



American
Heart
Association.

January

SIMPLE WAYS TO PRACTICE GRATITUDE

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Slow Cooker Kale, Tomato and White Bean Soup

Ingredients

- 2 teaspoons canola oil OR corn oil
- 2 cups sliced carrots (about 5 to 7 medium carrots)
- 1 cup sliced ribs of celery (about 2 ribs)
- 1 cup finely chopped onion, yellow preferred
- 2 medium garlic cloves, minced
- 1 15.5-ounce can no-salt-added or low-sodium cannellini beans

Directions

1. In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the carrots, celery, and onion for 8 to 10 minutes, or until the vegetables are tender, stirring occasionally. Stir in the garlic. Cook for 1 minute. Transfer to a 3- to 4½-quart slow cooker.
2. Stir in the beans, tomatoes, broth, kale, rosemary, and pepper.
3. Cook, covered, on high for 4 hours or on low for 8 hours.

- 2 14.5-ounce cans no-salt-added diced tomatoes
- 2 1/2 cups fat-free, low-sodium vegetable broth
- 10 to 12 ounces frozen kale
- 1 teaspoon dried rosemary
- 1/4 teaspoon pepper
- 2 teaspoons fresh lemon juice
- 1/2 cup fresh chopped parsley, optional

4. Carefully take out 2 cups of the soup. Transfer to a food processor or blender. Let cool slightly for about 5 minutes. Process the soup (vent the blender lid) until smooth. (Use caution as the soup and steam are hot and vent the blender lid away from you.)
5. Return the soup to the slow cooker. Stir until well blended. Stir in the lemon juice.
6. Ladle the soup into bowls. Sprinkle with the parsley.

4 Servings

209 Calories
Per Serving

10g Protein
Per Serving

10g Fiber
Per Serving



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