**Gardening Success**

A person holding a plant in a garden

Description automatically generatedA close up of a garden

Description automatically generatedA close up of a wire fence

Description automatically generatedThe Live Oak Apartments in Aransas Pass started a garden during a *Growing and Nourishing Healthy Communities* program this past year (photo - top left and bottom). What started as a team effort by participants turned into a personal project for one participant. He said that working in and taking care of the garden has allowed him to eat more vegetables. Because of the change in his diet, his doctor was able to take him off of some regular medications and cut his other dosage in half! The manager of the apartment complex was also appreciative of the new garden, which has become a talking point for residents who come out to check on the garden. The manager said the garden has helped the complex become more social.

The Sacred Heart Catholic Church in San Patricio county is home to the Sacred Heart Better Living Garden (photo- top right corner) and is maintained by a group of enthusiastic gardeners who team up to schedule and share the gardening duties. Their aim is to grow enough produce to supply their food pantry, which serves the local community.

To find out if the *Growing and Nourishing Healthy Communities* program is available in your county, contact your local extension office. Contact information can be found at this website,

Photos and story submitted by Extension Agent – Better Living for Texans

Kathleen McCown, M.S.Ed.

<https://agrilifeextension.tamu.edu/>.

**Local Events**

**Recipe of the Month**

Source: dinnertonight.tamu.edu

**Slow Cooker Chicken Taco Chili**

Servings: 10 servings

**A bowl of food on a plate

Description automatically generatedIngredients**

|  |  |
| --- | --- |
| 1 | (15 ounce) can low sodium black beans, rinsed and drained |
| 1 | (15 ounce) can low sodium kidney beans, rinsed and drained |
| 1 | (8 ounce) can tomato sauce, unsalted |
| 2 | (10 ounce) diced tomatoes |
| 1 | (4 ounce) can chopped green chilies |
| 1 | (12 ounce) package frozen corn |
| 1 | small yellow onion, chopped |
| 1 | package taco seasoning, reduced sodium |
| 1 | tablespoon chili powder |
| 1½ | pound chicken breast |
| ¼ | cup cilantro, chopped |

Photo Source: dinnertonight.tamu.edu

**Directions**

1. Add black beans and kidney beans to slow cooker. Top with the tomato sauce, diced tomatoes, green chilies, frozen corn, chopped onion, and seasonings. Stir together.
2. Place chicken breast into the mixture, completely cover the chicken with mixture.
3. Set crock pot to cook 8-10 hours on LOW or 4-6 hours on HIGH.
4. Pull chicken breasts out about 30 minutes before serving, shred with a fork and return to the slow cooker stirring well.
5. Serve chili with fresh chopped cilantro

Tip: Recipe makes enough for a large crowd and is great for leftovers. Pack for your next day lunch, store in the refrigerator for up to 4 days, or freeze in individual airtight containers for up to 3 months for an easy reheat meal.

**Nutrients Per Serving:** 220 calories, 2.5 g total fat, 0.5 g saturated fat, 22 g protein, 28 g carbohydrates, 7 g dietary fiber, 5 g total sugars, and 580 mg sodium

**Cost:** $$$$