

## 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 0mg, 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%.