

EAT WELL, AGE WELL: HOLIDAY FOOD SAFETY TIPS

Food Safety Tips for Soup

Keeping food safe is important in any food setting, especially with soups.

Here are a few tips to avoid getting sick and keeping people safe:

1. Avoid letting soup sit out at room temperature for more than 2 hours.
2. Freeze the soup or consume within 3-4 days of making it.
3. Split bulk soups into smaller containers to speed up the cool down time.
4. Hot soups need to be cooled quicker faster to avoid bacterial growth.

Enjoy a safe holiday with a delicious soup!

Baked Potato Soup

Makes 2 servings

Ingredients:

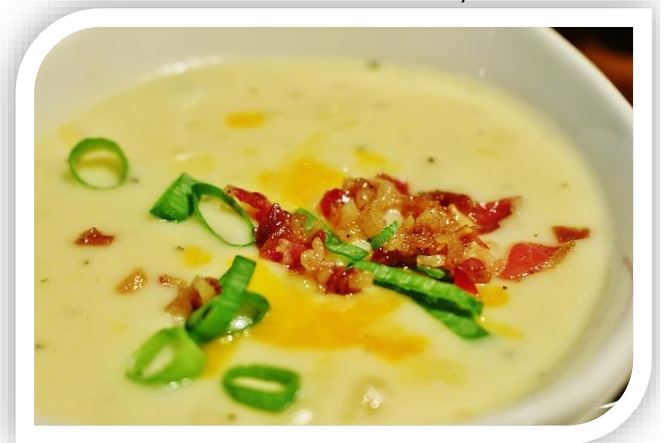
- 2 medium potatoes, baked and cooled
- 1 can (14 ½ oz) chicken broth
- 2 Tablespoons sour cream
- 1/8 teaspoon pepper
- ¼ cup shredded cheddar cheese
- 1 Tablespoon crumbled cooked bacon or bacon bits
- 1 green onion, sliced

Recipe adapted from: <https://www.tasteofhome.com/recipes/baked-potato-soup/>

Directions

1. Peel potatoes and cut into ½- in. cubes, place half in a blender. Add broth, cover, and process until smooth.
2. Pour into saucepan.
3. Stir in sour cream, pepper, and remaining potatoes.
4. Cook over low heat until heated through (do not boil).
5. Garnish with cheese, bacon, and onion.

Photo from Pixabay.com



“Winter is the time for comfort, for good food and warmth... it is the time for home. – Edith Sitwell

Holiday Food Safety Tips

Food Handling:

- Make sure surfaces, hands, and utensils are kept clean
- Keep raw meat separate from produce and other items

If preparing a buffet at home:

- Separate food into smaller portions on bowls and plates and keep backups with more in the fridge
- When one runs out, replace it with another from the fridge without scooping the leftovers from the previous dish on top
- Keep hot items in crock pots or on warming trays at 140 degrees or warmer
- Cold foods should be in the refrigerator until served, if kept out for more than two hours they should be sitting in an ice bath
- If perishable food is kept out for more than two hours, it should be tossed unless it has been kept warm or chilled

Information adapted from fda.gov

Honey Maple Roasted Carrots

Serves 2-3



Photo Courtesy of pexels.com

Ingredients:

- 1 pound carrots, peeled and sliced the long way, about 3 inches long
- 1 tbsp extra-virgin olive oil
- ½ tbsp pure maple syrup
- 1 tbsp honey
- ¾ tsp ground coriander
- ½ tsp sea salt
- 1/8 tsp freshly ground black pepper
- ½ tbsp sesame seeds
- ½ tbsp fresh thyme leaves
- ½ tbsp thinly sliced fresh chives
- ¼ cup pomegranate

Directions

1. Preheat the oven to 450 degrees and lightly oil a sheet pan.
2. Peel and cut the carrots into 3-inch-long strips. Place on the sheet and drizzle with olive oil, maple syrup, and honey. Sprinkle with coriander, sea salt, and pepper.
3. Toss with clean hands or spatula to coat and spread the carrots out in a single layer.
4. Place in the preheated oven and roast for 10 minutes then flip/stir. Return to oven and roast for another 10-15 minutes, making sure to stir every 5 minutes. When the carrots are tender, and the edges are caramelized they are done.
5. Sprinkle sesame seeds and herbs over the carrots and stir. Add more salt and pepper if needed. Scatter with pomegranate and serve!

Recipe adapted from thecafesucrefarine.com

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Share the Gift of Food Safety This Season

Spending time and enjoying food with family and friends is one of the highlights of the holiday season. While the whole family wants to help with preparing the meal, too many cooks inside the kitchen can lead to increased risk of food poisoning. Easy, safe food handling practices protect everyone in the family from getting sick.

Here are some ideas to avoid problems in the kitchen:

- **Defrost carefully** – don't allow food to defrost at room temperatures.
- **Wash hands!**
- **Keep kitchen surfaces clean** – use hot soapy water to wash kitchen-top surfaces, cutting boards, and utensils.

For more information go to eatright.org

Oven-Baked Beef Brisket: Serves 10

Prep Time: 25 min.

Cook Time: 5 hrs. 30 min.

Ingredients:

- 1 brisket ~5 pounds

For the Rub

- 2 tbsp brown sugar
- 2 tbsp smoked paprika
- 2 tsp dry mustard
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp salt
- ½ tsp cumin
- ½ tsp dried basil
- ½ tsp dried thyme

For the Sauce

- 1 tbsp vegetable oil
- 1 cup chopped onion
- ¼ cup celery
- ¼ cup chopped green pepper
- 2 tbsp minced garlic
- 1/8 tsp cayenne pepper
- 3 tbsp white wine vinegar
- 3 tbsp Worcestershire sauce
- ½ cup ketchup
- 3 cups beef broth or stock
- 2 bay leaves



Directions

1. Trim fat down to 1/4 – inch. Mix rub ingredients. Rub all over brisket, wrap it in plastic, and refrigerate overnight or for at least 8 hours. Wash hands, counter & sink.
2. Preheat oven to 300 degrees F. Place brisket in roasting pan and cover with foil. Bake for 3 hours.
3. Meanwhile, heat oil in a pot. Add onion, celery, green pepper, and garlic and sauté for 3 min until veggies are soften. Add cayenne, vinegar, ketchup, Worcestershire sauce, vinegar, broth, and bay leaves. Bring to simmer for 10 min. Remove from heat.
4. Take the brisket out of the oven, turn over, and pour ½ sauce into the pan over the brisket, and recover the pan. Reserve the rest of the sauce in the pot. Continue cooking in the oven for 2 hrs. Remove foil and continue baking for another 30 min. until the outside of the brisket is brown.
5. Remove from the oven, take the brisket out of the pan, and let it sit on a cutting board with foil underneath it. Let sit for 20 min. before cutting. Refrigerate leftovers.

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'Tis the Season for Food Safety

Some tips and tricks for proper food safety during the holiday season

- Cook food thoroughly and measure the temperature of the food
- Don't eat the raw food or batter
-Especially when the kids are baking with you or asking for a taste
- Thaw meat safely
-Plan when you're going to have it cooked and track back 2-3 days to thaw the food in the fridge
-If you forget with the season chaos it's ok, run cold water on it consistently in a clean sink or change the cold water every 30 minutes for a proper defrost

For more information go to
<https://www.cdc.gov/foodsafety>

Broccoli Potato Bake (Serves 4)



Ingredients:

- 1 tbsp olive oil
- 1 tbsp all-purpose flour
- ½ tsp salt (optional)
- 1 c milk
- 1.5 oz cream cheese, diced
- 1/8 c shredded Swiss cheese
- 6 oz package frozen hash brown potatoes
- 6 oz package frozen chopped broccoli
- ¼ c breadcrumbs
- ½ tbsp melted butter

Recipe adapted from:

<https://www.allrecipes.com/recipe/16476/broccoli-potato-bake/>

Directions

1. Preheat oven to 350°F.
2. Wash produce under running water.
3. In a large saucepan, add the olive oil, stir in flour and salt until mixed all the way through.
4. Add milk and stir in until boiling. Then add the cheese and stir when melted. Next, add potatoes and heat through.
5. Pour half the mixture into a baking dish.
6. Cook the broccoli according to the package instructions; drain well. Layer the broccoli over the part of the potatoes in the baking pan, then add the rest of the potato mixture over the broccoli
7. Sprinkle the breadcrumbs and the melted butter on top of the casserole.
8. Bake for 20-35 minutes.

Nutrition facts: 202 calories, 7.2 g protein, 19.3 g carbs, 11.2 g fat, 32.2 mg cholesterol, 455 mg sodium