



## A Bi-Weekly Letter For SONOCO Professionals Working in the Gulf

**February 1, 2020**

“Stay focused, go after your dreams and keep moving toward your goals.”

*LL Cool J*

“Once you learn to quit, it becomes a habit.”

*Vince Lombardi Jr.*

“I've always found that anything worth achieving will always have obstacles in the way and you've got to have that drive and determination to overcome those obstacles on route to whatever it is that you want to accomplish. “

*Chuck Norris*

## Taking Sides...

It truly is the sides that make the meal. In fact, a National Restaurant Association survey found that 38% of people returned to a restaurant because of a side they really liked.

Offer colorful, eye catching items and fresh vegetables. For example:

Grilled fresh zucchini and squash is super easy. Slice both in ¼” rounds; julienne bell pepper and onion and toss it all in oil with salt and pepper.

Grill on the flat grill or in a skillet until they begin to take on just a bit of color and the onions and peppers are wilting.

Variation: Add stewed tomatoes, or fresh tomatoes, parmesan cheese and Italian seasoning.



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## Things you can do with Ground Beef

- 1) Porcupine meatballs in gravy
- 2) Meatball stew
- 3) Beef pot pie
- 4) Mock filet mignon with bacon
- 5) Meatball Stroganoff
- 6) Braciola with sausage (ask us)
- 7) Swedish meatballs
- 8) Hamburger steaks in gravy
- 9) Beefy baked beans
- 10) Deep dish pizza
- 11) Taco soup
- 12) Hot dog chili
- 13) Cincinnati style chili spaghetti
- 14) Asian lettuce wraps
- 15) Ginger beef and broccoli
- 16) Taco salad
- 17) Enchiladas
- 18) Burritos
- 19) Tortilla pie
- 20) Italian meat loaf
- 21) Cheeseburger baked potatoes
- 22) Heart spinach beef frittata
- 23) Sweet & Sour meatballs
- 24) Cheesy stuffed meat loaf & roasted potatoes
- 25) Meatball kabobs
- 26) Spicy meat pies

- 27) Beef & pineapple tacos
- 28) Beef & biscuit casserole
- 29) Working Man's Beef Wellington (in puff pastry crust)
- 30) Meatball subs
- 31) Korean beef bowl

### Got meat loaf that didn't move at dinner?

- 32) Stuffed peppers
- 33) Cabbage rolls
- 34) Patty Melt with grilled onions
- 35) Rice dressing
- 36) Spaghetti sauce
- 37) Classic Chili with beans
- 38) Chili mac & cheese
- 39) Lasagna
- 40) Lasagna roll ups
- 41) Sloppy joes
- 42) Dirty rice
- 43) Pizza topping
- 44) Shepherd's pie
- 45) Taco meat Chili pie
- 46) Cheeseburger macaroni
- 47) Tamale pie
- 48) Cheesy stuffed French bread
- 49) Beef pot pie
- 50) Salisbury steak & gravy
- 51) Taco stuffed loaded potato
- 52) Chili cheese French bread
- 53) Pizza patty melt
- 54) Taco lettuce wrap
- 55) Sloppy Joe tacos
- 56) Stuffed zucchini
- 57) Taco lasagna

**These recipes are available online, or call  
for a fax/email copy :-)**

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## Healthy Habits to Help Prevent Flu



The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu. The tips and resources below will help you learn about steps you can take to protect yourself and others from flu and help stop the spread of germs.

### **Get Vaccinated**

Get your family vaccinated: fight flu! The seasonal flu vaccine protects against viruses that research indicates will be most common during the upcoming

season. There are several flu vaccine options this flu season.

### **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### **Stay home if you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

### **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

### **Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

### **Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### **Practice other good health habits.**

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

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## Keep Your Balance

Is your menu balanced? Not just nutritionally, but is it top-heavy with heavy entrees? Consider:

A creative casserole at one meal a day is a cost-effective opportunity to offer enjoyable comfort food.

Creative potato dishes are always a good complement to an entrée and often can be incorporated into a dish.

A pot roast with red potatoes and a natural gravy is always popular and uses lesser – and leaner - cuts of meat.

A balanced meal should also include a choice of starches: pasta potatoes, grains, and beans.



Also consider polenta. Easy to make, it's basically yellow corn meal, cooked low and slow in chicken stock with some butter and cream. Call them grits with a fancy name or a college degree.

People pay top dollar for it in good Italian restaurants. You can chill it, then grill it too, as shown above.

And don't forget sweet potatoes. Simply baked and with cinnamon and butter available, you'll be able to offer a great option for even one or two people with no effort at all. Use the unserved portions in a pie, muffins, or even cake or pancakes.



### SWEET POTATO PANCAKES

- 1 lb. baked or cubed and boiled sweet potatoes, mashed well and cooled
- 2 Cup flour
- 4 tsp baking powder
- 1 tsp salt
- ½ tsp nutmeg
- 2 each eggs, beaten
- 2 Cup milk
- ¼ Cup oleo, melted

Mix wet ingredients in a bowl. Mix dry in another. Combine the two and make a batter. Cook as a normal pancake batter.

These are fantastic with Steen's syrup, by the way. And you don't have to wait until breakfast to serve them. Try them as a side with ham steaks or pork roast.

