

RECIPE #12: BUILDING TRUST AT THE DINNER TABLE

 Trusting, affirming relationships take time and are achieved with shared moments.

- “What is said at the dinner table stays at the dinner table.” Establishing this ground rule encourages trust. If you are unable to honor this, say so. For youths, it is important that adults do not share their information without permission.
- Try Silence: Silence can help create space that others will fill. This gives our more introverted family members an opportunity to interact and connect.
- Conversations over dinner about the activities you do together can promote family bonding - be sure each individual has a chance to contribute to the discussion.
- Based on your observations, ask questions, listen carefully, and learn. Ask if they want help with a solution or just someone to listen.



Adapted by: Vermont Network: <https://vtnetwork.org/askableadult/>

VEGETARIAN CHILI



Recipe Source: Vermont Department of Health

8 servings

INGREDIENTS

- 2 (15-16 ounce) cans of beans (kidney, pinto, black, or navy) drained (or 1 pound dried beans, soaked, cooked, and drained)
- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 bell pepper, chopped
- 3 garlic cloves, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 (15-16 ounce) can diced tomatoes
- Salt and pepper to taste.

INSTRUCTIONS

1. In a deep pot, sauté onion and bell pepper in oil for about 5 minutes.
2. Add garlic and sauté another minute.
3. Add remaining ingredients and simmer on low heat for about 20-30 minutes.

