SMOKY BLACK BEAN STEW

2 T. canola oil
1 diced onion
1 sliced carrot
2-15 oz. cans drained black beans
1-28 oz. can diced tomatoes
1 1/2 C. vegetable broth
1 C. sliced roasted red pepper
1 T. minced canned chipotle pepper in adobo sauce
1 tsp. cumin
Salt and pepper
Zest of 1 orange
1 T. fresh thyme
Diced avocado

Heat 2 tablespoons canola oil in a pot. Cook 1 diced onion and 1 sliced carrot for 5 minutes. Add two 15-ounce cans drained black beans, one 28-ounce can diced tomatoes, 1 1/2 cups vegetable broth, 1 cup sliced roasted red pepper, 1 tablespoon minced canned chipotle pepper in adobo sauce, 1 teaspoon cumin, and salt and pepper. Simmer 20 minutes. Stir in zest of 1 orange and 1 tablespoon fresh thyme. Serve with diced avocado.

NUTRITION FACTS: Serving size: 2 cups per serving, 4 servings