



15 Minute Chili

Chili is a perfect cold-weather meal. It's warm, hearty and leaves you feeling full and satisfied. Contrary to popular belief, chili doesn't have to take all day. It can be quick and easy. This simple homemade chili recipe features ground beef simmered with onion, tomatoes, beans, and seasonings. And it's ready in 15 minutes!

- 1-pound lean ground beef
- 1 cup fresh or frozen chopped onions
- 1 - 28 oz. can stewed tomatoes
- 1 Tablespoon chili powder
- 1 Tablespoon cumin
- ½ cup salsa
- 2 -16 oz. cans pinto, kidney, black or Great Northern beans, drained and rinse.

Instructions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Peel off the outer layer of the onion and chop.
3. In a large pot, brown beef with chopped onions on medium heat.
4. Add tomatoes, breaking them into small pieces with a spoon.
5. Add seasonings and salsa to beef mixture.
6. Stir in drained, rinsed beans.
7. Cook until hot and serve immediately.

Source: Mississippi State University Extension, Ms. Natasha Haynes and the University of Georgia Extension

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If you have
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February - American Heart Month

February is American Heart Month, which is designed to urge Americans to join the battle against cardiovascular diseases, including stroke, which are our nation's number one killer.

In honor of American Heart Month, I would like to share some information from the American Heart Association about heart attack, stroke and cardiac arrest warning signs and what to do if these signs are present.

Heart Attack Warning Signs: Chest Discomfort –

- Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back.
- Discomfort in Other Areas of the Body – It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Shortness of Breath – Symptoms can also include pain or discomfort in one or both arms, the back, neck, jaw or stomach. Other signs include shortness of breath or breaking out in a cold sweat, nausea or lightheadedness.

Stroke Warning Signs:

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination

Cardiac Arrest Warning Signs:

- No response to tapping on shoulders
- No normal breathing – the victim does not take a normal breath when you tilt the head up and check for at least five seconds

If the signs listed above are present, CALL 9-1-1. Heart attack and stroke are life and death emergencies. If you have any of the symptoms mentioned, immediately call 9-1-1. Not all signs occur in every heart attack or stroke. Sometimes they go away and return. Today, heart attack and stroke victims can benefit from new medications and treatments that were not available in the past. But to be effective, some of these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So, don't delay – get help right away.

Source: Louisiana State University, Author, Adrienne O. Vidrine

See RED on Valentine's Day



See "Red" on Valentine's Day and throughout the year. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits and vegetables provide nutrients vital for health and maintenance of your body.

Red fruits and vegetables include tomatoes, red peppers, red onions, beets, red cabbage, kidney beans, red apples, pink and red grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries and pomegranates.

Some "red" ideas for Valentine's Day (or any day!) include:

- Heart-shaped pizza: Shape pizza dough into a heart. Or use a heart-shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite tomato pizza sauce. Add your choice of toppings.
- Pasta with tomato sauce: For added fun, serve heart-shaped pasta — check with stores offering specialty pasta shapes or order some online.
- Add a few tiny red hot cinnamon heart candies to a popcorn snack.
- Tossed salad with such red additions as red bell peppers, cherry or grape tomatoes
- Make a polka-dotted open-faced peanut butter sandwich. Cut bread into a heart shape, spread with peanut butter and dot with dried cranberries. Or, make a smiley face with the dried cranberries. Another idea would be to purchase some heart-shaped crackers, if available at your local store, to substitute for the bread.
- Coleslaw made with red cabbage instead of green cabbage or add some red foods as red peppers, red onions or red apples to green coleslaw
- Oatmeal topped with a heart shape, made with dried cranberries or dried cherries
- Raspberry smoothie: Put $\frac{3}{4}$ to 1 cup plain or vanilla-flavored yogurt in a blender. Add a few tablespoons of frozen raspberries at a time; blend until desired consistency.
- Pink/red grapefruit half topped with a sprinkle of brown sugar
- Red grapes as a side dish to your sandwich for noontime nibbling

Source: University of Nebraska-Lincoln Extension

Lifestyle Changes and High Blood Pressure



High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as heart disease, stroke, kidney disease, and dementia.

How can I prevent high blood pressure?

According to the National Heart, Lung and Blood (NHLB) Institute, a healthy lifestyle is important in preventing and managing high blood pressure. Modifications include weight reduction/healthy weight maintenance, a healthy eating plan, increasing physical activity, dietary sodium reduction, limiting alcohol consumption, getting enough sleep, reducing stress and quitting smoking. Here are a few tips:

Move More. Regular moderate physical activity, such as walking briskly for 30 minutes on most days of the week, can help lower and control blood pressure. If you have not been active for quite some time or if you are beginning a new activity or exercise program, take it gradually. Consult your healthcare professional if you have cardiovascular disease or any other preexisting condition.

Aim for a healthy weight. Walking may help with maintaining a healthy body weight (body mass index of 18.5–24.9), which decreases the risk of hypertension. In excess fat tissue the increased blood vessels put a burden on the heart. Even a small weight loss of ten pounds can reduce blood pressure or prevent hypertension in many overweight people.

Follow a healthy eating plan. Blood pressure can be lowered 8-14 mm Hg by following the eating plan, Dietary Approaches to Stop Hypertension (DASH). Following the DASH diet increases intake of the nutrients potassium, magnesium, fiber, and calcium, all of which have been linked to lowering blood pressure. The DASH diet includes eating more fruits, vegetables and low-fat dairy, and less saturated fat and total fats. The DASH diet combined with regular moderate exercise and a healthy weight provides the best reduction of blood pressure. Limiting sodium and alcohol intake can also lower blood pressure 2-8 mm Hg².

If you already have high blood pressure, it is important to prevent it from getting worse or causing complications. You should get regular medical care and follow your prescribed treatment plan.

Source: University of Nebraska-Lincoln Extension