

the Fresh Food Rx

Food Connection



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Easy Vegetable Soup

Ingredients:

- 1 teaspoon oil
- 1 medium onion, diced
- 1 red bell pepper, diced
- 1-2 stalks celery, diced
- 4 cups vegetable or chicken broth
- 1 cup water
- 1 can diced tomatoes
- 1 squash, chopped
- 2 sweet potatoes, diced
- 1/2 head cabbage
- 2 teaspoons Italian seasoning
- Salt and pepper, to taste

Instructions:

- 1) Heat oil in a large pot over medium-high heat. Once pan is hot, add onions, peppers, and celery. Cook, stirring frequently, for 4-6 minutes.
- 2) Add broth, water, tomatoes, squash, sweet potatoes, and seasonings.
- 3) While veggies are cooking, chop the cabbage and add to the pot.
- 4) Cover and bring to a boil, then reduce heat to medium-low.
- 5) Cover and simmer the soup for 25 minutes, or until the potatoes are tender.

Recipe adapted from knowyourproduce.com



Vegetable soups are a perfect way to make something warm and delicious with your extra veggies. You can change this up by using carrots instead of bell pepper, or kale instead of cabbage. You could add beans, corn, and/or cooked meat like ground beef or shredded chicken. It's a great winter meal that you can also freeze and save for later!



Kitchen Tips on *Kale*

Storage: Wrap the whole bunch in paper towels, and store in a plastic bag or Ziploc in the fridge for about a week.

Prep: Wash well, then tear the leaves from the stems and then tear into bite-size pieces.

Cooking: One of the simplest ways to cook kale is to sauté it with garlic and season with red pepper flakes. Heat oil in a skil-

let over medium heat, add a few cloves of chopped garlic and a pinch of red pepper flakes. Stir for less than a minute, then add kale—a few handfuls at a time, until it's all added. Season with salt and pepper. Cover and cook (stirring occasionally), until the kale is tender. This should take about 5 minutes.

Nutrition: Studies show eating kale and other greens regularly may help prevent different cancers and heart disease.



Interested in Getting More Active?

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Check with your healthcare provider to see if you are eligible, or call the Winston Lake Family YMCA today for more information: 336-724-9205

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