

## Pinto Bean Stew

Yields: 6 servings

- 1 ½ cups chopped onion
- 1 chopped bell pepper
- 2 chopped carrots
- 2 minced garlic cloves (or ¼ teaspoon garlic powder)
- 1 tablespoon chili powder
- 1 can (6 ounces) tomato paste
- 1 can (14.5 ounces) low sodium chicken broth
- 2 cups cooked pinto beans
- Salt and Pepper to taste

Add ½ cup water to a medium pot. Cook the onion, green pepper, carrots, and garlic in the water for 5 minutes over medium heat. Stir in chili powder, tomato paste, chicken broth, and pinto beans. Cook for 20 minutes. Add a little water if the beans start to stick to the bottom of the pot. Serve over hot cooked rice.

Adapted from Just Say Yes to Fruits & Vegetables



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