



Total Time
80 MIN.

Serving Size
8 FL OZ (250 ML)

Difficulty
EASY

Yields
24

Simple ingredients come together in an unusual way using Pace® Chunky Salsa to create a filling vegetarian stew teaming with beans, sweet potatoes and a hint of cinnamon and molasses.



Tip

Protein-added Options: Proteins could be added to this stew such as: turkey, chicken, pork, beef, sausage or game.

Topper: Use this stew as a topper for hearty grain dishes using rices, wild rice, sprouted wheat or couscous.

INGREDIENTS

	WEIGHT	MEASURE
Oil, olive	3 tbsp	45 mL
Onion, sweet, chopped	8 cups	2 L
Garlic, chopped	2 tbsp	30 mL
Bell peppers, multi-colour, diced	6 cups	11/2 L
Chili powder	11/2 tbsp	25 mL
Cinnamon, ground	1 tsp	5 mL
Pace® Chunky Salsa (Mild)	6 cups	11/2 L
V8® Vegetable Juice	8 cups	2 L
Water or vegetable stock	4 cups	1 L
Beans, canned, mixture, drained	12 cups	3 L
Sweet Potatoes, peeled, med. diced	4 cups	1 L
Molasses	1/4 cup	75 mL
Worcestershire sauce	1/4 cup	75 mL
Raisins, dry seedless	2 cups	500 mL
Cilantro, fresh, chopped	1/2 cup	125 mL
Cilantro, fresh, minced	1/2 cup	125 mL
Yogurt, Greek-style, non-fat	11/2 cups	375 mL



INSTRUCTIONS

1. In large pan or stock pot heat oil over medium-high heat; add onions and sauté 4 minutes. Stir in garlic and continue to cook 2 minutes.
2. Add peppers and continue to cook, stirring often, for 5 minutes. Stir in seasonings and cook 3 minutes.
3. Pour in Pace® Salsa, V8® Vegetable Cocktail and water or stock and bring to a boil. Reduce heat to simmer.
4. Add beans, sweet potatoes, molasses and Worcestershire sauce and return to a boil; lower heat and simmer, stirring often, for 30 minutes.
5. Stir in raisins and cilantro and continue simmering 15 minutes, stirring often. CCP: Heat to an internal temperature of 165°F (74°C). or higher for 15 seconds. CCP: Hold hot at 140°F (60°C) or higher for service.
6. To Serve: For each serving, ladle 8 fl oz (250 mL) stew into a soup bowl or mug and top with 1 tsp (5 mL) cilantro and 1 Tbsp (15 mL) yogurt to garnish.