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)

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