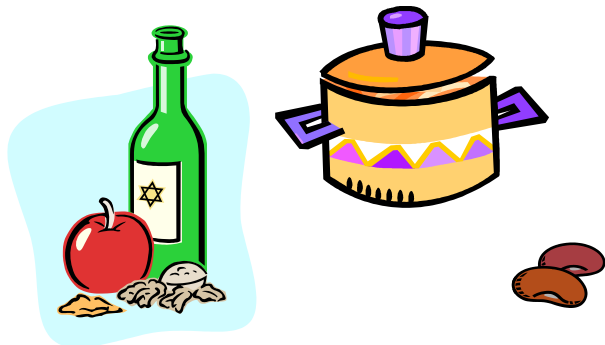


Slow-Cooker Rambler Stew

8 servings

- 1 $\frac{1}{2}$ cups dried black and/or kidney beans, sorted and rinsed
- 1 (10 oz.) box frozen spinach, defrosted in microwave for 5 - 6 min.
- $\frac{1}{4}$ pound pork tenderloin or chicken breast, cut into $\frac{1}{2}$ " cubes (optional)
- 2 (14.5 oz.) cans reduced sodium chicken broth
- 1 cup water
- 1 (14.5 oz.) can stewed tomatoes
- 1 large sweet potato, peeled and cubed
- 1 medium onion, chopped*
- 1 medium bell pepper, chopped*
- 2 tsp paprika
- 2 tsp cumin
- $\frac{1}{4}$ tsp cinnamon
- 1 tsp dried basil
- 2 tsp sugar
- 8 dashed red pepper sauce (optional)



Add all ingredients to slow-cooker. Cover and cook on LOW for 10 - 11 hours or on HIGH for 5 - 6 hours. Serve with a tossed green salad for a no-fuss dinner.

* To save time, use frozen chopped green pepper and onion

Nutrition information, per serving: 180 calories, 0 g fat, 35 g carbohydrate, 8 g dietary fiber, 11 g protein, 340 mg sodium, 0 cholesterol. **Good source** of vitamins A & C, calcium and iron.