

BARN QUILT PAINT PARTY

BY: LIZ'S BARN QUILTS & WC EXTENSION OFFICE

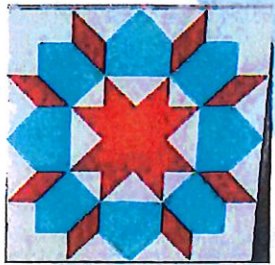
TUESDAY MAY 14, 2024

WASHINGTON CO. EXTENSION OFFICE

9 AM - 3 PM



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Outdoor Signs: 2'x2' = \$130, 3'x3' = \$190

Prices include:

- All supplies (boards, brushes, paint, etc.)
- Boards primed and ready to paint
- Paint colors can be decided day of event
- Lunch (please advise if you have special dietary needs)
- Must be paid in **full** by April 15, 2024



Sorry **NO** refunds on missed event- alternate arrangements will be available. Please bring your own drink, hair dryer and .94" Frog Tape.

Call to register, space is limited: 859-336-7741



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Lentil Sloppy Joes



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

Source:
Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>

- 1 tablespoon olive oil
- 1 medium bell pepper, chopped
- 1 small onion, chopped
- 1/2 cup water
- 1 cup low-sodium vegetable broth
- 1 cup dried lentils
- 1 teaspoon garlic powder
- 1 can (6 ounces) tomato paste
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce (optional)
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 tablespoon Dijon mustard (or yellow)
- 8 whole-wheat hamburger buns

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 lentil burger
Cost per recipe: \$6.20
Cost per serving: \$0.78



MARION CO.
HOMEMAKERS



APRIL 2024

NATIONAL RECOGNITIONS FOR APRIL

April is known for many national recognitions. A few of the recognitions that I think are very important include child abuse & sexual assault prevention month and minority health month, stress awareness month, and national walking day.

In the month of April, you might see pinwheels in yards and around public offices which is to represent the child abuse and sexual assault prevention month. Everyone is encouraged to wear blue on April 5th.

Taking care of ourselves mentally and physically is very important. This year national walking day is on April 3rd. Go out and lace up your tennis shoes and take a walk. Walking not only helps your heart, but your mind!



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Respect
and
accommodate
all people.

MARION COUNTY HOMEMAKER NEWSLETTER

APRIL 2024



CONTACT US:

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UPCOMING EVENTS

Sourdough Bread
Making Class-4/5

★
Voting for 24-25 lesson due-4/5

★
KEHA Conference-5/7-5/9