

THREE SISTERS VEGGIE BOWL

Prep Time: 20 minutes

Total Time: 20 minutes

Included in Box:

- 1 ½ cups cooked pinto beans
- 1 (15-oz) can no salt added corn, drained and rinsed
- 1 cup canned no salt added green beans, drained and rinsed
- 1 cup canned low sodium collard greens or spinach, drained and rinsed

Additional Ingredients Needed:

- 2 T olive oil or vegetable oil
- 1 small onion (-½ c.), chopped
- 1 medium zucchini, chopped
- 1 cup low sodium vegetable broth
- 2-3 tsp chili powder

Directions:

1. Add oil, onions, and chopped zucchini to a large pan and cook over medium high heat until softened (3-4 minutes).
2. Add all other ingredients and bring to a simmer. Cook 10-15 minutes until most of the liquid has evaporated.

Tip: Add 1 (4.5-oz) can of chicken (drained and rinsed) for a more filling bowl.



Nutrition Facts*

Total Servings: 4
Serving Size: 1 cup
Calories: 196
Fat: 0 g
Sodium: 72 mg
Carbohydrates: 33 g
Fiber: 11 g
Protein: 8 g
Carbohydrate Servings: 2

**Nutrient facts include pinto beans, no salt corn, no salt green beans, low sodium collard greens, oil, white onion, zucchini, and low sodium vegetable broth.*