

Southwestern Three-Bean and Barley Soup



Make 6 servings

Ingredients:

- 1 T. olive oil
- 1 large onion, diced
- 1 large stalk celery, diced
- 1 large carrot, diced
- 9 cups water
- 4 cups reduced-sodium chicken broth
- ½ cup pearl barley
- 1/3 cup dried black beans
- 1/3 cup dried great northern beans
- 1/3 cup dried kidney beans
- 1 T. chili powder
- 1 tsp. ground cumin
- ½ tsp. dried oregano
- ¾ tsp. salt

Directions:

1. Heat oil in a large pot over medium heat. Add onion, celery, and carrot and cook, stirring occasionally, until softened, about 5 minutes. Add water, broth, barley, black beans, great northern beans, kidney beans, chili powder, cumin and oregano. Bring to a lively simmer over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, until the beans are tender, 1 ¾ to 2 ½ hours (adding more water, ½ cup at a time, if necessary or desired.) Season with salt.
2. Slow-cooker variation: Use 2 cups water (instead of 9 cups) and combine all ingredients in a 5 to 6-quart slow cooker. Cover and cook until the beans are tender, about 4 hours on High or 7 to 8 hours on Low.

November is American Diabetes Month. Diabetes has a huge impact on our society, with 1 in 11 Americans having diabetes (equating to 29 million Americans), and 86 million more Americans are at risk for diabetes. Every 23 seconds, someone in the U.S. is diagnosed with diabetes. Diabetes is the 7th leading cause of death, causing more deaths than AIDS and breast cancer combined. The American Diabetes Association (ADA) marks each November as American Diabetes Month to bring extra attention to the disease and all those affected by it. During the month of November, the ADA will showcase real-life stories of friends, families and neighbors managing day-to-day triumphs and challenges of diabetes. The 2016 campaign invites us to use #ThisIsDiabetes on social media to share our personal stories and start a dialogue about what it really means to live with diabetes. If you're not on social media, you can share your story via photo or video on the following website:

http://www.diabetes.org/in-my-community/american-diabetes-month/?utm_source=Offline&utm_medium=Print&utm_content=adm&utm_campaign=ADM

Some ways to possibly share your #ThisIsDiabetes story include:

- What you want the world to know about life with diabetes
- What other may be surprised to learn about diabetes
- Some of the ways that diabetes affects your life that others may not see
- How diabetes has impacted you, your loved ones and/or your community
- What you have accomplished while having diabetes

Sharing your story can help foster awareness and education while breaking down stereotypes, myths and misunderstandings about diabetes.