Vegan Picadillo
Makes 4 servings

2 T Olive oil
1 medium potato, 1/2" cube dice
1/2 medium onion, chopped fine
3/4 c diced red bell pepper
1/4 t ground cumin
1/4 t oregano
1/8 t salt
1/2 cup no salt added tomato sauce
1/2 - 6 oz. can tomato paste
1 cup water
1 T cider vinegar
1.5 c pinto beans
3 T chopped green olives
4 T seedless raisins
4 cups fresh kale, chopped

Heat olive oil in pan on medium high heat. Add potatoes and cover pan. After 3 minutes add onions, and bell pepper. Heat for covered for an additional 3 minutes, stirring every minute. When onions are translucent add all remaining ingredients except kale. Bring to a boil then reduce to a simmer. Stir every 5 minutes until potatoes are cooked to taste. If stew sticks to the bottom of the pan before potatoes are cooked add a half cup of water. When potatoes are cooked add and 1/4 cup water and continue to heat for an additional 3 minutes. Serve.

Nutrition information: 300 calories, 9g fat, 10g protein, 47g carbohydrate, 460mg sodium, 5g dietary fiber. Excellent source of vitamins A and C, calcium, and iron.