



One Pot Vegetarian Stew

Warm up your winter evenings with this hearty vegetable dish.



INGREDIENTS

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| 2 teaspoons vegetable oil | 2 teaspoons chili powder |
| 1 medium onion, chopped | 2 teaspoons dried oregano |
| 1 medium green bell pepper, chopped | 1 (15-ounce) can black beans, drained and rinsed |
| 3 cloves garlic, finely chopped | 1 (15-ounce) can red beans, drained and rinsed |
| 1 (14½-ounce) can diced tomatoes | 8 tablespoons fat free sour cream (optional) |
| 2 cups fresh or frozen corn | |
| 1 (14½-ounce) can low-sodium vegetable broth | |

PREPARATION

1. In a large pot, heat oil over medium heat.
2. Sauté onion, bell pepper, and garlic until tender, about 5 minutes.
3. Add tomatoes, corn, vegetable broth, chili powder, oregano, and beans. Stir well.
4. Cover and simmer until thoroughly heated, about 15 minutes.
5. Spoon into 8 bowls. If desired, top each bowl with one tablespoon of fat free sour cream and serve with whole grain rolls.



Makes 8 servings. 1½ cups per serving.
Prep time: 10 minutes Cook time: 20 minutes

Nutrition information per serving: Calories 220, Carbohydrate 42 g,
Dietary Fiber 11 g, Protein 11 g, Total Fat 2 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 1 mg, Sodium 482 mg