



Bean Stew 6 servings

- 2 Tablespoons oil
- 4 garlic cloves, minced
- 2 Tablespoons tomato paste
- ½ (15 ounce) can tomato sauce
- 2 (15 ounce) cans kidney beans
- 1 teaspoon curry powder
- 1 teaspoon ground coriander
- 1 teaspoon black pepper
- 1. Wash hands with soap and water.
- 2. In a large pot, heat oil over medium heat. Add garlic and cook for 3-5 minutes.
- 3. Add tomato paste and cook for 2 minutes.
- 4. Stir in tomato sauce and simmer for 20 minutes.
- 5. Add beans, curry powder, ground coriander, and pepper. Stir and cook for additional 10 minutes.
- 6. Serve with bread or rice.
- 7. Store leftovers in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving (3/4 cup): Calories 180, Total Fat 6g, Saturated Fat 1g, Cholesterol Omg, Sodium 440mg, Total Carbohydrate 25g, Dietary Fiber 8g, Sugars 4g, includes 0g Added Sugars, Protein 8g, Potassium 10%, Vitamin D 0%, Calcium 4%, Iron 10%.

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