

Spicy Black Bean Stew

A hearty and flavorful stew packed with protein and fiber from black beans, perfect for a cozy night in.



Main Dish

30 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 can black beans, 1 onion, 2 cloves garlic, 1 bell pepper, 1 tsp cumin, 1/2 tsp chili powder, Salt and pepper to taste, 2 cups vegetable broth, 1 tbsp olive oil

Steps

1

Heat olive oil in a pot over medium heat. 2. Add chopped onion, garlic, and bell pepper, sauté until softened. 3. Stir in cumin, chili powder, salt, and pepper. 4. Pour in vegetable broth and black beans. 5. Simmer for 15-20 minutes. 6. Adjust seasoning if needed. 7. Serve hot.