



CATHOLIC SOCIAL SERVICES OF SOUTHERN NEBRASKA

Hope in the Good Life

July 2024



St. Elizabeth of Hungary/Food Market & Meal Services

Honoring Dignity with Nutritious Meals

Born into royalty in 1207, Saint Elizabeth of Hungary was set apart not by her noble birth, but by her extraordinary spirit of compassion and service. Despite her wealth and privilege, Elizabeth had a generous heart and a profound love for the poor and less fortunate. She used her position in court to bring hope to those around her.

Elizabeth's dedication to the poor was unwavering. She visited them twice each day, once in the morning and once at night. With her husband's support, she used his revenue to give food to the hungry, treating each person with dignity and love. She even sold her own royal gowns to further assist those in need. Elizabeth understood that each person's needs

were different, and she met each one where they were, living out the works of mercy in every encounter. When her husband died, she gave up the rest of her possessions and joined a Franciscan convent. As a Franciscan nun, she continued her mission, serving the needy and restoring their dignity.

Inspired by the spirit and love of Saint Elizabeth, our CSS Food Market and Meal Program strives to provide nourishment and intentional care for those in need. This means not only supplying food but also prioritizing nutritious meals that will strengthen and sustain each person. In today's culture, healthy eating and good nutrition are often regarded as luxuries rather than necessities.

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4th Annual
**WALK
TO END
HUNGER**

Help support the
**CSS Lincoln
Food Market**

Lincoln parishes have been hosting drives all summer to collect the most food.

There is still time to donate food or money to help your parish win!

**Bring your
donations and
walk with us!**

Each lap walked will raise more funds for our food market.

SUNDAY, AUGUST 4
5 PM - 8 PM | Pius X High School

To learn more
or give online, visit
csshope.org/walk





**PO Box 30425
Lincoln NE 68503-0425**

#HopeintheGoodLife

Honoring Dignity with Nutritious Meals (cont.)

Our program recognizes proper nutrition as essential and it is our duty to give this back to our clients. By prioritizing wholesome ingredients and balanced meals, we ensure that each person receives thoughtful and intentional care.

Our food market serves a diverse community with varying tastes and preferences. We make it a priority to offer a variety of options familiar to different cultures. Our market is stocked with healthy choices, including fresh fruits and vegetables, lean meats and proteins, grains, healthy fats, and dairy products. Clients walk through the market with a volunteer, choosing the food best suited for their needs and the needs of their families, restoring their dignity as unique individuals.

In addition to providing nutritious food, we also offer easy-to-follow recipe cards and meal kits to encourage balanced meals. Take a look at the recipe to the right!

If you would like to support our mission, we gladly accept food donations at all our locations. You can also support the Food Market monetarily. Together, we can continue Saint Elizabeth's legacy of love and service, bringing hope and nourishment to those in need.

 GREEN BEAN AND GROUND BEEF STIR FRY	
SERVINGS: 4 PREP TIME: 10 MIN COOKING TIME: 20 MIN	
INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> • 1 pound ground beef • 1, 15 oz can of green beans, drained • 1/4 tsp red pepper flakes • 2 tsp fresh ginger grated • 2 cloves garlic minced • <u>For The Marinade:</u> • 1/4 cup low sodium soy sauce • 4 cloves garlic finely minced or grated • 1 tablespoon sesame oil • 2 tablespoons brown sugar • 1 tablespoon rice vinegar • 1 tablespoon ginger root grated • 1 teaspoon chili garlic sauce • 1 tbspn Cornstarch 	<ul style="list-style-type: none"> • Whisk together all ingredients for the marinade. • Place raw ground beef in a medium-sized bowl, pour marinade over beef, and stir to fully combine. Set aside for 20 minutes. • Heat a sauté pan over medium-high heat. Add the beef mixture, ginger, garlic, and red pepper flakes. Cook until browned. • Add in the drained can of green beans and cook until heated through. • Continue cooking until excess moisture has evaporated.
NUTRITION PER SERVING	
Calories: 418kcal Carbohydrates: 15g Protein: 22g Fat: 30g Saturated Fat: 9g Cholesterol: 81mg Sodium: 677mg Potassium: 467mg Fiber: 2g Sugar: 8g Vitamin A: 428IU Vitamin C: 8mg Calcium: 57mg Iron: 3mg	
Recipe from https://www.foxandbriar.com/green-bean-and-ground-beef-stir-fry	
	More HOPE IN THE GOOD LIFE recipes are available at csshope.org/recipes 