

USDA Foods Fit Vegetables

Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.



People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Based on their nutrient content, vegetables are organized into 5 subgroups: dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables. Try to eat all five subgroups every week.

**Make half of
your plate
fruits and
vegetables.**

Health Benefits

- Vegetables that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Vegetables can help increase intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.



Source: [MyPlate.gov/eat-healthy/vegetables](https://www.MyPlate.gov/eat-healthy/vegetables)



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Commodity Supplemental Food Program

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Quick and Easy Recipe & Tips

8 Can Chicken Taco Soup

8 servings

Ingredients

- 1 (15 oz) can Tomatoes, diced
- 1 (15 oz) can Corn, drained
- 1 (15 oz) can Black Beans, rinsed, drained
- 1 (15 oz) can Pinto Beans, rinsed, drained
- 1 (10 ¾ oz) can Cream of Chicken Soup
- 1 (12 oz) can Chicken Breast, drained
- 1 (10 oz) can Green Enchilada Sauce
- 1 (15 oz) can Chicken Broth

Instructions

1. In a large pot add the diced tomatoes, corn, black beans, pinto beans, cream of chicken, chicken breast, green enchilada sauce, and chicken broth.
2. Bring to a boil and reduce to a simmer over medium heat. Let simmer for 5 minutes.



Top your taco soup with optional toppings including avocado, sour cream, tortilla strips, or lime wedges.

Use these tips to create even tastier canned soups

- **Protein:** Canned beans, shredded canned chicken, cooked frozen meatballs make for an easy protein addition for a robust meal..
- **Grains:** Serve soup over pasta or rice for a complete meals. Add some tasty croutons for a crunchy texture.
- **Vegetables:** Add some more color with additional canned or fresh vegetables such as spinach or corn.
- **Herbs and spices:** Canned soups may contain high sodium. Add additional herbs and spices such as garlic, basil, rosemary, cayenne, for a different flavor.



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