

# Nutrition Education

Both of these recipes are good sources of beta-carotene which converts to vitamin A in the body to promote good circulation and a healthy heart, eyes and lungs.

## *Dinner in a Pumpkin*

- 1 small pumpkin
- 1 onion, chopped
- 1 ½ lbs. ground beef
- 2 Tbsp. soy sauce
- 2 Tbsp. brown sugar
- ¾ c. sliced fresh mushrooms
- 1 can cream-of-chicken soup
- 1 ½ cups cooked brown rice

Cut the top of the pumpkin and thoroughly clean out the seeds and pulp. In large skillet, cook onions and ground beef. Drain drippings from skillet. Add soy sauce, brown sugar, mushrooms, and soup. Simmer 10 minutes, stirring occasionally. Add cooked rice. Spoon mixture into the cleaned pumpkin shell. Replace pumpkin top and put pumpkin on baking sheet. Bake 1 hour or until the inside of the pumpkin is tender. Place cooked pumpkin on serving plate and serve.



## *Sweet Potatoes 'n' Pears*

### **Ingredients:**

- 9 cups cubed peeled sweet potatoes
- 1 (15 ounce) can pear halves, drained
- 1/3 cup packed brown sugar
- 1 T. butter, softened
- 1/2 teaspoon ground cinnamon

1. Boil sweet potatoes. Drain and place in a large mixing bowl. Add the remaining ingredients; beat with mixer until combined and smooth.

