

**Martin County Chamber of Commerce
&
City of Stanton Economic Development Corp.**

January



Happy New Year!!! 2014 is here. Time for New Year Resolutions; eating healthier, being more organized, getting in more exercise. All the best intentions. This year, try harder to make it stick. Find a partner to help make you accountable and plan some time to get together maybe once a week or even once a month and then mark it on your calendar or set an alarm on your handy smart phone. Make the effort. Once you get going on some of these things, you might realize how much better you feel about things and you'll want to keep going.

This month, the Chamber of Commerce will be having its Annual Banquet (tickets are \$15.00) with all the bells and whistles. There will be a meet & greet time before the fun starts, and then we will have a meal of roast beef with all the trimmings courtesy of Baker's Catering. After our meal we will recognize the Educators of the Year, Students of the Year, Man & Woman of the Year and more. The Chamber of Commerce thinks it is important to recognize

~RETIREMENT PARTY~

There will be a retirement party in honor of Karla Canada, Friday, January 3, 2014, at the Martin County Senior Center from 3:00-5:00 P.M. If you would like to RSVP, please call 756-3316.

MARTIN COUNTY CHAMBER OF COMMERCE
& AGRI LIFE EXTENSION

ANNUAL BANQUET

JANUARY 30

MEET & GREAT AT 6:30

MARTIN COUNTY COMMUNITY CENTER

TICKETS ~ \$15.00



January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year!	2	3	4
5	6 Back to School	7	8	9	10	11
12	13	14	15	16 Early out @ school	17 No School Martin County Livestock Show	18
19	20 MLK Day	21	22	23	24	25
26	27	28	29	30 Chamber Banquet	31	

notes

5-INGREDIENT BROCCOLI CHEESE SOUP

Yield: About 2-4 servings

INGREDIENTS

- 3 cups chicken or vegetable stock
- 2 cups chopped broccoli florets, fresh or frozen
- 1 small white onion, diced (about 1 cup)
- 1 (15 oz.) can evaporated milk
- 2 cups shredded sharp cheddar cheese (Kraft brand pre-shredded seems to melt well for this recipe)

DIRECTIONS

Stir together stock, broccoli, diced onion, evaporated milk and cheese together in a medium saucepan. Heat over medium heat until simmering (but not boiling, or the soup will curdle). Then reduce heat to medium low, cover, and simmer for 15 minutes, stirring occasionally, until the onion is cooked and soft. Season soup with salt and pepper if needed. Serve warm.

Crock Pot Chicken Noodle Soup

Ingredients

- 1 1/2 cups carrots, chopped
 - 2 ribs celery, chopped
 - 1 medium cooking onion, peeled and sliced
 - 2 slices ginger (approx. 1/4 inch thick each), peeled
 - 2-3 stocks fresh rosemary
 - 8 boneless, skinless chicken thighs or breasts
 - 1 container low sodium chicken broth (approx.: 900mL—if not using wine add additional broth)
 - 1 cup white wine (Optional but highly recommended)
 - Coarse salt and ground pepper to taste
- 2 cups egg noodles

Instructions

- Add your veggies and rosemary to crockpot.
- Put the chicken on top.
- Add the broth, wine and some salt and pepper.
- Cook on low for 8 hours
- When cooked, remove chicken, shred with two forks and put back into crockpot.
- Add noodles and cook on high for 20-30 minutes

Run out of eggs?

You can replace an egg with

- ◆ 1/2 mashed banana
- ◆ 1/3 cup applesauce
- ◆ 1/4 cup yogurt
- ◆ 1/4 c vegetable oil