

# MEXICAN BEAN STEW

COURSE: DINNER, LUNCH, MAIN COURSE CUISINE: MEXICAN TIME: MAX 30 MIN

CALORIES: 150 - 450 KCAL DIET: DAIRY-FREE, EGG-FREE, GLUTEN-FREE, VEGAN

PREP TIME: 5 MINUTES COOK TIME: 20 MINUTES TOTAL TIME: 25 MINUTES

SERVINGS: 4 SERVINGS CALORIES: 519KCAL

## INGREDIENTS

- 0.67 cup brown rice (uncooked)
- 1.33 tbsp vegetable oil
- 2.67 clove garlic (finely minced)
- 0.67 red onion (finely chopped)
- 0.67 jalapeño (without seeds and veins, finely minced)
- 1.33 tsp cumin, ground
- 1.33 tsp paprika powder
- 1.33 tsp oregano, dried
- 0.33 tsp black pepper
- 2 cup black beans, cooked (~1 can, 15oz/425g)
- 2 cup chickpeas, cooked (~1 can, 15oz/425g)
- 6.67 oz sweetcorn
- 1.33 can crushed tomatoes (~1 can, 15oz/425g)
- 1.33 cup vegetable broth
- 1.33 tsp sugar
- Salt to taste
- 0.33 cup cilantro/coriander, fresh

## INSTRUCTIONS

1. If using **rice**, cook according to packet instructions.  
0.67 cup brown rice
2. In a medium sized saucepan, heat the **vegetable oil**. Add the **garlic cloves, red onion** and **jalapeño**. Cook at medium heat until the veggies have reduced and begun to brown.  
1.33 tbsp vegetable oil, 2.67 clove garlic, 0.67 red onion, 0.67 jalapeño
3. Add **cumin, paprika, oregano** and **black pepper**. Cook for 30 seconds, until the aroma is released from the spices.  
1.33 tsp cumin, ground, 1.33 tsp paprika powder, 1.33 tsp oregano, dried, 0.33 tsp black pepper
4. Then add the **black beans, chickpeas, corn, crushed tomatoes, vegetable stock, salt** and **sugar**. Cook over medium low heat, stirring to avoid sticking in the bottom of the pan, for about 10 minutes, or until the stew has a nice, saucy, thick consistency.  
2 cup black beans, cooked, 2 cup chickpeas, cooked, 6.67 oz sweetcorn, 1.33 can crushed tomatoes, 1.33 cup vegetable broth, Salt to taste, 1.33 tsp sugar
5. Taste stew and add more salt if necessary.
6. Serve the bean stew, topped with **cilantro**, with a side of brown rice.  
0.33 cup cilantro/coriander, fresh

## NUTRITION

Calories: 519kcal | Carbohydrates: 93g | Protein: 22g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 2g | Trans Fat: 0.03g | Sodium: 506mg | Potassium: 1218mg | Fiber: 20g | Sugar: 15g | Vitamin A: 1078IU | Vitamin C: 21mg | Calcium: 150mg | Iron: 8mg

