



## **Southwestern Vegetable & Three Bean Stew**

1 can black beans

1 can pinto beans

1 can kidney beans

\*Drain & rinse if using canned beans or soak dry beans over night and cook with 6 cups water or broth, bay leaf, and pinch of salt and pepper till cooked al dente (the beans will finish cooking as the stew simmers)

\*\* You can use whatever type of bean you prefer

1-2 T Olive Oil

3-4 chopped garlic cloves

1- 2T chili powder

1-2 T cumin

1- Onions cut in 1/2-1" chunks

2 Large Carrots cut in 1/2-1" chunks

1/2 Butternut squash (peeled and deseeded) cut into 1" chunks

1 green peppers cut in 1/2-1" chunks

2 red peppers cut in 1-1/2" chunks

2 cups frozen sweet corn (thawed)

1 28 oz can whole peeled tomatoes with juice or diced tomatoes

1 chopped chipotle Chile \*canned chipotle chiles in adobo sauce

2 cups Vegetable Stock

1T Tomato paste

Salt & Pepper to taste

1 bunch cilantro coarsely chopped

In a large Dutch Oven coat the bottom of the pan with olive oil,

Add the chopped garlic dried cumin, chili powder

Cook for 3-4 minutes stirring to release oils and flavors in the spices

Add chopped chipotle to taste (go easy as they are very spicy)

Add onions, carrots, and squash, stir and cook for 5 minutes till veggies soften a bit

Add peppers red & green and cook

Add canned tomatoes (crush in your hands) reserve some of the juices

And salt

Add vegetable stock to cover, stir and bring to a boil

Add beans and sweet corn

Stir and continue cooking (check if you need more liquid, if so add remaining tomato and or vegetable stock)

Reduce heat and simmer

Add 1T tomato paste as needed

Continue cooking until vegetables are soft but still firm to touch

Add chopped cilantro

Serve with or over quinoa or quinoa with brown rice