30 min Kale, White Bean & Chicken Soup

Ingredients:
- 3 Tbsp cooking oil
- 2 cups sweet Vidalia or yellow onion, peeled & diced
- 1 cup celery, thinly sliced
- 2-3 cups green cabbage, sliced into ribbons
- 4 garlic cloves
- 64 oz low-sodium chicken broth
- 3-4 cups shredded chicken
- 2 15 oz cans cannellini beans, drained & rinsed
- 1 Tbsp dried parsley
- 1 tsp dried oregano
- 1 tsp salt
- 1 tsp black pepper
- Leaves from 4 stalks of kale, torn
- 1 cup zucchini, diced small
- 1 Tbsp lemon juice

Directions:
1. In Dutch oven or stockpot add, oil, onion, celery, and sauté over medium heat for 7 minutes (until vegetables soften).
2. Add cabbage and sauté for 3 more minutes. Add the garlic and sauté for another 1-2 minutes.
3. Add the chicken broth, shredded chicken, cannellini beans, parsley, oregano, salt and pepper. Boil about 5 minutes or until chicken is warm through.
4. Add the kale, zucchini and lemon juice and boil 1-2 minutes.
5. Leftovers will be good in fridge for 5-7 days or 6 months in freezer.

https://www.averiecooks.com/2016/02/kale-white-bean-and-chicken-soup.html#
Indian Cooking at Green Ridge

Interested in learning how to cook?

Green Ridge Recreation Center has a wide variety of activities including Indian cooking classes.

Dates for classes include:
8/30, 9/3, 10/11 and 11/8

Sign up alone and meet some new folks, or get a group together and take over the class....

The course costs $37.00

To sign up, click the link below:

Indian Cooking Class Registration

September Mindfulness

Mindfulness Breakfast

September 5th
(due to holiday not 9/4)

7:20 AM
Meditation with Laurie Seidel

7:30 AM
Breakfast food & coffee
Wellness Weekly Challenge

Hike for Hospice....

Good Samaritan Hospice is having a fundraiser

**Sunday, September 10th 1:30-3:00**

Roanoke’s Explore Park (Blue Ridge HWY Mile Marker 115).
The event will also include bluegrass music, food & lots of fun!

**For more info & to register go to:**

[www.hikeforhospiceva.org](http://www.hikeforhospiceva.org)

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**Slow-Cooker Butter Chickpeas**

**Ingredients:**

- 1 package tofu (12 oz)
- 1 tsp cooking oil
- 1 medium onion, diced
- 4 cloves of garlic, minced
- 1 can coconut milk
- 1 cup tomato puree
- 1 15 oz can garbanzo beans, rinsed
- 1 Tbsp garam marsala
- 1 Tbsp curry powder
- 1 tsp chili powder
- 1/2 tsp ground ginger
- Salt/pepper
- 1/8 cup cilantro, chopped

**Directions:**

1. Remove tofu from package and rinse. Wrap in paper towel and place on cutting board. Place something heavy on top to allow water to drain.

2. In saucepan, heat the oil over medium heat and add the onion. Cook until soft and translucent, about 5 minutes. Add the garlic and stir to combine.

3. Whisk in the coconut milk, tomato puree, garam masala, curry powder, chili powder, ground ginger and a pinch of salt/pepper.

4. Cook until slightly thick, about 5 minutes. While the sauce is cooking, finely cube the tofu.

5. Place the tofu and garbanzo beans in the base of the slow cooker. Pour the sauce on top. Cook on low for 4-5 hours until thick.

6. Serve with rice, naan and topped with cilantro.

[https://www.delishknowledge.com/slow-cooker-butter-chickpeas/](https://www.delishknowledge.com/slow-cooker-butter-chickpeas/)