



Vegan Picadillo with Rice and Black Beans

By Chef Michelle Bernstein



"I've made this recipe many times for communities in need, and this is probably the winning dish. It's pretty easy and works for large groups of people."

Chef Michelle is an actual patient and has been compensated for her time. Individual results may vary.

Ingredients:

- 2 tablespoons olive oil
- 1 cup yellow onion, peeled and diced very small
- 1 cup green bell pepper, seeded and diced very small
- 1 cup red bell pepper, seeded and diced very small
- 2 garlic cloves, chopped fine
- 1 pound of your favorite meat substitute or plant-based meat
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon ground cinnamon
- 2 tablespoons tomato paste
- 1 cup canned chopped tomatoes
- 2 tablespoons dry sherry
- 2 cups vegetable broth, more if needed
- 3 tablespoons Italian parsley, chopped
- ½ cup green olives with pimiento, slice each olive into 4 slices
- ¼ cup golden raisins
- Salt and pepper
- Black beans, warmed
- Rice, cooked according to package instructions

Directions:



Step 1

Heat the olive oil in a large skillet on medium heat. Cook the onion, green bell pepper, red bell pepper, and garlic, stirring for about 5 minutes.



Step 2

Add the plant-based meat and cook for 5 minutes, stirring and breaking up if needed. Add the cumin, coriander, and cinnamon, then season with salt and pepper, cook until fragrant. Add the tomato paste and cook, stirring for 5 minutes.



Step 3

Add the chopped tomatoes, dry sherry, 2 cups vegetable broth, Italian parsley, olives, and raisins. Bring the mixture to a boil, reduce to a simmer, and cook for 12–15 minutes to marry the flavors.



Step 4

If the mixture looks too dry, you can always add more vegetable broth ¼ cup at a time.



Step 5

Check for seasoning before serving, adjust if needed. Serve with steamed white rice and black beans.

TIPS TO HELP WITH YOUR NEXT DOCTOR'S APPOINTMENT

Here are 4 tips that can help you reflect on your psoriatic arthritis symptoms and discuss treatment options with your doctor.

TIP 1: Reflect on Your Symptoms

Take a moment to think about how psoriatic arthritis is impacting your day-to-day life. Where are you experiencing symptoms like joint pain, swelling, and tenderness, and how painful are they?

Which daily activities are affected by your psoriatic arthritis symptoms? Check all that apply.

Exercising ☐ Running Errands ☐ Getting out of Bed ☐ Other ☐
Gripping ☐ Preparing Meals ☐ Getting Dressed ☐

TIP 2: Reflect on Your Treatment

Circle the face that best expresses your level of satisfaction with your current treatment.



Very
Unsatisfied



Unsatisfied



Indifferent



Satisfied



Completely
Satisfied

☐ I'm not currently treating my psoriatic arthritis.

TIP 3: Speak Up

Now that you've spent time reflecting, make sure you tell your doctor about your symptoms and how they're really making you feel.

TIP 4: Advocate for Yourself

In addition to speaking up, explore your treatment options with your doctor. Ask the questions below to find out if COSENTYX® is right for you:

1. What makes COSENTYX different?
2. Do you think COSENTYX is right for me?
3. What are the benefits and risks of treating with COSENTYX?

INDICATIONS

COSENTYX® (secukinumab) is a prescription medicine used to treat:

- people 6 years of age and older with moderate to severe plaque psoriasis (PsO) that involves large areas or many areas of the body, and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet or UV light alone or with systemic therapy)
- people 2 years of age and older with active psoriatic arthritis (PsA)
- adults with active ankylosing spondylitis (AS)
- adults with active non-radiographic axial spondyloarthritis (nr-axSpA) and objective signs of inflammation
- people 4 years of age and older with active enthesitis-related arthritis (ERA)
- adults with moderate to severe hidradenitis suppurativa (HS)

IMPORTANT SAFETY INFORMATION

Do not use COSENTYX if you have had a severe allergic reaction to secukinumab or any of the other ingredients in COSENTYX. See the Medication Guide for a complete list of ingredients.

Please see additional Important Safety Information on the next page.

Click here for full [Prescribing Information](#), including [Medication Guide](#).

Visit [COSENTYX.com](https://www.cosentyx.com) for more information.

IMPORTANT SAFETY INFORMATION (cont)

What is the most important information I should know about COSENTYX?

COSENTYX is a medicine that affects your immune system. COSENTYX may increase your risk of having serious side effects such as:

Infections

COSENTYX may lower the ability of your immune system to fight infections and may increase your risk of infections. Some people have had serious infections while taking COSENTYX, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses. Some people have died from these infections.

- Your doctor should check you for TB before starting treatment with COSENTYX.
- If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with COSENTYX and during treatment with COSENTYX.
- Your doctor should watch you closely for signs and symptoms of TB during treatment with COSENTYX. **Do not take COSENTYX if you have an active TB infection.**

Before starting COSENTYX, tell your doctor if you:

- are being treated for an infection
- have an infection that does not go away or that keeps coming back
- have TB or have been in close contact with someone with TB
- think you have an infection or have symptoms of an infection such as: fevers, sweats, or chills; muscle aches; cough; shortness of breath; blood in your phlegm; weight loss; warm, red, or painful skin or sores on your body; diarrhea or stomach pain; burning when you urinate or urinate more often than normal

After starting COSENTYX, call your doctor right away if you have any signs of infection listed above. Do not use COSENTYX if you have any signs of infection unless you are instructed to by your doctor.

What are the possible side effects of COSENTYX?

COSENTYX may cause serious side effects, including:

Serious allergic reactions

Serious allergic reactions can occur. Get emergency medical help right away if you get any of the following symptoms: feeling faint; swelling of your face, eyelids, lips, mouth, tongue, or throat; trouble breathing or throat tightness; chest tightness; skin rash or hives (red, itchy bumps).

If you have a severe allergic reaction, do not give another injection of COSENTYX.

Inflammatory bowel disease

New cases of inflammatory bowel disease or “flare-ups” can happen with COSENTYX, and can sometimes be serious. If you have inflammatory bowel disease (ulcerative colitis or Crohn's disease), tell your doctor if you have worsening disease symptoms during treatment with COSENTYX or develop new symptoms of stomach pain or diarrhea.

Severe skin reactions that look like eczema can happen during treatment with COSENTYX from days to months after your first dose and can sometimes lead to hospitalization. Your doctor may temporarily stop treatment with COSENTYX if you develop severe skin reactions. Tell your doctor if you have any of the following signs or symptoms: redness or rash; itching; small bumps or patches; your skin is dry or feels like leather; blisters on the hands or feet that ooze or become crusty or skin peeling.

The most common side effects of COSENTYX include: cold symptoms, diarrhea, and upper respiratory tract infections.

These are not all of the possible side effects of COSENTYX. Call your doctor for medical advice about side effects.

Before using COSENTYX, tell your doctor if you:

- have any of the conditions or symptoms listed above for infections.
- have inflammatory bowel disease (Crohn's disease or ulcerative colitis).
- are allergic to latex. The needle cap on the COSENTYX Sensoready[®] pen, and 150 mg/mL and 75 mg/0.5 mL prefilled syringes contains latex.
- have recently received or are scheduled to receive an immunization (vaccine). People who take COSENTYX **should not** receive live vaccines. Children should be brought up to date with all vaccines before starting COSENTYX.
- have any other medical conditions and all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Keep a list of your medicines to show your healthcare provider and pharmacist when you get a new medicine.
- are pregnant or plan to become pregnant. It is not known if COSENTYX can harm your unborn baby. You and your doctor should decide if you will use COSENTYX.
- are breastfeeding or plan to breastfeed. It is not known if COSENTYX passes into your breast milk.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see full **Prescribing Information**, including **Medication Guide**.

Visit COSENTYX.com for more information.



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