# Nutrition News

## JULY 2022

## What is Protein?

Protein is a macronutrient and they are needed in larger quantities.
Protein provides us with energy and helps our body function properly.

## Why is Protein Important?

- Helps preserve muscle mass
- Promotes strength
- Plays a vital role in bone structure

## Protein Choices

- Meat & Seafood
- Dairy Products
- Eggs
- Seeds & Nuts
- Legumes (beans, soy)

## Protein Tips

- Limit your intake of red meats
- Choose leaner meats such as chicken and fish.
- Choose plant based protein such as soy products, beans, and nuts.

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# Hamburger Soup

SERVES: 1

## Ingredients

- 1 LB OF GROUND BEEF
- 1/2 CUP CHOPPED ONIONS
- 2 MINCED GARLIC CLOVES
- 1 TSP OF OIL
- 1 CAN OF TOMATO SOUP OR TOMATO SAUCE
- 1 CAN OR BAG OF MIXED VEGETABLES
- I BAG OF PASTA SUCH AS MACARONI OR SHELLS
- BROTH OR BOULLION FOR TASTE

## DIRECTIONS

1. START BY COOKING YOUR ONIONS WITH OIL UNTIL TRANSPARENT.
2. ADD IN BEEF AND GARLIC, COOK UNTIL BEEF IS NO LONGER PINK,
3. ADD YOUR CAN OF TOMATO PRODUCT AND BROTH TO THE BEEF, AND ADD IN WATER AS NEEDED. LET YOUR SOUP COME TO A BOIL
4. ADD VEGETABLES AND PASTA AND COOK UNTIL PASTA IS DONE.