

# The Vegan Vamp

## SLOW COOKER MEXICAN FIESTA STEW

Easy peasy, chuck it on before going to work and you have a delicious dinner ready for when you get home.



### WHAT YOU NEED:

- 500g dried black beans
- 1 pack vegan sausages (roughly 400g)
- 1 onion, diced
- 1 Tbs minced garlic
- 2 carrots, peeled and diced
- 1 cup salsa
- 1 Tbs Mexican chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 4 cups vegetable stock
- 3 cups water
- 1 tsp salt
- Diced avocado, for garnish

### HOW YOU DO IT:

1. Check the black beans for pebbles and rinse thoroughly.
2. Sear the onion and garlic together; add a little water to prevent from sticking to the pan.
3. Add all the ingredients into the slow cooker, stir and cook on low for 8 hours.
4. Serve with brown rice and top with diced avocado.

### NUTRITION FACTS

Serving Size	-
Servings Per Recipe	8
<b>Amount Per Serving</b>	
<b>Calories</b>	406
<b>% Daily Value*</b>	
<b>Total Fat</b>	9g <b>13%</b>
Saturated Fat	1g <b>5%</b>
Monounsaturated Fat	1g
Polyunsaturated Fat	0g
Trans Fat	-
<b>Cholesterol</b>	0mg <b>0%</b>
<b>Sodium</b>	569mg <b>24%</b>
<b>Potassium</b>	990mg <b>28%</b>
<b>Total Carbohydrates</b>	52g <b>17%</b>
<b>Dietary Fiber</b>	21g <b>82%</b>
<b>Sugars</b>	5g
<b>Protein</b>	30g <b>61%</b>
Vitamin A	61%
Vitamin C	7%
Calcium	29%
Iron	55%
* The Percent Daily Values are based on a 2,000 calories diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate as the recipes here have not been professionally evaluated.	