



The

# Dish

With the  
GWAAR  
Nutrition Team



September 2023

## Senator Smith Delivers Meals in Buffalo County

Senator Jeff Smith (D-Brunswick) took time out of his busy schedule to join the Volunteers of Buffalo City for a ride-along.

He spent the morning listening to the volunteers and met with the staff of the Lost Pirate Grill, which provides locally made meals for the program. Senator Smith discussed how important of a role volunteers have with the nutrition program.



Sen. Jeff Smith (far left) with Meals on Wheels volunteers in Buffalo City

## Nutrition Advisory Council Corner

We were asked by several of you to share information that we think may be helpful to your Nutrition Advisory Council members. The Administration for Community Living (ACL) has helpful tip sheets on a variety of subjects related to senior nutrition. Visit [acl.gov](http://acl.gov) and search for “Quick Tips” to view the guides.

**Quick Tips: Older Americans Act (OAA) Basics** <https://acl.gov/sites/default/files/nutrition/OAABasicsQuickTips2023.pdf>



## Recipe: Sofrito

A basic Spanish Sofrito is a flavor base to start other recipes, starting with sauteing onions in oil. Often garlic, pepper, tomatoes, herbs and spices are added depending on what fresh produce is available.

Sofrito can be used as a base for soups, sauces, beans and anywhere else you want to build flavor.



### Ingredients

- 1 medium white onion – coarsely diced
- 2 garlic cloves
- 1 pound tomatoes – cored and diced
- 1 red pepper – seeded and diced
- 3 Tablespoons oil
- 2 cans low sodium pinto beans or use 3 cups of your own soaked and boiled dry beans
- Salt and pepper to taste
- Optional – 1/4 cup chopped cilantro and 1-2 seeded jalapenos peppers

### Directions

Sauté onions in oil under medium heat until translucent about 3-5 minutes. Add peppers, tomatoes, and garlic, sauteing for 5 minutes more. Remove the sofrito to a food processor or blender and blend well. Add 1 tablespoon oil to a skillet and add blended sofrito and canned beans. Cook at a simmer for about 10 minutes. Add salt, and pepper testing for your taste and just before serving add optional cilantro and jalapenos if desired.

## WAND Fall Conference: September 27-28

Wisconsin Association of Nutrition Directors (WAND) is having their Fall Conference on Sept. 27 and 28 in Appleton. Please contact your GWAAR Nutrition Representative for more information.