



WESTERN WISCONSIN HEALTH

BLACK BEAN AND TURKEY STEW

- 3-15 oz. cans low-sodium black beans, drained (or use 1 C. dried beans, then soak and cook per pkg. instructions to help decrease sodium content)
- 1 1/2 C. chopped yellow onions
- 1 C. chopped red bell pepper
- 4 cloves garlic, minced
- 1/4 tsp. ground red pepper
- 1 C. sliced celery
- 1 1/2 C. low-sodium chicken broth
- 1 1/2 tsp. dried oregano leaves
- 3/4 tsp. ground coriander
- 6 oz. cooked lean turkey or chicken sausage, thinly sliced (optional)

Nutrition Facts

Serving Size (385g)
Servings Per Container

Amount Per Serving

Calories 280 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 520mg **22%**

Total Carbohydrate 43g **14%**

Dietary Fiber 16g **64%**

Sugars 5g

Protein 20g

Vitamin A 20% • Vitamin C 60%

Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Combine all ingredients except sausage in a slow cooker. Cover and cook on low for 6 to 8 hours. Transfer approximately 2 cups bean mixture from slow cooker to food processor and purée. Return puréed mixture to slow cooker and stir in thinly sliced sausage. Cook on low for an additional 10 to 15 minutes.

NUTRITION FACTS: Serving size: 1 1/2 cup per serving, 6 servings