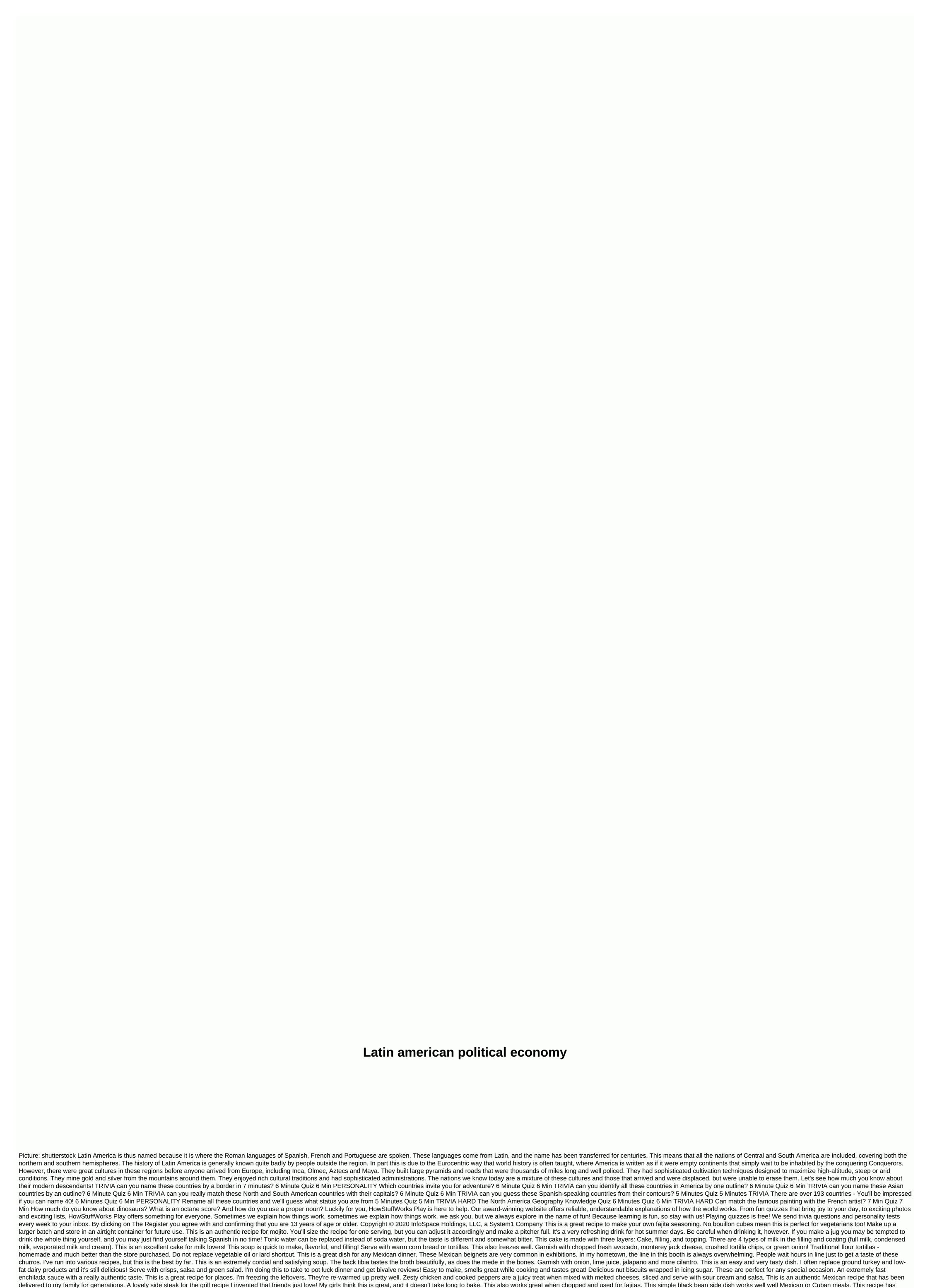
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fewer calories due to the ground turkey and amazing taste! It's a little spicy, but our family enjoys it that way. Because it tastes so good, you can't even tell it's not beef. It tastes great as an overlay on baked potatoes as well as tacos. Enjoy! A version of feijoada from Northeast Brazil. Feijoada is a dish made throughout

Brazil, and there are many versions, but this recipe is the most common everyday version you'll come across at backyard barbecues and birthday parties in the Northeast. A very easy way to make great horchata! A mixture of chiles and spices simmered with beef stew meat. Very tasty and served with cilantro, lime, and onion as spices and Mexican rice or beans as side dishes. This is a quick and easy recipe. Good for quick dinners. I'm from San Diego and these taste like home! We live in the south now, and no one's heard of them! Serve with homemade pico de gallo, and lime slices to squeeze on top! This Mexican rice is cooked with onion powder, garlic powder, and tomato sauce for an easy side dish. Add green pepper, red pepper or fresh tomato to the rice before simmering for extra flavor and color, depending on your family's taste. Use the chicken broth in place of the water for an even saltier taste. Growth is slowing globally, but the biggest problem for the U.S. economy may come from within. That's at least what American consumers fear, according to Bankrate's April Financial Security Index survey. Nearly half (44 percent) of the 1,000 people surveyed said the political environment in Washington, D.C., is the biggest threat to the domestic economy over the next six months - more than any other category and the highest since Bankrate began asking the question two years ago. We live in an age of high political discord or polarization in America, says Mark Hamrick, senior economic analyst at Bankrate. One can imagine that these concerns reflect their lack of confidence in the ability or willingness of officials to solve problems. But even though a record number of Americans are more concerned about D.C., not many have changed their financial habits. More than half of respondents (51 per cent) do not change the way they spend, while almost a quarter (24 per cent) say they spend more. Any and all of these steps would be prudent in anticipating a turn for the economy, says Hamrick. Seeing the political environment as a major economic concern When it comes to observing the impact of the Trump administration on everyday people, Crystal Cohen had a first place. The Illinois-based accountant knows the farmers who were hurt by the invoices. He saw a friend living without pay during the biggest government shutdown in U.S. history. She even saw her employer - a manufacturer of car headlights - - filling vacancies due to the uncertainty surrounding trade policy. For these reasons, he sees the political environment in Washington as a top threat to the domestic economy. These are policies that can damage an economy. We're so divisive in our politics, Says Cohun. What happens when we have a recession, and we don't have pillows? He is specifically concerned about the Trump administration's tax cuts in 2017 and how it relates to the widening deficit. The deficit in March widened to \$691 billion, a 15 percent increase from a year ago, according to the report. Large deficits are mixed with rising debt and historically low interest rates make her fear that the economy may not be well prepared for any shocks, she says. I'm just thinking about the nature of how an economy cycles, and a recession is inevitable, Cohoon says. The Federal Reserve continues to keep interest rates extremely low. Our debt is the highest there's ever been. Where are we going to turn? But Cohoon says she hasn't made a change in her personal finances in preparation for any recession - mainly because she has always lived a frugal lifestyle. I'm not the type of person who runs out and gets a new car just because I can, Cohoon says. I live with my means. Washington concerns felt across AmericaAll regions listed the political environment as their top concern, the survey found, but it was most evident in the Midwest, where Cohoon hails. Fifty-four percent of respondents from this field cited politics as the top threat, compared to 38 percent in the Northeast, 45 percent in the South and 40 percent in the West. This area has been most affected by the Trump administration's trade policies, says Greg Vallere, chief U.S. policy strategist for AGF Management. The trade war, at least initially, was a brake on economic growth, Valiere says. This was particularly negative in the rust belt or in the farm zone. Concerns about the political environment in Washington also cover a variety of backgrounds and ideologies. Republican president in office. Nearly half (49 percent) of Republicans surveyed listed the political environment as the top threat to growth. Meanwhile, 45 percent of Democrats and 42 percent of independents cited Washington as the top risk. This is exactly what Michael Farr, CEO and financial consulting firm Farr, Miller and Washington has noticed when delivering public speeches across the country. Farr says one way to get the audience groaning is by mentioning the word Twitter. In an instant, he will hear the audience expressing his disapproval of Trump's activity on the platform. These groaning groans by people across the county - regardless of their personal politics, he has noticed. They don't understand how people can get away with behavior so badly, says Farr. They tend to say, 'Well, if these are the reactions that are willing to air so guickly in the airways of the world, what kind of decisions will they make at critical times?' Washington has long influenced markets and the economy, but it seems to be much more of a broader concern. Politics can affect the economy, but pay attention to the fundamentalsNo is out of line to think that the political environment could affect markets or the broader economy. Farr says. There comes a time when Trump moved markets by tweeting on the morning of the June 2018 jobs report that he was looking forward to seeing the data - which he has given access to the night before. Health care stocks also sank during the 2016 presidential election, Farr says, for fear that Hillary Clinton would be tough on the industry. The lack of government regulation for the financial system could also be responsible for the severity of the financial crisis, he adds. Washington can influence how Wall Street trades and how the economy performs, says Farr. It's at the heart of a lot of things that allow leverage to get us in trouble. Consumer views are also not out of line with what experts say. Bankrate's first-quarter survey of economists found that U.S.-China trade policy was a top threat to growth, something the Trump administration has managed to shake up throughout their more than two years in office. But it's important to ignore the noise and look at the basic principles, says Valliere. The labour market is tight, while unemployment is close to a half-century low. The stock market also has a record run, he says. There's this pervasive view across the country that Washington is broken, says Valliere. Washington is very divided, but you have to separate this idea from where the economy is right now. Insulize from shocks by preparing finances for reductions that doesn't mean it's not a good time to prepare your finances by cutting costs or paying off debt, Hamrick says. Reductions are inevitable, and it is best to make economic sane while the sun shines. [Read Bankrate's tips on how to save money, including advice specifically for those in their 20s and 30s.] Even if it's something as basic as saving for retirement or an emergency, Hamrick says, there is no time like the present to make further progress toward our personal financial goals. If the past is any guide, the country will come out the other side, he says. We think this is the most divisive it's ever been because we're living it now, and social media is playing play but in the 1960s, we had murders and riots, he says. I try to keep telling myself that this is really good for us, that when we get through this, it will make us stronger. [See the top high-yield savings accounts for April 2019, whose annual rate of return exceeds inflation.] MethodologyThis study was conducted for Bankrate by telephone by SSRS on the Omnibus research platform. SSRS Omnibus is a national, weekly, dual, bilingual telephone survey. From 2 to 7 April 2019, a sample of 1,000 respondents was interviewed in English (965) and Spanish (35). Telephone interviews were conducted by landline (396) and mobile phone (604, including 380 without a landline). The margin of error for all respondents is +/-3.64% at the confidence level of 95%. All Omnibus SSRS data is weighted to represent the target population. Learn more: more:

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