VIRGINIA TECH
CARILION
SCHOOL OF MEDICINE

VTCSOM Wellness Weekly

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Slow-Cooked Stuffed Peppers

QUOTE OF THE WEEK:

"It does not matter how slowly you go as long as you do not stop."

- Confucius

Ingredients:

- 4 medium sweet red peppers
- 1 can (15 oz) black beans, rinsed and drained
- 1 cup shredded pepper jack cheese
- 3/4 cup salsa
- 1 small onion, chopped
- 1/2 cup frozen corn
- 1/3 cup uncooked converted long grain rice
- 1 1/4 tsp chili powder
- 1/2 tsp ground cumin

Directions:

1. Cut and discard tops from peppers; remove seeds. In a large bowl, mix beans, cheese, salsa, onion, corn, rice, chili powder and cumin; spoon into peppers. Place in a 5 quart slow cooker coated with cooking spray.
2. Cook covered, on low for 3-4 hours or until peppers are tender and filling is heated through.

https://www.tasteofhome.com/recipes/slow-cooked-stuffed-peppers

Community Walk for Suicide Prevention

September is national suicide prevention awareness month. So take the opportunity to walk and help save lives. Salem/ Roanoke is hosting a walk on October 7th. If you'd like to join a team already made, contact Pam Adams. For more information click the link below:

American Foundation for Suicide Prevention

Wellness Advocacy Committee 2017-2018

The Wellness Advocacy Committee (WAC) is pleased to welcome its newest member!

Ayesha Kar, Class of 2021 joined the team this month.

Please feel welcome to contact any member of WAC with your thoughts and ideas!

Ally Nagy, Class of 2018

Lindsay Maguire, Class of 2019

Jeff Henry, Class of 2020

Ayesha Kar, Class of 2021

Dr. Ally Bowersock, PhD, CSCS, ACSM. EIM - Level 1

Dr. Jennifer Slusher, PhD, LPC

Emily Holt, Committee Chair

Wellness Weekly Challenge

Add the VTCSOM Wellness Events to your Calendar!

All events listed below are in the Student Commons

1st Monday of Every Month 7:20 AM—Mindfulness with Laurie Seidel

2nd Thursday of Every Month 6:00 AM—Yoga with Dr. Ally Bowersock, PhD

3rd Thursday of Every Month 6:00 PM—Yoga with Dr. Beth Polk, MD

Contact your WAC rep for more details or suggestions!

Sweet Potato Soup with Toasted Pecans

Ingredients:

- 2 tsp canola oil
- 3/4 cup thinly sliced carrots
- 1/2 cup finely chopped leek
- 1/3 cup chopped orange or yellow sweet pepper
- 1/3 cup finely chopped onion
- 1 clove garlic, minced
- 2 (14 oz) cans reduced-sodium chicken broth
- 1 lb sweet potatoes—peeled, halved lengthwise, thinly sliced crosswise
- 1/3 cup dry white wine or reduced-sodium chicken broth
- 1/8 tsp group black pepper
- 1 bay leaf
- 1/4 cup chopped pecans, toasted

Directions:

1. In a large saucepan, heat oil over medium-high heat. Add carrots, leek, sweet pepper, onion, and garlic. Cook about 5 minutes or just until the vegetables are tender (stirring occasionally).
2. Add broth, sweet potatoes, wine, black pepper, and the bay leaf. Cover and simmer for 15-20 minutes or until the potatoes are tender. Discard the bay leaf. Remove from heat and cool soup slightly.
3. Transfer half of the soup to a blender or food processor. Cover and blend or process until smooth. Repeat with the remaining soup. Return all soup to saucepan. Heat through. Sprinkle individual servings with toasted pecans.

http://www.eatingwell.com/recipe/259930/sweet-potato-soup-with-toasted-pecans/