



**Nutrition Facts**

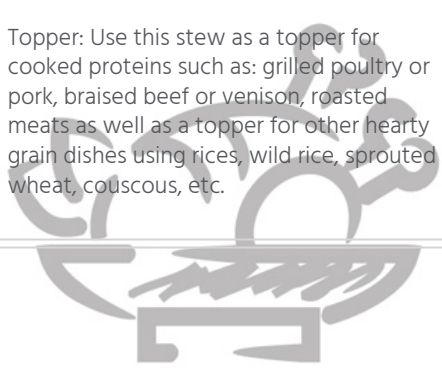
Serving Size	1 CUP
<b>Amount Per Serving</b>	
<b>Calories</b> 217	
	<b>% Daily Value</b>
<b>Total Fat</b> 2.3g	<b>4%</b>
<b>Saturated Fat</b> 0.3g	<b>2%</b>
<b>Cholesterol</b> 1mg	<b>0%</b>
<b>Sodium</b> 841mg	<b>35%</b>
<b>Total Carbohydrate</b> 42.3g	<b>14%</b>
<b>Dietary Fiber</b> 9g	<b>36%</b>
<b>Protein</b> 7.7g	<b>15%</b>
Vitamin A 31%	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 poultry 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**

Yields  
**24**

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.

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.
 <b>Pace® Picante Sauce- Medium</b>	54 oz.	1 1/2 qt.
 <b>V8® 100% Vegetable Juice</b>		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.