

# Cool Food For Kids



**A hearty soup made with frozen vegetables can be easy enough for your kids to help you make—so nutritious you'll be glad they eat it.**

(NAPSA)—Many families are constantly on the go, with little time to prepare an elaborate meal. Fortunately, frozen vegetables, meats

and seafood, pizza, entrées, desserts and hundreds of balanced frozen food options can be prepared in

minutes so you can sit down with the family and enjoy a meal you feel good about.

You can make mealtime family time in your home and involve your child in planning and preparing meals. There are lots of ways to make mealtime special and make the most of time in the kitchen with your child. For example:

- Involve your children in planning family meals and talk about the importance of eating balanced meals.

- Ask your child to help you prepare family meals. He or she can read the recipe instructions and measure and mix ingredients, prepare baking pans and so on.

- Play simple math games as you cook. Your child can practice counting, weighing, measuring, and working with fractions.

- Finally, make grocery shopping a family activity, too.

Here's a great recipe to try together—fun ingredients and a healthy meal for the family.

## **Kid-Friendly Vegetable Soup**

- 4 cans (14.5 oz) reduced-sodium vegetable or chicken broth**
- 1 16-oz pkg. frozen mixed vegetables**
- 1 can (15 oz) red kidney beans**
- 1 12-oz pkg. frozen cooked meatballs**
- 1 14.5-oz can diced tomatoes, with juice**
- 1 Tbsp tomato paste**
- 1 tsp Italian seasoning**
- Salt & pepper to taste**

**Combine all ingredients in a large pot. Bring mixture to a boil. Reduce heat to medium-low and cook (stirring occasionally) until vegetables are tender and meatballs are heated through, about 15–20 minutes. Serves 6.**

For more recipes, tips and information, visit [www.EasyHomeMeals.com](http://www.EasyHomeMeals.com) and [www.facebook.com/EasyHomeMeals](http://www.facebook.com/EasyHomeMeals). You'll also find rules for a Ski or Sea Vacation Sweepstakes that the National Frozen & Refrigerated Foods Association created to celebrate a Cool Food for Kids promotion, featuring special deals on frozen foods.