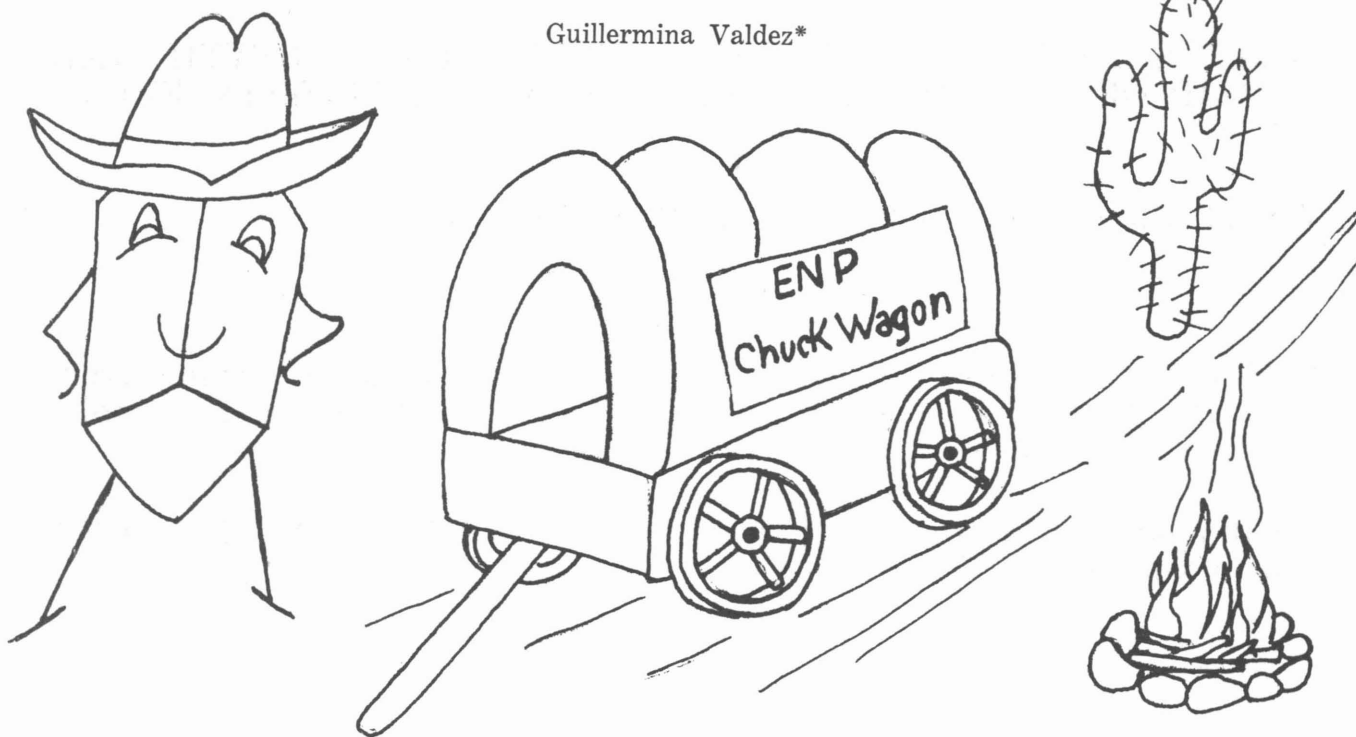


## CHUCK WAGON CHOW

Guillermina Valdez\*



Howdy Pardner, here is a quick dish you can fix by the campfire or in your kitchen. Serve this as a main dish instead of meat.

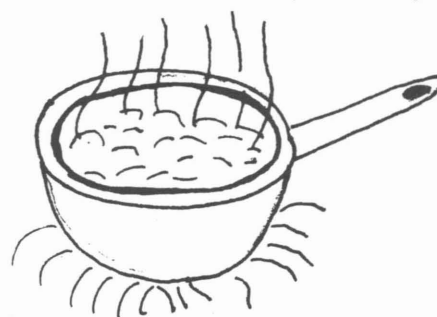
## CHUCK WAGON CHOW

- |                           |                             |
|---------------------------|-----------------------------|
| $\frac{1}{2}$ small onion | $\frac{1}{2}$ teaspoon salt |
| 1 tablespoon fat or oil   | 2 cups egg mix, packed and  |
| 1 cup canned tomatoes     | 2 cups water                |
|                           | or 8 eggs                   |

Finely chop onion. Heat fat or oil in pan. Add onion and cook over medium heat until tender. Cut up tomatoes and add to onion. Add salt. Heat. In a large bowl, beat egg mix and water together until free from lumps. Pour into heated, greased fry pan. Cook over medium heat and stir until eggs are well cooked. Stir in tomatoes and onion, slowly. Serve. Makes 6 servings, about  $\frac{1}{2}$  cup each.

Do you remember how to use a knife safely?

Eggs are a protein food. Protein foods should always be cooked at low or medium heat.



\*Assistant foods and nutrition specialist, Texas Agricultural Extension Service, Texas A&M University.

MEAT SUBSTITUTES are protein foods that can be eaten instead of meat. EGGS can be used as a meat substitute. Here are some other protein foods you can serve instead of meat: peanut butter, beans, dried peas.

MEAT SUBSTITUTES GIVE US PROTEIN FOR GROWTH AND REPAIR OF BODY CELLS. EVERYONE NEEDS PROTEIN EVERY DAY.

WHAT PROTEIN FOODS DID YOU HAVE TODAY?\_\_\_\_\_

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- If you eat two eggs a day, you can count them as a serving from the meat group. You can also count 1 cup cooked dry beans or 4 table-spoons peanut butter as a serving from the meat group.

What foods would you like to serve with the CHUCK WAGON CHOW?  
Fill in your Chuck Wagon Meal . . .



Meat Substitute  
Vegetable or Fruit  
Bread and Cereal  
Milk

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