

# What's Cooking?



## Turn 1 Pot of Beans into 5 Recipes:

### *Make-Ahead Pinto Beans:*

1. Add 2-4 cups of beans to a large pot and cover the beans with water (about 2 inches above the top of the beans). Let the pot rest for 1 hour, covered.
2. After 1 hour, stir in a couple teaspoons of salt and bring the pot of beans to a boil. Once boiling, reduce the heat to low and simmer until the beans are tender (this will take about 1-1.5 hours). Make sure the beans stay covered with water while simmering. Add more water if necessary. Taste test after 1 hour of cooking to see if they are soft enough to your liking.

### *Recipes:*

#### **Easy Refried Beans**

Top with chopped red onion, cilantro, and shredded cheese. Serve with your favorite chips or wrapped up in a warm tortilla. Stick leftovers in the fridge and reheat for more snacks and meals later in the week.

#### **Burrito Bowl**

Add beans to a bowl with rice and a variety of other toppings such as lettuce or cabbage, tomatoes, corn, cheese, and so many more!

#### **Bean Tortilla Soup**

Made with sauteed veggies like onions, garlic, bell peppers, and mixed with salsa, broth, beans, and corn. Top with cilantro, red onion, cheese, and tortilla chips.

#### **Cheesy Bean Quesadilla**

A quick and easy meal or snack made with shredded cheese and beans. Add onions, tomatoes, and cilantro for more flavor. Top with sour cream or plain Greek

## Featured Ingredient of the Week: Pinto Beans

Pssst! Did you miss last week's recipes? No worries! All the recipes and newsletters can be found on Hokie Wellness's Nutrition Resources online at:

<https://hokiewellness.vt.edu/students/Nutrition.html>

under "What's Cooking at The Market"

## Food for Thought: Wellness Tip of the Week

### **Body Matters Week: Building a Body Positive VT April 6-9<sup>th</sup>**

The Body Matters Committee is pleased to announce our week of events to take place April 6-9<sup>th</sup>. We have a week packed with some live and many virtual events where students and employees can learn: Healthy ways to fuel and move your body, how our language impacts body image, resources and techniques to help disordered eating patterns, and so much more! Scan the code for full descriptions, calendar of events, and registration. (*The Body Matters Committee is a collaboration with Hokie Wellness, VT Women's Center, VT Recreational Sports, Cook Counseling Center, Schiffert Health Center, SECL Perspective Gallery, Cultural and Community Centers LGBTQ+ Resource Center, VT Sports Nutrition, Dining Services, and The Department of Human Nutrition Foods and Exercise*)



Scan here for full menu of Body Matters Week events!