

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

Servings Per Container Amount Per Serving Calories 430 Calories from Fat 80 % Daily Value* 14% Total Fat 9g Saturated Fat 1g **5**% Trans Fat 0g Cholesterol 0mg 0% 46% Sodium 1110mg Total Carbohydrate 70g 23% Dietary Fiber 21g 84% Sugars 14g Protein 17g Vitamin A 110% Vitamin C 100% Calcium 20% Iron 30% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs 2.000 2.500 Calories: Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g 300mg Cholesterol Less than 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

Nutrition Facts

Serving Size (692g)

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