

## Natural Healing Express Weekly

### Column Volume 121 Great Super Bowl Recipe and Class Reminder

Go Broncos! As many of you know, I spend time in Indianapolis, home of my beloved Colts. As someone who works with professional athletes, it's difficult not to become "invested" in the career of a particular athlete and wish them well on their performances, hoping for victory not defeat. So a couple of weeks back, it was hard to see the Colts lose to those dang New England Patriots. Those Patriots have long been a rival and it just plain stinks to lose to them.

So, last weekend, when Denver played the Pats for the right to advance to the Super Bowl, I was cheering on an unfamiliar team with a very familiar quarterback. Peyton Manning, former Colts QB, now heading up the Denver Broncos, is not only an amazing athlete, but also a quality guy who donates a lot of his time and resources to children's charities. He is an asset to any team/city.

When I called my cousin in Denver to ask her how they were enjoying "our" QB and the Broncos trip to the Super Bowl, she said everyone in Denver just loves him and she said, we know he loves us back. I said, "Oh, really? How do you know that?" She promptly replied, "Well, every Colt wants to grow up to be a Bronco." Sometimes there are no words.

On that note, here is a good Super Bowl Soup Recipe that is healthy, filling, easy to make and will feed the masses at your Super Bowl Party.

#### TUSCAN BEAN SOUP

Ingredients: 3 TBSPs Olive Oil, 2 Chopped Onions, 2 sliced Carrots, 4 crushed Garlic cloves, 2 chopped celery sticks, 1 TBSP fennel, 2 large zucchini chopped, 14 oz. can of chopped tomatoes, 2TBSPs pesto, 4 cups vegetable stock, 14 oz. can of navy beans drained, 1lb fresh baby spinach, ground pepper to taste.

1. Heat the oil in a large pan; add chopped onions, carrots, garlic, celery, fennel and fry gently for about 10 minutes. Add the zucchini and fry for another 2 minutes.
2. Stir in the chopped tomatoes, pesto, stock and beans and bring to a boil. Lower the heat, cover and simmer gently for 25-30 minutes. Season with salt and pepper to taste. (I amended this step by bringing to a boil and transferring ingredients to a slow cooker on warm).
3. When ready to eat, heat 1 tbsp. of oil in a frying pan and fry the spinach for 2 minutes or until wilted. Spoon the spinach in soup bowls and then ladle the soup over the spinach. Just prior to serving, drizzle olive oil or a piece of fresh spinach on top to garnish.
4. As an alternative to those who do not enjoy spinach, substitute any dark green, such as chard or cabbage.
5. Enjoy and cheer for the Broncos.

As I mentioned last week, we are taking Pre-Registration for our upcoming Wellness Class. I will give you a quick recap from last week. "During past classes, we have focused primarily on weight loss. This time, we will again work with folks regarding their weight, yet add another component which is assisting with health improvement. This means, even if you are at a healthy weight, yet have issues with diabetes, cholesterol, pain, arthritis and the like, this class is for you. If you would like assistance with both weight loss and health concerns, this is definitely the class for you.

The Upcoming Wellness Class will be limited to 20 members. Cost of the class is \$100.00 for the 8 weeks. Supplements, Detoxes and meals will be an additional, yet nominal, cost. This class will fill up quickly. If you have any interest at all, please call or email and get on the pre-registration list to be called first. You can do this at any time starting today. We will host a pre class meeting on Tuesday, February 11<sup>th</sup> where

class packets will be distributed. This gives everyone a week to go over the contents. Call us now if you would like to Pre-register.”

Here’s a recap of the dates:

Today-January 29<sup>th</sup> – Pre-Registration

January 25<sup>th</sup> – Additional Info Sheet Available

January 29<sup>th</sup> – Registration (Pre-registered Members get First Priority)

February 11<sup>th</sup>- Pre-Class Meeting at 6:15 pm

February 18<sup>th</sup> – Class Begins

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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