

CHIPOTLE BLACK BEAN BEEF STEW

Total preparation & cooking time: 25 minutes



- 1 medium sweet potato, peeled**
- 3/4 pound ground beef (95% lean)**
- 1 medium onion, chopped**
- 2 cans (15 ounces each) black beans, rinsed, drained**
- 1 can (28 ounces) crushed tomatoes, undrained**
- 2 minced chipotle peppers in adobo sauce**
- 1/4 cup chopped fresh cilantro**
- 2 tablespoons fresh lime juice**
- Lime wedges, optional**

1. Pierce sweet potato with fork and place on paper towel. Microwave on HIGH 4 to 6 minutes or until tender. Cool slightly; cut into 1/2-inch cubes.
2. Meanwhile, spray large nonstick skillet with nonstick cooking spray. Add ground beef and onion; brown over medium heat 8 to 10 minutes, breaking beef up into 3/4-inch crumbles, stirring occasionally; drain.
3. Add black beans, tomatoes and chipotle peppers. Bring mixture to boil. Reduce heat; simmer, uncovered, 15 minutes. Add sweet potato; cook 5 minutes or until heated through, stirring once.
4. Sprinkle with cilantro and lime juice. Garnish with lime wedges, if desired.

Makes 4 servings.

Nutrition information per serving: 375 calories; 5 g fat (2 g saturated fat; 2 g monounsaturated fat); 48 mg cholesterol; 1118 mg sodium; 57 g carbohydrate; 17 g fiber; 32 g protein; 6.9 mg niacin; 0.7 mg vitamin B₆; 2.0 mcg vitamin B₁₂; 7.8 mg iron; 14.8 mcg selenium; 4.8 mg zinc; 59.77 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of choline.



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