

# What's in Season: Fall Vegetables

*Remember to eat the nutrition rainbow: choose a variety of colors for vegetables*

Hello Fall! All forms of vegetables whether fresh, frozen, or canned have the same amount of nutrition. Here's how you can add them to your meals and snacks for better health and energy.

## What's in Season?

- ✓ Brussel Sprouts
- ✓ Acorn, Spaghetti, Butternut Squash
- ✓ Pumpkin
- ✓ Cabbage
- ✓ Cauliflower
- ✓ Sweet Potato
- ✓ Carrots
- ✓ Kale



## How to Add More Vegetables to Meals & Snacks

- Roast veggies to add to rice or tacos
- Use leftover veggies for a salad
- Make a vegetable soup
- Have a homemade pizza night
- Ask for vegetables for the side dish when eating out
- Snack on veggies with a dip

## Black Bean Vegetable Soup

**Servings:** 8, 1 ¼ cups per serving

### Ingredients

4 cloves garlic	1 Tablespoon canola oil
1 medium onion	2 Tablespoon chili powder
2 medium carrots	4 teaspoons ground cumin
2 medium celery stalks	4 cups low sodium vegetable broth
1 medium apple	1 (8 oz) can corn or
2 (15-oz) cans black beans, no salt	Salt and pepper to taste
1 (14 oz) can crushed tomatoes	1/3 cup fresh cilantro (optional)



### Directions

1. Peel and mince garlic. Peel and chop onion.
2. Rinse carrots, celery, and apple. Peel and chop carrots. Chop celery and apple.
3. If using, rinse and mince cilantro.
4. Use a colander to rinse and drain black beans. In a medium bowl, add half the black beans, reserving the rest for later. Add tomatoes to the bowl. Mash together with a fork.
5. Heat oil in large pot over medium heat. Add garlic, onions, carrots, and celery. Cook, stirring occasionally, until onion is softened, about 5 minutes. Add chili powder and cumin. Cook, stirring for 1 minute. Add remaining ingredients. Bring to boil. Reduce heat and simmer until vegetables are tender, 10-15 minutes more. Add salt and pepper to taste. If using, add cilantro.