



Mexican Bean Stew



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup black beans dry



14.5 ounce canned tomatoes crushed canned



6 servings cayenne pepper to taste



1 cup pinto beans dried



2 cups corn kernels fresh



1 cup garbanzo beans dry



4 cloves garlic crushed



0.5 teaspoon ground cinnamon

- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 6 servings salt and pepper to taste

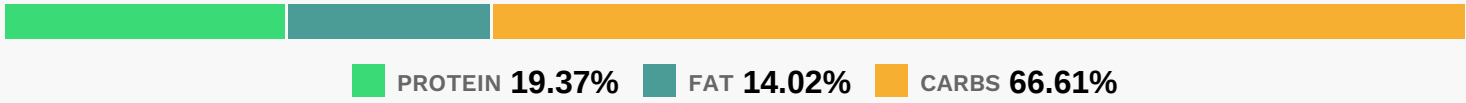
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Rinse and sort pinto beans, black beans and garbanzo beans.
- ☐ Place in a large bowl and cover with water. Soak overnight.
- ☐ Drain beans and place in a large pot; cover with water. Bring to a boil and cook for 1 hour, or until beans are tender. It may be necessary to add more water during cooking to prevent drying out or scorching.
- ☐ Heat oil in a small saucepan over medium-high heat.
- ☐ Saute onion and garlic until onion is transparent. Stir in cumin. To the beans add the onions, garlic and crushed tomatoes. Simmer for 20 minutes. Stir in corn and cinnamon; cook 15 minutes more. Season with salt, pepper and cayenne to taste before serving.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:10.75, Inflammation Score:-9, Nutrition Score:22.641304347826%

Flavonoids

Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol:

0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 296.74kcal (14.84%), Fat: 4.89g (7.52%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 52.23g (17.41%), Net Carbohydrates: 39.39g (14.32%), Sugar: 9.05g (10.05%), Cholesterol: 0mg (0%), Sodium: 299.83mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.19g (30.38%), Folate: 293.51µg (73.38%), Manganese: 1.12mg (56%), Fiber: 12.85g (51.39%), Magnesium: 128.08mg (32.02%), Vitamin B1: 0.48mg (31.9%), Copper: 0.62mg (30.95%), Phosphorus: 299.21mg (29.92%), Potassium: 1042.43mg (29.78%), Iron: 4.64mg (25.79%), Vitamin B6: 0.46mg (22.77%), Vitamin A: 1084.25IU (21.69%), Vitamin C: 15.51mg (18.8%), Selenium: 11.61µg (16.58%), Vitamin E: 2.01mg (13.38%), Zinc: 2mg (13.36%), Vitamin B3: 2.59mg (12.93%), Vitamin B2: 0.19mg (11.25%), Calcium: 97.46mg (9.75%), Vitamin B5: 0.97mg (9.72%), Vitamin K: 9.86µg (9.39%)