

Hearty Mixed Bean and Vegetable Stew

Ingredients

- 2 Tbs of vegetable oil
- ½ Tbs chili powder
- ½ Tbs cumin
- 1 tsp oregano (optional)
- ¼ tsp cayenne pepper (optional)
- 1 bay leaf (optional)
- 1 small yellow onion, diced
- 1 red or green bell pepper, diced
- 3 ribs of celery, sliced
- 2 carrots, sliced
- 2 small zucchinis, julienne cut
- 2 small yellow squash, julienne cut
- 4 garlic cloves, minced
- 1 medium head of broccoli, cut into florets
- 1 medium head of cauliflower, cut into florets
- 1 medium potato, diced
- 1 (14.5-ounce) can of diced tomatoes, in their juices
- 1 (15oz) can of white beans
- 1 (15oz) can of red kidney beans
- 1 (15oz) can of black beans
- 1 (15oz) can of garbanzo beans
- 1 (15.25-ounce) can of corn kernels, drained (optional)
- 1 (6-ounce) can of tomato paste
- 3 cups of vegetable or no-chicken broth
- Salt and pepper, to taste



Instructions

1. In a large pot over medium-high heat, heat the vegetable oil. Add diced onion, bell pepper, celery, carrots, zucchini, squash and potatoes. Sauté for 3 to 4 minutes or until the vegetables are tender.
2. Add minced garlic, chili powder, cumin, oregano (if using), cayenne pepper (if using), and bay leaf (if using). Sauté for another minute until fragrant.
3. Add broccoli & cauliflower florets, diced tomatoes, all varieties of beans, corn kernels (if using), tomato paste, vegetable broth, salt, and pepper. **Bring the mixture to a boil.**
4. Once boiling, **cover the pot**, reduce the heat to low, and let the stew **simmer for 25 minutes** to allow the flavors to meld together.

Nutritional Information

- | | | |
|---------------------------|---------------------------|---------------------|
| • Calories: 592kcal | • Monounsaturated Fat: 2g | • Vitamin A: 5226IU |
| • Carbohydrates: 103g | • Trans Fat: 1g | • Vitamin C: 126mg |
| • Protein: 33g | • Sodium: 925mg | • Calcium: 253mg |
| • Fat: 9g | • Potassium: 2220mg | • Iron: 12mg |
| • Saturated Fat: 2g | • Fiber: 29g | |
| • Polyunsaturated Fat: 5g | • Sugar: 18g | |