



Capitol Hill Bean Soup

- 1 pound dried white navy beans
- 1 (about 1-lb.) ham bone or uncured ham hock
- 2 1/2 quarts water
- 1 large russet potato (about 8 oz.)
- 3 cups chopped celery (about 6 stalks)
- 3 cups chopped yellow onion (about 3 medium onions)
- 1 garlic clove, minced
- 3 teaspoons kosher salt
- 3/4 teaspoon black pepper
- 1/4 cup chopped fresh flat-leaf parsley

Step 1: Clean and rinse beans and place in a Dutch oven; add water to cover, and

soak 8 hours or overnight. Drain beans. Add ham bone and water. Cover and bring to a boil over high; reduce heat to medium-low, and simmer 1 hour.

Step 2: Rinse potato; pierce with a fork, and wrap potato in a paper towel. Microwave on HIGH until tender, about 4 to 5 minutes; peel and mash potato. Stir potato, celery, onion, garlic, salt, and pepper into bean mixture; simmer over medium-low until beans are tender, about 1 hour. Remove ham bone from Dutch oven, and let stand until cool enough to handle, about 20 minutes. Remove and discard bone and fat; dice meat, and stir into bean mixture. Top each serving with chopped parsley.

<https://www.southernliving.com/recipes/capitol-hill-bean-soup-recipe>

Almond-Chicken Wrap

- 1 tablespoon spicy brown mustard
- 1/2 teaspoon honey
- 1 whole-grain flatbread wrap
- 1 1/2 cups fresh baby spinach (about 1 oz.)
- 1 tablespoon thinly sliced red onion
- 1 tablespoon chopped lightly salted smoked almonds
- 1 sandwich-cut bread-and-butter pickle
- 3 ounces chopped cooked chicken



Directions

Stir together spicy brown mustard and honey. Spread mixture on the whole-grain flatbread wrap. Top with fresh baby spinach, thinly sliced red onion, chopped smoked almonds, bread-and-butter pickle, and chopped cooked chicken. Roll up sandwich, and serve.

<https://www.southernliving.com/recipes/almond-chicken-wrap-recipe>

PERSPECTIVE



IF YOU CHANGE YOUR VIEW,
IT WILL CHANGE YOUR LIFE.

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Chicken, Sweet Potato, and Corn Slow-Cooker Chowder

- 8 cups chicken broth
- 1 1/2 lb. sweet potatoes, peeled and cut into 1/4-inch pieces (about 4 1/2 cups)
- 2 (1-lb.) bone-in skinless chicken breasts
- 2 cups fresh corn kernels (4 ears)
- 2 cups chopped yellow onion (2 onions)
- 1 1/4 cups chopped red bell pepper (1 large)
- 1 1/4 cups chopped yellow bell pepper (1 large)
- 1 cup chopped celery (3 stalks)
- 2 tsp. kosher salt
- 1 tsp. black pepper
- 1 cup heavy cream
- 5 tbsp. cornstarch
- 1/4 cup chopped fresh flat-leaf parsley
- Hot sauce
- Finely chopped chives

Step 1: Combine the first 10 ingredients in a 6-quart slow cooker. Cover and cook on HIGH until chicken and sweet potatoes are tender, about 4 hours.

Remove chicken from slow cooker. Coarsely shred, discarding bones; set aside.

Step 2: Whisk together cream and cornstarch in a bowl until smooth; stir into soup. Cover and cook until slightly thickened, about 30 minutes. Stir in chicken and parsley. Top with hot sauce and chives.

<https://www.southernliving.com/recipes/chicken-sweet-potato-corn-slow-cooker-chowder-recipe>

*Dreams
don't work
unless you
DO.*

YOU KNOW ALL
THOSE THINGS
YOU'VE ALWAYS
WANTED TO DO?
YOU SHOULD GO
DO THEM.

ELITE DAILY

Pear and White Balsamic Chutney

Sweet, tangy, herby, and fresh—this fruity chutney is a tasty condiment that pairs best with pork. Try it on roasted pork tenderloin, seared pork chops, or ham. White balsamic vinegar is just as sweet and complex as standard balsamic; it just won't turn the pears brown. If you don't have it on hand or can't find it, substitute 1 1/2 tbsp. apple cider vinegar. Any type of pear will work.



- 1 1/2 tablespoons olive oil
- 1/3 cup finely chopped shallots
- 2 tsp. minced peeled fresh ginger
- 2 cups chopped peeled D'Anjou pear (about 2 pears)
- 1 tbsp. brown sugar
- 1/4 tsp. kosher salt
- 1/4 cup golden raisins
- 2 tbsp. white balsamic vinegar
- 1 tsp. chopped fresh rosemary

How to Make It

Heat olive oil in a medium skillet over medium-high. Add finely chopped shallots and minced peeled fresh ginger; sauté 3 minutes. Add chopped peeled Anjou pear (about 2 pears), brown sugar, and kosher salt; sauté 4 minutes. Stir in golden raisins and white balsamic vinegar; cook 10 minutes. Stir in chopped fresh rosemary.

<http://www.cookinglight.com/recipes/pear-and-white-balsamic-chutney>

Crispy Oven-Fried Chicken



- 1 qt. whole buttermilk
- 1 tbsp. kosher salt
- 2 tsp. hot sauce (such as Tabasco)
- 3 lb. assorted skinless, bone-in chicken pieces (thighs and drumsticks; breasts cut in half crosswise)
- Cooking spray
- 1 1/2 cups Panko (Japanese breadcrumbs)
- 3/4 cup whole-wheat flour
- 2 oz. finely grated fresh Parmigiano-Reggiano cheese (about 1/2 cup)
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. sweet paprika

Step 1: Combine first 3 ingredients in a large bowl; stir until salt dissolves. Add chicken; submerge to fully coat with buttermilk mixture. Cover bowl. Refrigerate 8 hours (or at least 2 hours and up to 24 hours).

Step 2: Preheat oven to 400°F.

Step 3: Place a wire rack on a baking sheet; coat rack with cooking spray. Combine panko and remaining ingredients in a large bowl; stir well. Remove chicken from marinade, one piece at a time, letting excess drip off; dredge in panko mixture to coat. Place coated chicken on prepared rack. Repeat with remaining chicken and panko mixture. Spray coated chicken with cooking spray. Place chicken in oven; bake at 400°F for 30 min. or until browned and meat is done. Let stand 10 min.; serve.

<http://www.cookinglight.com/recipes/crispy-oven-fried-chicken>

Chicken & Vegetable Rice Noodle Soup

- 2 tsp. Canola Oil
- 1 tbsp. Minced Ginger
- 2 cloves Garlic, Minced
- 2 Boneless, Skinless Chicken Breasts, Chopped
- 7 cups Chicken Broth
- 3 tbsp. Soy Sauce
- 1 tbsp. Chili Garlic Sauce
- 8 oz., weight Rice Noodles
- 3 cups Broccoli Florets
- 2 Green Onions, Thinly Sliced



Heat the canola oil in a large saucepan set over medium-high heat. Add the ginger and garlic, and cook for 1 minute, stirring. Add the chicken and cook, stirring frequently, until just cooked through, 4 to 5 minutes.

2. Stir in the chicken broth, soy sauce and chili garlic sauce. Bring to a boil, then stir in the rice noodles. Cook until the rice noodles are almost tender, 3 to 4 minutes.
3. Add the broccoli florets. Cook until the florets are tender, 1 to 2 minutes.
4. Stir in the green onions. Serve.

<http://thepioneerwoman.com/food-and-friends/chicken-vegetable-rice-noodle-soup/>

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~Tricia

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