

CHANGE FOR CHANGE

Choose healthy foods and earn cash rewards!

Special prices for fruits, vegetables, low-fat dairy, and whole grain items to keep your family healthy.

Visit Super 1 Foods to see what healthy foods are discounted today!

305 West Kathleen, Coeur d'Alene, ID 83815

- Receive a \$1.00 reward when you purchase any of the healthy food items on special.
- Receive a \$5.00 reward when you purchase ALL 4 items.

Rewards can be used towards a future purchase of Change for Change items at Super 1 Foods. Rewards are valid 14 days after purchase. Total store purchase must be at least \$25.00 to participate.





Find Recipes, Tips, and More at EatSmartIdaho.org



Black Bean Soup

INGREDIENTS:

- 1 Tablespoon extra virgin olive oil
- 2 1/2 Cups dry black beans
- 4 Cups low-sodium vegetable broth (32 ounces)
- 1 medium onion, chopped
- 5 cloves garlic, thinly sliced
- 4 teaspoons chili powder
- 1 1/2 teaspoons ground cumin

Toppings

- 2 limes, quartered
- 1 bunch cilantro, chopped
- 1 avocado, pitted and sliced
- 1 container non-fat plain Greek yogurt (6 ounces)

Makes 4 servings.

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.



Let's get healthy together.



ALWAYS WASH HANDS BEFORE PREPARING FOOD!

Directions:

1. Wash onion, limes, cilantro, and avocado before cutting.
2. Place beans in a medium stock pot and cover with hot water. Bring to a boil and cook for 2 minutes. Remove from heat, cover, and allow the beans to sit for 1 hour. Drain and rinse in cold water.
3. Set aside 1/4 of the beans, place the rest in a blender, and purée until smooth.
4. In a medium pot, combine the whole beans, puréed beans, broth, onion, and garlic. Bring to a boil, reduce heat to low, cover, and simmer for 1 1/2 hours. Stir in the cumin and chili powder, cover, and continue simmering for 30 minutes or until the liquid level is to your preference.
5. Top with squeezed lime, cilantro, avocado, and yogurt. Enjoy!

Healthy Note: Try this recipe in an instant pot! Add all ingredients and set on manual high for 60 minutes. Follow step 3 and then serve with toppings.

