

## Vegan Picadillo Makes 4 servings

2 T Olive oil  
1 medium potato, 1/2" cube dice  
1/2 medium onion, chopped fine  
3/4 c diced red bell pepper  
1/4 t ground cumin  
1/4 t oregano  
1/8 t salt  
1/2 cup no salt added tomato sauce  
1/2 - 6 oz. can tomato paste  
1 cup water  
1 T cider vinegar  
1.5 c pinto beans  
3 T chopped green olives  
4 T seedless raisins  
4 cups fresh kale, chopped



Heat olive oil in pan on medium high heat. Add potatoes and cover pan. After 3 minutes add onions, and bell pepper. Heat for covered for an additional 3 minutes, stirring every minute. When onions are translucent add all remaining ingredients except kale. Bring to a boil then reduce to a simmer. Stir every 5 minutes until potatoes are cooked to taste. If stew sticks to the bottom of the pan before potatoes are cooked add a half cup of water. When potatoes are cooked add and 1/4 cup water and continue to heat for an additional 3 minutes. Serve.

Nutrition information: 300 calories, 9g fat, 10g protein, 47g carbohydrate, 460mg sodium, 5g dietary fiber. Excellent source of vitamins A and C, calcium, and iron.

