

JANUARY 2023

BEEFY CABBAGE BEAN STEW

INGREDIENTS

- 1/2-pound lean ground beef (90% lean)
- 3 cups shredded cabbage or angel hair coleslaw mix
- 1 can (16 ounces) red beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 can (8 ounces) tomato sauce
- 3/4 cup salsa or picante sauce
- 1 medium green pepper, chopped
- 1 small onion, chopped
- 3 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon pepper
- Optional: Shredded cheddar cheese and sliced jalapeno peppers



DIRECTIONS

1. In a large skillet, cook beef over medium heat until no longer pink, 4-6 minutes, breaking into crumbles; drain.
2. Transfer meat to a 4-qt. slow cooker. Stir in cabbage, beans, tomatoes, tomato sauce, picante sauce, green pepper, onion, garlic, cumin, and pepper. Cook, covered, on low 6-8 hours or until cabbage is tender. If desired, top with shredded cheddar cheese and jalapeno peppers.

NUTRITIONAL INFORMATION PER SERVING:

1 cup: 177 calories, 4g fat (1g saturated fat), 24mg cholesterol, 591mg sodium, 23g carbohydrate (5g sugars, 7g fiber), 13g protein. Diabetic Exchanges: 1 starch, 1 lean meat, 1 vegetable

SERVES: 6

RECIPE SOURCE: TASTE OF HOME.COM

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Resolutions

Find a type of exercise you actually love

Instead of thinking of exercise as a chore to complete, shift your focus. Try different types of movement until you find something that you really enjoy and look forward to. This might be yoga, dancing, lifting weights, swimming, walking or even a combination of different exercises (plus, switching up your exercise routine can help reduce your risk of dementia). Choosing to move in ways you enjoy will help you get more exercise without even realizing it.

Source: eatingwell.com



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