

NINETY PERCENT OF SMOKERS START BEFORE THEY ARE EIGHTEEN



It's never too late. For every person who dies from tobacco-related diseases, at least 2 kids become young adults because regular smokers in their late teens, thousands of kids in Oregon started smoking - more than graduated from all the public high schools in Eugene, Medford, Salem, Bend and Roseburg combined. What's for sale in your classroom?

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FOOD

A Tale of Two Chilis

Perfect Ground Beef Chili

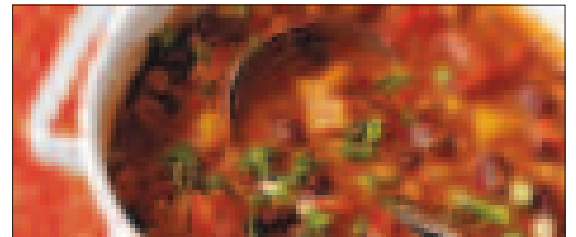
Ingredients:

- 2 pounds ground beef
- 2 cloves garlic, chopped
- One 8-ounce can tomato sauce
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground oregano
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 cup masa harina (Mexican corn flour)
- One 15-ounce can kidney beans, drained and rinsed
- One 15-ounce can pinto beans, drained and rinsed
- Shredded Cheddar, for serving
- Chopped onions, for serving
- Tortilla chips, for serving
- Lime wedges, for serving

Directions:

1. Place the ground beef in a large pot and throw in the garlic. Cook over medium heat until browned. Drain off the excess fat, and then pour in the tomato sauce, chili powder, cumin, oregano, salt and cayenne. Stir together well, cover, and then reduce the heat to low. Simmer for 1 hour, stirring occasionally. If the mixture becomes overly dry, add 1/2 cup water at a time as needed.

2. After an hour, place the masa harina in a small bowl. Add 1/2 cup water and stir together with a fork. Dump the masa mixture into the chili. Stir together well, and then taste and adjust the seasonings. Add more masa paste and/or water to get the chili to your preferred consistency, or to add more corn flavor. Add the beans and simmer for 10 minutes. Serve with shredded Cheddar, chopped onions, tortilla chips and lime wedges.



Best Vegetarian Chili in the World

Ingredients:


- 1 tablespoon olive oil
- 1/2 medium onion, chopped
- 2 bay leaves
- 1 teaspoon ground cumin
- 2 tablespoons dried oregano
- 1 tablespoon salt
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 3 cloves garlic, chopped
- 2 (4 ounce) cans chopped green chili peppers, drained
- 1/4 cup chili powder
- 2 (12 ounce) packages vegetarian burger crumbles
- 3 (28 ounce) cans whole peeled tomatoes, crushed
- 1 tablespoon ground black pepper
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can black beans
- 1 (15 ounce) can whole kernel corn

Directions:

1. Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chili peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.

2. Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

NATIONAL WEEK OF PRAYER FOR THE HEALING OF AIDS



March 14 & 15 2015

You're invited to **Balm in Gilead HIV/AIDS Prayer & Healing Breakfast!**

Community Breakfast: Saturday, March 14
 11:00 am - 12 noon
 Legacy Emanuel Medical Center, Auditorium
 3025 N. Graham St., Portland

Keynote Speaker:
 Dr. Alida Woodard-Espartero
 Volunteer's Life Resource Center

RSVP by calling 503-988-1288 before
 Thursday, March 12 at 5 pm

Free Breakfast, Music, & Local Resources

Free Breakfast: Sunday, March 15
 9:30 - 9:00 pm
 Bethel AME Church, 5024 NE 28th Avenue, Portland.