

# RECIPE #17: YOU MATTER TO ME!

 “You matter to me” should be conveyed often to the young people in your life. No matter your relationship—parent, teacher, youth worker, neighbor, family member—this message can guide interactions with the young people in your life. Tell them they matter to you and that they can rely on you.

- Pay attention: Focus on what each youngster has to say about things that matter to them. Put cell phones away, be present, and listen intently and with acceptance.
- Follow up: When stressful situations are discussed remember to check in and follow up later on. This builds trust.
- Build Resilience: Stress management is a life skill. Suggest tools such as deep breathing and exercising to manage stress and remind youths to reach out to others for help.

 When sharing a meal: Tell the person sitting next to you why they matter to you. Give 1-3 reasons.



Adapted from <https://vtnetwork.org/wp-content/uploads/2020/02/Commit-to-Consistent-Connections-Tool.pdf>

# PASTA E FAGIOLI



## INGREDIENTS

- 1 tbsp extra virgin olive oil, or any oil
- 3 celery stalks diced
- 2 carrots diced
- 1 small red onion diced
- 2 garlic cloves minced
- salt and pepper to taste
- ½ teaspoon oregano
- 1 (28 oz) can diced tomatoes
- 2 1/2 cups low-sodium vegetable broth or water
- 1/4 cup Parmesan cheese (optional)
- 1 cup small pasta,
- 1 can 15 oz cannellini beans drained.

## INSTRUCTIONS

1. In a medium heavy pot, heat oil over medium. Add celery carrots onion, garlic, salt and pepper. Saute' until vegetables are soft, about 9 minutes. Add oregano, tomatoes and broth. Increase heat to high and simmer rapidly for 5 minutes or liquid thickens slightly. Add pasta and cook partially covered, until tender, 10 to 15 minutes. Add beans and cook until warmed through, about 3 minutes. To serve, sprinkle with Parmesan cheese if desired.

Recipe Source: [IFoodReal.com](https://ifoodreal.com)  
4 servings



<https://ifoodreal.com/pasta-e-fagioli-soup/>