



SIMPLE WAYS TO PRACTICE GRATITUDE

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January



Black Bean Soup

 SERVES 4

Ingredients

- Cooking spray
- 1 medium onion, diced
- 1 medium fresh jalapeño, seeds and ribs discarded, chopped
- 1 tablespoon minced garlic
- 2 teaspoons ground cumin
- 2 15.5-ounce cans no-salt-added black beans, undrained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup fat-free, low-sodium chicken broth
- 1/4 cup chopped fresh cilantro (optional)

Directions

Lightly spray a large pot with cooking spray.

Cook the onion over medium-high heat for 5 minutes, or until very soft, stirring frequently. Stir in the jalapeño, garlic and cumin. Cook for 1 minute.

Stir in the beans with liquid. Lightly mash them using a potato masher or fork. Stir in the tomatoes with liquid and broth. Reduce the heat to medium. Simmer, covered, for 15 minutes.

Serve the soup topped with the cilantro.

Tip: To save money, buy the store brand of canned beans with the least amount of sodium. Look for “no-salt-added” and “reduced-sodium” options. An unopened can of beans can last up to two years in a pantry, so stock up when they go on sale.

Nutritional Facts

Calories	245	Cholesterol	0 mg
Total Fat	0.5 g	Sodium	34 mg
Saturated Fat	0.0 g	Total Carbohydrate	45 g
Trans Fat	0.0 g	Dietary Fiber	11 g
Polyunsaturated Fat	0.0 g	Sugars	13 g
Monounsaturated Fat	0.0 g	Protein	15 g