Black Bean & Quinoa Chili

Ingredients:
• 3 cans low sodium black beans, rinsed
• 1 cup quinoa, uncooked, rinsed
• 3 cups low sodium vegetable broth
• 2 cups water
• 1 can hominy or yellow sweet corn, rinsed
• 1 can diced tomatoes
• 1 Tbsp fresh cilantro, chopped
• 1 poblano pepper, finely diced
• 1 Tbsp minced garlic
• 1/2 medium onion, diced
• 1 cinnamon stick
• 2-3 Tbsp chili powder
• 1 tsp cumin powder
• 1 tsp onion powder
• 1/2 tsp ground pepper
• 1/2 tsp salt
• 1 avocado sliced
• Green onion for topping

Directions:
1. Place all ingredients into a large pot.
2. Turn heat to medium/high and bring to a rolling boil.
3. Cover and simmer on low for about 1 hour.
4. Serve with diced green onions & avocado.

https://fitfoodiefinds.com/black-bean-quinoa-chili/
Try Mindfulness.

Mindfulness Mondays are back!

Monday
September 10th
12:15-12:30
M206

Mindfulness founder, Jon Kabat-Zin describes mindfulness as “paying attention, in a particular way, on purpose, in the present moment, non-judgmentally.” Mindfulness is supported in the research to be an excellent way to foster healthy body & mind.

Consider giving it a try.

VTC Walking Wednesdays

Every weather-permitting Wednesday, at NOON. Head to the bottom of the Riverside 2 stairs and wait for your walking buddies to arrive. ALL faculty, staff, & students of VTCSOM/RI welcome! You can also join the VTC Walking Wednesday Google group (vtcsom-wellness) for additional info. And, walkers will receive a card to collect stamps (contact Emily Holt Foerst). Accumulated stamps could lead to winning a Yeti cooler from Hokie Wellness.

VTC Counseling Services

Dr. Jennifer Slusher, PhD, LPC will be located in 1 Riverside Monday-Friday
8:00-5:00

More information forthcoming!
Please feel welcome to submit articles or ideas to any member of the Wellness Advocacy Committee.

Lindsay Maguire - Class of 2019
Jeff Henry - Class of 2020
Ayesha Kar - Class of 2021
TBD - Class of 2022
Dr. Jennifer Slusher, PhD, LPC
Dr. Allison Bowersock, PhD, CSCS, ACSM-EIM
Emily M. Holt Foerst, Committee Chair

Quote of the Week:

“Some days are just HARD.”
- Author Unknown

If you would like to contribute to or comment about the wellness weekly, please email Emily Holt Foerst, Office of Student Affairs VTCSOM.
To send a “Weekly Shout Out” message, email Emily Holt Foerst at Emily_10@vt.edu