

Slow Cooker Chicken Tortilla Soup

1 cup Pace Picante Sauce
2 cans (10 1/2 ounces each) Campbell's Condensed Cream of Chicken Soup or (10 1/2 ounces) Campbell's Condensed 98% Fat Free Cream of Chicken Soup
1 1/4 pounds skinless, boneless chicken breast halves, cut into 1/2 inch pieces.
2 cups frozen whole kernel corn
1 can (about 15 ounces) black beans, rinsed and drained
1 1/3 cups water
1 teaspoon ground cumin
4 corn tortillas (6-inch), cut into strips
1 cup shredded Cheddar cheese (about 4 ounces)
1/3 cup chopped cilantro

How to Make It

1. Stir the picante sauce, soup, chicken, corn, beans, water and cumin in a 4 quart slow cooler.
2. Cover and cook on LOW for 4-5 hours or until the chicken is through.
3. Stir the tortillas, cheese and cilantro into the cooker. Cover and cook for 15 minutes. Serve with additional cheese, if desired.

Serving size 1 1/2 cups
39 grams of carbohydrate

PDRRC CORNER

Please Help Us Welcome Dr. Kathryn Jackson, our new Endocrinologist who has been with us since July. We are so excited to have her on our **PDRRC TEAM!**

New faces up front.....Stephanie, Bobbie, Laurie!!



Did you know.....Continuous glucose monitoring is now integrated into 3 insulin pumps. The Dexcom sensor is integrated into the Animas and T Slim insulin pumps. The Enlite sensor is integrated into the Medtronic pump. Please keep in mind insurance coverage, and pediatric approval when looking into these pumps. If you have discussed insulin pumps with your physician, we encourage you to attend our Pondering Pump class to learn about pumps and these pump features.

Did you know.....That a sample of blood could tell you if you or your children are at risk of developing Type 1 diabetes? The PDRRC is a participant of an international study called the Type 1 Diabetes Trial Net. The goal of this study is to learn more about factors that put some people at risk of developing Type1 diabetes, and test treatments to help those with Type 1 diabetes to keep producing insulin. Parents and siblings of those with Type 1 diabetes are eligible to participate and some extended family may also be eligible. For more information please go to www.DiabetesTrialNet.org or call the PDRRC at (309) 624-2480.

The Sweet Kids Cruise-In was a HUGE success raising over \$6000 for the PDRRC. Thank you to the Jones family for all of your hard work, as well to all who donated to the Cruise-In in any way.

Flu season will be here soon so don't forget your flu shot!!

In case of PDRRC closing due to inclement weather.....Watch your local news channels, and listen to local radio stations.

COMING SOON

We are excited to announce a new Teen Group coming soon. This group will be an opportunity to meet other PDRRC teenagers, share experiences, have fun, and get support. This group will be led by PDRRC social Work and Counseling staff, Beth McGettrick, and Marie Mullins. We plan to meet in the evening once a month.