

Being Well Class
October 2019: Revamp Your Pantry

Take inventory of your pantry & create more storage space.

Alamo Beef & Bean Soup

Ingredients:

½# lean (85%) ground beef

1 Tbsp. Taco seasoning mix

1 can (16 oz.) pinto beans, drained, rinsed

1 can (16 oz.) red beans, drained, rinsed

1 can (15 oz.) crushed tomatoes, untrained

2 cans (4.5 oz.). Chopped green chilies

1 cup salsa

1 ½ cups low sodium chicken broth

1 ½ cups fresh corn kernels

¾ cup diced yellow onion

1 tsp. Dried minced garlic

½ tsp. Pepper

Optional toppings: tortilla chips/strips, sour cream, shredded cheddar cheese, avocado

Directions:

In a 10 "skillet, cook beef over medium-high heat 6 to 8 minutes, stirring occasionally, until thoroughly cooked; drained.

Spray slow cooker with cooking spray. Add beef & remaining ingredients except optional toppings.

Cover & cook on low heat setting 6-8 hours. Garnish each serving with toppings.

Slow Cooker Creamy White Chicken Chili

Ingredients:

1 # boneless, skinless chicken breasts, trimmed of excess fat
1 yellow onion, diced
2 cloves garlic, minced
24 oz. chicken broth (low sodium)
2-15 oz. cans Great Northern beans, drained & rinsed
2-4 oz. cans diced green chilies (1 hot & 1 mild)
1-15 oz. can whole kernel corn, drained (or use 4 ears fresh corn, kernels removed)
½ tsp pepper
1 tsp. Cumin
¾ tsp. Oregano
½ tsp. Chili powder
¼ tsp. Cayenne pepper
Small handful fresh cilantro, chopped
4 oz. reduced fat cream cheese, softened
¼ cup half & half

Toppings:

Sliced jalapeños, avocados, dollop of sour cream, minced fresh cilantro, tortilla strips, shredded Monterey Jack or Mexican cheese

Directions:

Combine all ingredients into a slow cooker and cook for 8 hours on low.

If short on time:

Sauté' chicken breast cut up into 1-inch chunks & add onion & garlic.

Once cooked through add the remainder of ingredients and simmer on low for 30 minutes.

Enjoy!