

Simple Vegetarian Slow-Cooked Beans

Jennifer Reid - Farmington, ME
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Servings: 8

4 cans (15-1/2 ounce ea) great northern beans, rinsed and drained
4 medium (about 2 cups) carrots, finely chopped
1 cup vegetable stock
6 cloves garlic, minced
2 teaspoons ground cumin
3/4 teaspoon salt
1/8 teaspoon chili powder
4 cups fresh baby spinach, coarsely chopped
1 cup oil-packed sun-dried tomatoes, patted dry and chopped
1/3 cup fresh cilantro, minced
1/3 cup fresh parsley, minced

Preparation Time: 15 minutes

Cook Time: 4 hours

In a three-quart slow cooker, combine the beans, carrots, vegetable stock, garlic, cumin, salt and chili powder.

Cook, covered, on LOW for four to five hours or until the carrots are tender.

Add the spinach and tomatoes during the last 10 minutes of cooking.

Stir in the cilantro and parsley.

Per Serving (excluding unknown items): 352 Calories; 2g Fat (4.3% calories from fat); 21g Protein; 65g Carbohydrate; 20g Dietary Fiber; trace Cholesterol; 432mg Sodium. Exchanges: 4 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fat.

Side Dishes, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	352	Vitamin B6 (mg):	.5mg
% Calories from Fat:	4.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	72.0%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	23.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	453mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	trace
Carbohydrate (g):	65g
Dietary Fiber (g):	20g
Protein (g):	21g
Sodium (mg):	432mg
Potassium (mg):	1470mg
Calcium (mg):	188mg
Iron (mg):	6mg
Zinc (mg):	2mg
Vitamin C (mg):	13mg
Vitamin A (i.u.):	10845IU
Vitamin A (r.e.):	1084RE

Food Exchanges

Grain (Starch):	4
Lean Meat:	1
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	352	Calories from Fat: 15
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	trace	0%
Sodium	432mg	18%
Total Carbohydrates	65g	22%
Dietary Fiber	20g	81%
Protein	21g	

Vitamin A	217%
Vitamin C	22%
Calcium	19%
Iron	33%

* Percent Daily Values are based on a 2000 calorie diet.