Cooperating Counties:

Twin Falls County Extension Office
Rhea Lanting, Extension Educator
Cammie Jayo, Eat Smart Idaho Coordinator
246 3rd Avenue East, Twin Falls, ID 83301
Phone: (208) 734-9590
Fax: (208) 733-9645
http://extension.ag.uidaho.edu/twinfalls

Butte County Extension Office
Phone: 208-527-8587
Fax: 208-527-3448

Cassia County Extension Office
Grace Wittman, Extension Educator
Phone: (208) 878-9461
Fax: (208) 878-7862

Custer County Extension Office
Phone: 208-879-2344
Fax: 208-879-5246

Gooding County Extension Office
Phone: (208) 934-4417
Fax: (208) 934-4092

Jerome County Extension Office
Lyle Hansen, Extension Educator
Phone: (208) 324-7578
Fax: (208) 324-7562

Lincoln County Extension Office
Phone: (208) 886-2406
Fax: (208) 886-2407

Minidoka County Extension Office
Donna Gillespie, Extension Educator
Phone: (208) 436-7184
Fax: (208) 436-6889

Lemhi County Extension Office
Katie Hoffman, Extension Educator
Phone: (208)-756-2815
Fax: (208)-756-6915

Eat Smart Idaho Classes offered this Winter

Burley: Easter Seals – Goodwill Working Solutions Office, 2040 Overland, Burley, ID. Every Tuesday and Thursday at 10:00 a.m.
Rupert : Classes every Monday at 10:00 a.m., at the Minidoka Extension Office, 83 East Baseline Road, Rupert, ID.
Salmon/Challis/Leadore Area: Classes available by calling 208-756-2815, ext. 306.
Twin Falls: Easter Seals – Goodwill Working Solutions Office, 1411 Falls Ave. E, Suite 1202, Twin Falls, ID. Every Thursday at 10:00 a.m.
Twin Falls: Classes every Monday at 10:00 a.m. at the Twin Falls County Extension Office, 246 3rd Ave. E. Twin Falls, ID.

Eat Well for Less

Come join the fun while learning how to:

- Plan easy, quick, and tasty meals that your whole family will love.
- Get your kids to eat more fruits and vegetables and like them.
- Stretch your food dollars.
- Get your family to be more physically active and have fun.

These classes are offered at no charge.

The University of Idaho provides equal opportunity in education and employment on the basis of race, color, religion, national origin, gender, age, disability, or status as a Vietnam-era veteran, as required by state and federal laws.

University of Idaho Extension

Eat Smart Idaho
UNIVERSITY OF IDAHO EXTENSION

Hotline News

Winter 2012/2013

Using a Slow Cooker

Eat Smart Idaho

Eat Smart Idaho is Idaho's SNAP-Ed Nutrition Assistance Program

Trained Eat Smart Idaho Nutrition Advisors are available to help families at no cost.

For further information contact any of your local County Extension Offices.

Funding and program partners are:
*Idaho Department of Health and Welfare
and
*Supplemental Nutrition Assistance Program (SNAP) of Food and Nutrition Service, USDA.

Choose foods to promote a healthy future at every stage of life.

For more information about the Supplemental Nutrition Assistance Program (SNAP) benefits, call or visit your local Health and Welfare office.

Twin Falls: 208-736-2110
Burley: 208-678-1121
Salmon: 208-756-3336

For more information contact:
Cammie Jayo
Phone: 208-734-9590, ext .11

Check out: www.choosemyplate.gov and http://recipefinder.nal.usda.gov for over 600 low cost nutritious recipes
Call University of Idaho Extension: 208-734-9590, ext. 11

Safety and Cooking Recommendations

- To avoid over-cooking, test for doneness close to the time given in the recipe.
- Slow cooker recipes are designed to be cooked with the lid in place.
- Start with fresh or thawed meat – not frozen.
- Use small pieces of meat rather than large cuts. Cuts larger than 2 pounds should be cut in half.
- Cook meat on high for one hour and then turn the cooker to low.
- Use recipes that include a liquid.
- Do not delay starting time.
- Do not reheat foods in a slow cooker or crock pot.
- Size matters, so if a recipe calls for a 3-quart cooker and you have a 6-quart, reduce cooking time by 1/3.
- Check the food's internal temperature to make sure it reaches 160 degrees Fahrenheit.

Cooking Time Conversions

Oven	Slow Cooker
15-30 minutes	High: 1½ -2½ hours Low: 4-6 hours
35-45 minutes	High: 2-3 hours Low: 6-8 hours
50 minutes to 3 hours	High: 4-5 hours Low: 8-10 hours

Check Slow Cooker Temperature

- Fill cooker with 2 quarts of water.
- Heat the cooker on low for 8 hours.
- Quickly check the water temperature.
- The temperature should be 185 degrees Fahrenheit. Higher or lower temperatures will affect the doneness, and lower temperatures can cause food safety risks.

Slow Cooker Pinto Beans

Ingredients:
2 cups dried pinto beans
8 cups water
Optional ingredients:
1 small onion, chopped
2 cloves garlic, minced
1 teaspoon cumin
½ teaspoon pepper
½ teaspoon oregano
1 teaspoon salt

Instructions:
Sort beans checking for rocks, dirt, etc. Rinse well. Combine beans and water in slow cooker. Cook on low for 6-8 hours (or overnight) until beans are soft. Add remaining ingredients if desired and cook until onion is tender (about 30 minutes). Beans may be used in any recipe that calls for canned beans, with or without the additional ingredients. They keep in the refrigerator for 3-4 days or may be frozen for later use.