

THINGS TO KEEP IN MIND

You can reduce the amount of sodium in the canned beans by rinsing them with water before cooking them. If you need to reduce the amount of potassium in potatoes, you can soak them in water for a period of at least 2 hours. Remove from water before cooking the potatoes.

INGREDIENTS:

- 2 tbsp of canola or olive oil
- fresh cilantro
- ½ medium onion, chopped
- ½ medium red bell pepper, chopped
- ½ medium green pepper, chopped
- 4 garlic cloves, chopped
- 1 tsp of paprika
- 1 tsp of cumin
- 2 tbsp of tomato paste
- 1 can of unsalted beans (pinto or kidney)
- 1 medium potato
- 1 bay leaf
- 2 cups of low-sodium chicken broth



Stewed beans

Directions

1. Heat the canola or olive oil on medium heat in a large saucepan. Add the onion, red pepper, green pepper, garlic, cilantro, paprika, cumin, and bay leaf. Sauté, stirring occasionally until the onions are translucent.
2. Add the beans, tomato paste, low-sodium chicken broth, and potatoes. Bring to a boil.
3. Reduce the heat, cover, and simmer for 15 minutes until the potatoes are tender.
4. Remove from heat, serve with brown rice and a side salad.