

Smokey Black Bean Stew



Phase I ingredients

2 onions, sliced thin
4 carrots, sliced
¼ c vegetable broth

Phase II ingredients

2 28 oz cans diced tomatoes, complete
2 30 oz cans black beans, drained and rinsed
3 c vegetable broth
2 red peppers, sliced thin
8 oz sliced fresh mushrooms
2 zucchinis, diced
2 fresh cayenne peppers minced
1 tsp fire roasted chipotle chili powder
1 tsp onion powder
2 tsp ground cumin
2 tsp garlic powder
2 chipotle bouillon cubes

- Sauté phase I ingredients for 5 minutes in large pot
- Add phase II ingredients and bring to boil; reduce heat and simmer for 20 minutes
- Let cool then serve (about 2 ladles) and season with a sprinkle of salt if needed; enjoy!
- Serves 12; about 180 cal's per serving