush each triangle with oil mixture.
4. Bake in the preheated oven for about 7 minutes, or until lightly browned and crispy. Watch carefully, as they tend to burn easily!



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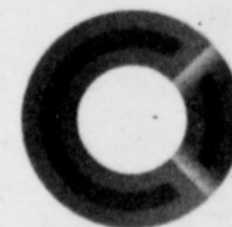
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