



Nutrition Facts

Serving Size 1 CUP

Amount Per Serving

Calories 217

% Daily Value

Total Fat 2.3g **4%**

Saturated Fat 0.3g **2%**

Cholesterol 1mg **0%**

Sodium 842mg **35%**

Total Carbohydrate 42.4g **14%**

Dietary Fiber 9g **36%**

Protein 7.7g **15%**

Vitamin A 32% Vitamin C 85%

Calcium 8% Iron 13%



TIP

Can substitute vegetable stock for water.

Proteins could be added to this stew such as: turkey, chicken, pork, beef, sausage, game, etc.



Topper: Use this stew as a topper for cooked proteins such as: grilled turkey or pork, braised beef or venison, roasted meats as well as a topper for other hearty grain dishes using rices, wild rice, sprouted wheat, couscous, etc.



Total Time
80 MIN.

Serving & Size
1 CUP

Difficulty
EASY

Simple ingredients come together in an unusual way to create a filling vegetarian stew teaming with beans, sweet potatoes and a hint of cinnamon and molasses.

Yields
24

INGREDIENTS	WEIGHT	MEASURE
vegetable oil		3 tbsp.
Vidalia onion, chopped	38 oz.	2 qt.
garlic, peeled, chopped		2 tbsp.
assorted bell peppers (green, red, yellow), diced	30 oz.	1 1/2 qt.
chili powder		1 1/2 tbsp.
ground cinnamon		1 tsp.
 Pace® Picante Sauce- Medium	54 oz.	1 1/2 qt.
 V8® 100% Vegetable Juice		2 qt.
water		1 qt.
low sodium kidney beans, canned, rinsed, drained	5 lb.	3 qt.
sweet potato, peeled, medium diced	2 lb.	1 qt.
molasses		1/4 cups
Worcestershire sauce		1/4 cups
raisins, dark, seedless	12 oz.	2 cups
cilantro, chopped	0 oz.	1/2 cups
cilantro, minced	0 oz.	1/2 cups
plain nonfat Greek yogurt	12 oz.	1 1/2 cups



INSTRUCTIONS

1. In large pan or stock pot heat oil over medium-high heat. Add onions. Sauté 4 minutes. Stir in garlic and continue to cook 2 minutes.
2. Add peppers. Continue to cook, stirring often, for 5 minutes. Stir in seasonings. Cook 3 minutes.
3. Pour in Pace® Picante Sauce , V8® 100% Vegetable Juice, and water. Bring to a boil. Reduce heat to simmer.
4. Add beans, sweet potato, molasses and Worcestershire sauce. Return to a simmer; lower heat and simmer, stirring often, for 30 minutes.
5. Stir in raisins and cilantro. Continue simmering 15 minutes, stirring often.
CCP: Heat to a minimum internal temperature of 165°F for 1 minute.
CCP: Hold for hot service at 140°F or higher until needed.
6. **To Serve:** Using an 8 oz., ladle, portion , 1 cup stew into a soup bowl or mug. Top with 1 teaspoon cilantro and 1 tablespoon. yogurt to garnish. Serve immediately.