

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Choosing Pots & Pans

Basic pots and pans are all you need to cook delicious, healthful meals for your family.



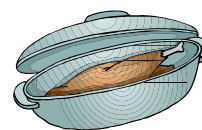
Saucepan



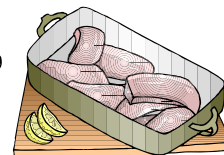
Stockpot



Skillet



Roaster



Roasting Pan

When selecting cookware think about:

- **What can you afford?** Purchase the best quality you can afford. Better quality cookware will last longer than inexpensive cookware.
- **What kinds of meals do you prepare?**
 - **Saucepan** – cooking vegetables, rice, reheating soup, etc.
 - **Stockpot** – cooking stews, soups, pastas, etc.
 - **Skillet** – stir-frying, sautéing, browning meats, etc.
 - **Deep skillet with lid** – good for braising meats (brown meat then cook in liquid to tenderize)
 - **Roaster** – oven prepared meats and vegetables
- **How many people do your meals need to serve?** Cookware comes in many different sizes. Choose the size needed for the amount of food you cook for your family.

Quick Vegetable Soup Serves 4.

1 can (10 $\frac{3}{4}$ ounces) condensed tomato soup 1 cup cooked meat, cut into pieces
1 can (15 ounces) mixed vegetables

Combine soup, vegetables and cooked meat in medium saucepan. Heat thoroughly over medium heat. If too thick, add water for desired consistency.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 1.5 g ~ calories from fat 15 ~ sodium 710 mg ~ total carbohydrate 21 g ~ fiber 1 g

Braised Pot Roast Serves 8

2 1/2 lb. chuck or rump roast

2 Tbsp. vegetable oil

1/2 tsp. garlic powder

1 large yellow onion, sliced

1/2 cup water or beef broth

6 medium potatoes, scrubbed, quartered

6 carrots, scrubbed and sliced in 2" pieces

Salt & pepper, to taste

1. In a large pan (deep skillet or pot) brown roast in oil on both sides.
2. Sprinkle roast with garlic powder.
3. Lift up roast with a fork. Place sliced onion in the bottom of the pan and set roast on top of the onions.
4. Pour water or broth into pan. Heat to a boil then reduce heat to low. Cover pan and simmer for 2 hours.
6. Add potatoes and carrots. Cover and cook for another 40 minutes or until vegetables are tender.
7. Season with salt and pepper to taste.

NUTRITION FACTS (made with water per serving) - Calories 560 ~ fat 31 g ~ calories from fat 280 ~ sodium 105 mg ~ total carbohydrate 27 g ~ fiber 4 g

Choose cookware:

- with sturdy, heatproof handles firmly attached to the pots and pans.
- with tight fitting lids and heatproof lid handles.
- with flat (not warped) bottoms especially for flat surfaced electric stoves.
- that fits your budget. Consider different kinds of cookware according to price and your cooking needs.
 - **Aluminum** – inexpensive, heats evenly, alters the color and taste of certain foods
 - **Anodized aluminum** - does not alter color or taste of foods
 - **Stainless Steel** – moderately priced, durable, heats unevenly
 - **Cast Iron** – inexpensive, heats slow and evenly, needs oiling and hand drying



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