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**PLANTPURE
NATION**

STATE OF THE NATION



Issue 34— February 17, 2017

PLANTPURE NATION UPDATE

Today I am writing with a heartfelt thanks to all of you who have read our newsletter and taken the time to write to us.

Whenever we mail out a newsletter, we always receive many thoughtful, informative, and often heartfelt emails from people. We obviously cannot respond to all of these, so I wanted all of you who have written to us to know how much we appreciate what you say. Every single email sent to us goes through my inbox, and the inboxes of others here. So even if you do not hear from us, know that we are reading what you write with great interest.

Just as I started writing this note, early in the morning, I was having a hard time kicking myself into gear, and then saw a story that had come into my inbox, sent via our general PlantPure email address. It was a heartening story of an ICU nurse who watched our film on Netflix, *PlantPure Nation*, and then went plant-based. She shared her dramatic results in her letter, and then went on to thank us for our work.

We love hearing stories like this, and there are many. But we also like hearing anything you feel compelled to say. We just love that you find what we are doing of interest and are engaged with us.

Thank you for your support. It means more to us than you may know.

Hope you all had a great week.

- Nelson Campbell

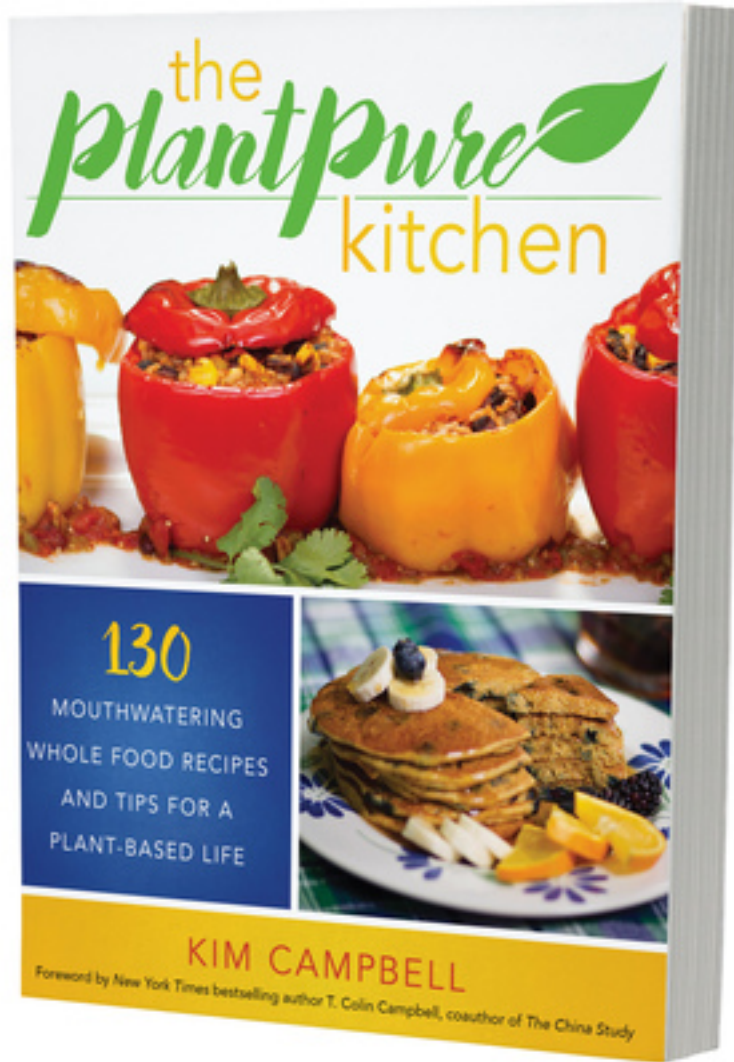
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Available only through the end of the month!



ORDER YOUR COPY OF [THE PLANTPURE KITCHEN](#) TODAY!

You can purchase The PlantPure Kitchen on [Amazon](#), our [website](#) and from [Barnes and Noble](#).



Kim Campbell builds on favorites from her last cookbook, turning recipes like the Creamy African Stew into tasty African Wraps, and shares tons of new recipes that will turn any plant-based eater into a chef with ease. With compassion for the challenges of following a plantpure diet, Campbell lends advice about the best natural sweeteners, the most useful kitchen tools for plant-based cooking, vegan-friendly substitutions for making recipes gluten-free, and a whole lot more.

WORDS FOR LIVING WELL

not in Washington



PLANTPURE COMMUNITIES

[PlantPure Communities Pod Stories](#): Long Island PlantPure™ Hosts “Dinner with a Doctor”



PlantPure Communities (PPC) loves supporting the Pods and celebrating the great work they are doing to create healthy change in their communities. Here's an excerpt from a recent story about the "Dinner with a Doctor" event the Long Island PlantPure™ Pod hosted in December.

The Long Island PlantPure™ Pod is active and growing. Pod leader Mitch Castell says members are quickly spreading the word about the Pod to the local community. Many are from local vegan meetup groups, which provides an opportunity for the Pod to connect the issues of animal and environmental welfare with the health benefits of eating plant-based.

"Providing a support group is just one of the many services our Pod offers," Mitch remarks. "Many of the people who attend love the comfortable atmosphere to talk all things plant-based with likeminded others—something they really don't have an opportunity to do at home, work or with friends."

Read the rest of the story on the [PPC Pod website!](#)

[Join the discussion](#) on the [PlantPure Communities Facebook Page!](#)



Join the discussion!

How can you improve
healthy food access
in your local
community?

#PlantPureCommunities

FEATURED PLANTPURE RECIPE

From Kim Campbell

CREAMY WHITE BEAN SOUP

This delicious, creamy soup will remind you of traditional smoky flavored white bean soup, but without the ham. It's easy to make, comforting, and full of flavor.

creamy_white_bean_soup



Ingredients:

- 1 onion, diced

- 4 garlic cloves, minced
- 1 cup low-sodium vegetable broth
- 3 cups water
- 1 1/2 cups dried Great Northern White Beans
- 1 teaspoon smoked paprika
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- 1 bay leaf
- 2 cups water
- 1 potato, diced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped parsley
- 5 oz fresh spinach, chopped

Instructions:

1. Place the onion, garlic, vegetable broth, 3 cups water, beans, paprika, rosemary, thyme, and bay leaf into the instant pot. Stir briefly. Close the lid and place the vent to the "sealing" position. Using the manual button, set the timer for 50 minutes.

2. When the beans have completed cooking, open the vent and quick release the steam. Open the pot when it's done releasing and add the remaining 2 cups water, potato, carrots, celery, salt, pepper, and parsley. Place the lid back on and set the vent to the "sealing" position. Using the manual button, set the timer for 6 minutes.

3. When the cycle is complete, quick release the pressure and remove the lid. Using an immersion blender, blend the beans until slightly creamy leaving half the beans whole. Add the spinach and stir until wilted. Serve warm.

Kim's Hints: *If you don't have an immersion blender, you can remove half the soup mixture and place it into a blender and puree. Return the pureed mixture to the pot.*

** You can watch us make Creamy White Bean Soup on FB Live, and access past FB Live videos on our Youtube Channel by clicking [here](#).

PLANTPURE KITCHEN STARTERS

[PlantPure Kitchen Starters](#) are designed to bring you a delicious array of plant-based entrees and sauces while making the cooking process easier. Our starters provide a variety of ethnic cuisine as well as traditional all American dishes. We provide the flavor and sauce components while you build the meal from fresh produce and grains that you buy at your local store. We even provide suggestions for how you can customize these meals to your own preferences. These starters make building healthy plant-based meals fun and creative. And each packet is good for the preparation of 4 one pound servings.



CONNECT WITH US

We would love everyone to follow all of our social media channels, and tag us/use the hashtag #plantpure as much as possible. Share our social media posts on your own social media and let's spread the message! Also, we'd love to see what your Pod is up to — feel free to post pictures of yourPod's activities to our Facebook page.

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