



Smoky Seitan, Pinto Bean, and Hominy Stew



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon canola oil
- ☐ 0.8 cup carrots diced (1 large)
- ☐ 1 cup celery diced (2 stalks)
- ☐ 0.5 teaspoon chipotle chile powder
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon garlic minced

- ☐ 1 cup bell pepper diced green (1)
- ☐ 15.5 ounce hominy white rinsed drained canned
- ☐ 0.5 teaspoon salt
- ☐ 1 pound seitan cubed
- ☐ 2 cups vegetable broth organic (such as Swanson Certified)
- ☐ 1.5 cups onion diced white (1 large)

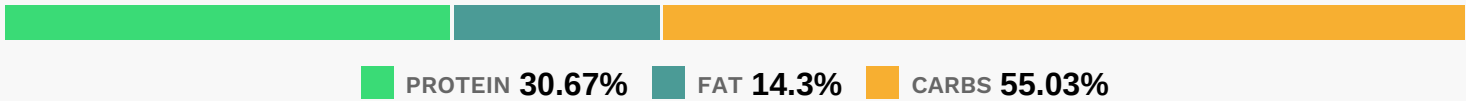
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and next 4 ingredients (through garlic) to pan; saut 5 minutes.
- ☐ Add broth and remaining ingredients to pan; bring to a boil. Reduce heat, and simmer 15 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:34.23, Glycemic Load:6.05, Inflammation Score:-9, Nutrition Score:13.990434967953%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 218.08kcal (10.9%), Fat: 3.64g (5.6%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 23.59g (8.58%), Sugar: 9.01g (10.01%), Cholesterol: 0mg (0%), Sodium: 1121.28mg (48.75%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.14%), Vitamin A: 2544.09IU (50.88%), Vitamin C: 27.91mg (33.83%), Fiber: 7.93g (31.73%), Manganese: 0.49mg (24.58%), Iron: 3.36mg (18.69%), Potassium: 596.4mg (17.04%), Copper: 0.32mg (16.09%), Vitamin B6: 0.3mg (15.22%), Vitamin E: 2.16mg (14.41%), Vitamin K: 14.78µg (14.08%), Magnesium: 54.34mg (13.58%), Phosphorus: 120.86mg (12.09%), Folate: 40.67µg (10.17%), Vitamin B1: 0.14mg (9.34%), Zinc: 1.28mg (8.52%), Vitamin B3: 1.69mg (8.44%), Calcium: 83.58mg (8.36%), Vitamin B5: 0.56mg (5.56%), Vitamin B2: 0.09mg (5.51%), Selenium: 2.56µg (3.66%)