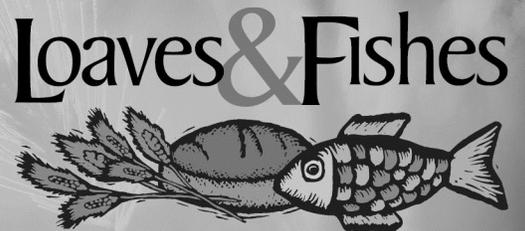


NUTRITION To Go



FOOD PANTRY

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Did you know? Now you can visit the pantry two times per month to pick up food.
¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida.

Try soups and stews for a healthier 2022!

On cold winter days, soups and stews might be just what you are craving, and just what the doctor ordered!

If you have a cold or allergies, the warm steam from soups can help clear your nasal passages and soothe your throat. And all the different vegetables and proteins cooked together in soups and stews give you a boost of lots of different vitamins and minerals. This will help support your immune system so you can get well and stay well!

Soups and stews are also inexpensive to make. They are easily made ahead of time and can be stored in the fridge or freezer until you are ready to serve. If you are too busy to prepare meals daily, you will have soup ready when hunger strikes!

Research also suggests that adding broth-based soups to your diet can help you eat fewer calories and stay more hydrated. Try enjoying a broth-based soup before your main meal. This will help you feel fuller and eat fewer calories overall.

In this newsletter you will find tips and recipes. Try some soups and stews and we wish you a healthy 2022!

¡Más sopas y guisos en 2022!

En los fríos días de invierno, las sopas y los guisos pueden ser justo lo que anhelas, ¡y justo lo que el médico ordenó!

Si tiene un resfriado o alergias, el vapor caliente de las sopas puede ayudar a limpiar las fosas nasales y calmar la garganta. Y, todas las diferentes verduras y proteínas cocinadas juntas en sopas y guisos le dan un impulso de muchas vitaminas y minerales diferentes. ¡Esto ayudará a apoyar su sistema inmunológico para que pueda recuperarse y mantenerse bien!

Las sopas también son baratos de hacer. Se hacen fácilmente con anticipación y se pueden almacenar en la nevera o el congelador hasta que esté listo para servir. Si estás demasiado ocupado para preparar comidas a diario, ¡tendrás sopa lista cuando el hambre golpee!

La investigación también sugiere que agregar sopas a base de caldo a su dieta puede ayudarlo a comer menos calorías y mantenerse más hidratado. Trate de disfrutar de una sopa a base de caldo antes de su comida principal. Esto le ayudará a sentirse más lleno y comer menos calorías en general.

En este boletín encontrarás consejos y recetas. ¡Les deseamos un 2022 saludable!



7-Can Chicken Taco Soup

1 can (15 oz) of black beans, rinsed and drained
1 can (15 oz) of pinto beans, rinsed and drained
1 can (14 oz) chicken broth
1 tsp each cumin, chili powder, garlic powder and oregano
Salt and pepper to taste

1 can (14.5 oz) petite diced tomatoes
1 can (15 oz) sweet corn, drained
1 can (12 oz) chicken breast, drained and flaked
1 large can (28oz) green enchilada sauce (or green chiles)

Combine all ingredients into a large pot and boil over medium heat. Reduce heat and let simmer for 20-25 minutes. Serve warm with desired toppings such as shredded cheese, tortilla chips, or lime wedges.

<https://www.cookingprofessionally.com>

Soup 101

As you may have guessed, not all soups are as healthy as others. The healthiest soup or stew will be one that is broth/stock based that you make yourself. Homemade soup made from fresh ingredients is the healthiest because it is lower in sodium and because you can add plenty of fresh or frozen vegetables. These add fiber and a good mix of vitamins and minerals!

Broth-based soups are made with chicken, meat, or vegetable stock/broth as the main liquid. Soups with a lot of cream in the base are going to add saturated fat and calories, so they will not have all the same benefits that broth-based soups do. If you love creamy textures but want healthier option, you might try butternut squash soup or pureed lentil soup to get that creamier texture.

While homemade soups are best, you can enjoy canned soups as well! Would you like to try making canned soups healthier? Start by choosing canned soups that are lower in sodium and fat and have a variety of vegetables, beans, and lean meats. Try adding herbs and spices, not more salt, when you season it. Also, add in extra fresh or frozen vegetables to the soup during heating.

Scan here for a super easy lentil soup recipe!
Escanear aquí para una receta de sopa de lenteja super fácil.



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“Whatever You Want” Soup

This basic recipe will help you turn the ordinary ingredients you have into a hearty winter meal. Starting with a flavorful base of onions, garlic, and stock (or water), create a chunky soup using whatever you want!

4 T butter, vegetable oil or olive oil
2 medium onions
3 cloves garlic
Salt
About 8 cups chicken stock or water
6-8 cups meat, vegetables, or other add-ins

For add-ins, you can use a combination of things to equal 6-8 cups. Try vegetables such as carrots, celery, potatoes, squash, etc., sliced in $\frac{3}{4}$ in. pieces, cooked lentils or beans, up to 4 cups kale or cabbage and up to 3 cups shredded chicken or pork. You may also just add raw chicken to the soup, remove it when cooked, shred, and return to the soup.

1. In a large dutch oven or stock pot over medium heat, melt butter or heat oil until shimmering. Add onions, garlic, and a pinch of salt. Reduce heat and cook, stirring occasionally until the onions are tender, about 15 minutes
2. Add in your meat, vegetables or other ingredients and add enough water or chicken stock to cover. Season with salt.
3. Increase heat to high, boil and then reduce to a simmer. Cook until the flavors come together, and the vegetables are tender, about 20 minutes.
4. Taste and adjust for salt, garnish as desired and serve hot. Can be stored for up to 5 days in the fridge or freeze and store for up to 6 months.

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