







NUTRITION TO GO

MAKING THE MOST OF LEFTOVER INGREDIENTS

Leftover ingredients	How they help the body	What to do with them
Canned vegetables	Canned vegetables help your immune system and keep your heart healthy.	Add 1-2 cans to your favorite soup or chili recipe 
Canned pumpkin	Pumpkin is high in Vitamin A which helps your eyesight.	Add ½ cup to a smoothie or pancakes 
Canned beans	Beans are a great source of protein which keeps our muscles strong.	Add to a garden salad, pasta dish, or salsa 
Canned or frozen fruits	Berries help with your memory.	Add to a garden salad or yogurt parfait 
Canned cranberry sauce	Cranberries help to reduce blood pressure and keep our immune system healthy.	Bake 2 cups into muffins or spread on an English Muffin 
Vegetable or meat scraps (skin, bones, fatty pieces)	Vegetable scraps contain fiber to help your digestion.	Make a homemade broth 

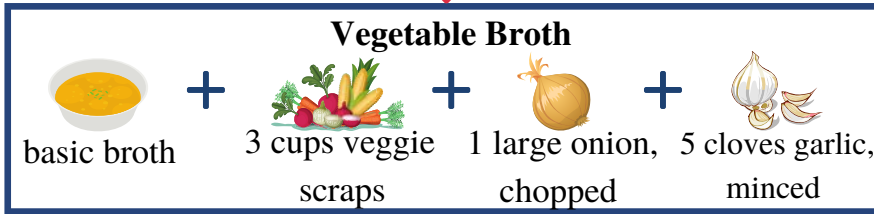
flip over for homemade broth recipes 

Basic Broth



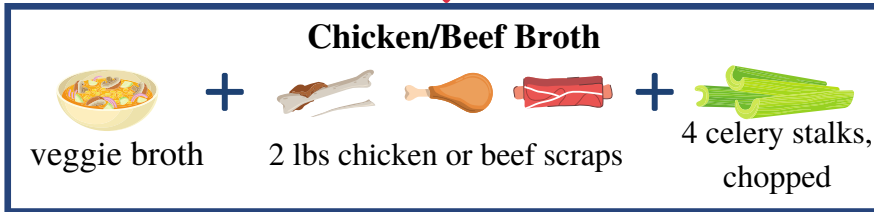
2 quarts water + herbs & spices + 2 Tbsp olive oil

Vegetable Broth



basic broth + 3 cups veggie scraps + 1 large onion, chopped + 5 cloves garlic, minced

Chicken/Beef Broth



veggie broth + 2 lbs chicken or beef scraps + 4 celery stalks, chopped

Directions for all broths:

1. Place all ingredients in a large pot and bring to a boil.
2. Reduce heat and simmer, uncovered, for 3-4 hours. Skim fat off the top when necessary.
3. Strain broth, discarding meat, vegetables, and seasonings.
4. Refrigerate for 8 hours or overnight before using.

* Freeze for up to 6 months.

WINTER BLACK BEAN SOUP

Servings per recipe: 4

Serving size: 1¼ cups



Ingredients:

- 2 teaspoons vegetable oil
- ½ cup chopped onion
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 (14.5 ounce) can diced tomatoes, no salt added
- 2 (15 ounce) cans low-sodium black beans, drained and rinsed
- 1 cup water

Directions:

1. Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften, about 2-3 minutes.
2. Add chili powder and cumin. Cook and stir for 1 minute.
3. Add tomatoes, beans, and water. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.