



Recipe Modification

Recipes taken from a church cookbook, such as these, or some of your favorite family collection can be altered to meet the guidelines for different chronic diseases. See the following examples to see how it is done.

Finnish Meat Balls

- ¾ c. bread crumbs *(use a whole grain bread)*
- 1 c. half and half or milk *(use evaporated skim milk or skim milk)*
- 1 ½ lb. lean ground beef *(extra lean can be used)*
- 1 sm. onion minced
- 1 egg, beaten *(use ¼ cup egg substitute)*
- 1 ½ tsp. salt *(omit and use up to 1 tsp. thyme and a minced garlic clove)*
- ½ tsp. ground allspice
- 2 tbsp. Butter *(omit if using lean ground beef, if using extra lean use 1 tbsp. recommended oil)*
- 2 tbsp. flour
- 1 c. milk or half and half (as needed) *(use evaporated skim milk or skim milk)*

Soak breadcrumbs in ½ cup of milk or ½ & ½ *(use evaporated skim milk or skim milk)*. Blend in the egg *(use ¼ cup egg substitute)*, salt *(omit and use up to 1 tsp. thyme and a minced garlic clove)*, onion, allspice and ground beef. Shape into balls ~ 1 ½ inches in diameter.

Melt butter *(spray with vegetable oil spray)* in skillet and brown meatballs evenly. Remove meatballs from skillet. Add flour to drippings and stir until brown. Add the second ½ cup milk or ½ & ½ *(use evaporated skim milk or skim milk)*; stir until smooth. Add additional milk *(use evaporated skim milk or skim milk)* (up to 1 cup) to thicken the gravy if necessary. Strain gravy for smoothness.

Return meatballs to pan, cover and simmer for approximately 25 minutes (until meatballs are cooked through). Use low heat.

Beef Stew

- 1 1/2 lbs. stew beef from chuck roast
- 1 t. salt *(omit and use paprika)*
- 1/2 t. pepper
- 2 T. oil *(omit and use spray vegetable oil)*
- 1 medium onion chopped
- 1 celery rib
- 4 carrots sliced
- 4 potatoes cubed
- 4 C. beef broth *(use low sodium broth or substitute 4 cups water and low sodium bouillon cubes)*

1/2 C. corn
1/2 C. peas frozen

Brown stew beef in a Dutch oven, in the oil (*use a non-stick frying pan with spray vegetable oil*), small batches at a time. Add onion and cook 3 minutes. (*Transfer meat and onions to ovenproof covered dish*) Add celery, carrots, potatoes, salt (*omit and use paprika*), pepper, and beef broth (*use low sodium broth*). Place in oven at 350°F. for 1 hour. Add peas and corn.

To thicken add 5 T. flour to 1/2 C. water. Add thickening right after peas and corn. Stir to blend. Bake another 15 minutes.

Serves 4 – 6

Goulash

1 pound ground beef (*use lean or extra lean ground beef*)
1 medium onion, chopped
1 package (7 oz size) macaroni
1 teaspoon salt (*omit – consider using onion powder, paprika, or other favorite*)
1/4 teaspoon pepper
1 can tomato sauce (*make sure it is low sodium or no salt added*)
1/2 pound grated cheese (*consider using a low-fat cheese such as farmer or fresh grated parmesan*)
1 teaspoon chili powder

Directions: Brown ground beef in large heavy pan (*use spray vegetable oil*). Add onion, cook until transparent.

Cook macaroni according to package directions (*omit salt*); drain. Add to ground beef mixture. Stir in remaining ingredients. Simmer covered, until cheese is melted.

Serves 4

These recipes have been *changed* to make them low fat, low salt, and easy to eat. Sometimes it involves not only changing the ingredients but also the cooking method. It is important to understand exactly the dietary requirements of the person you are cooking for. An easy place to do this is on pages 7-9 in [Nutrition and Chronic Disease Management](#). Remember always to refer to their [Personal Pyramid](#) as well.