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Stewed Tomato Black Beans ^{••}

Stewed Tomato Black Beans is a vegan recipe that combines the rich flavors of tomatoes and black beans. It is a hearty and nutritious dish that can be enjoyed as a main course or a side dish. The beans are simmered in a flavorful tomato sauce, which is seasoned with herbs and spices to enhance the taste. This recipe is perfect for vegans and anyone looking for a delicious and healthy meal.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 40 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Black Beans
500 g	Tomatoes
100 g	onion
2 cloves	garlic

2 tbsp	olive oil
1 tsp	Cumin
1 tsp	Paprika
1 tsp	Salt
0.5 tsp	Pepper
250 ml	Water

Directions

Step 1

Preparation

Rinse and drain the black beans.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Chop the onion and mince the garlic.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a large pot over medium heat. Add the onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Add the black beans, tomatoes, cumin, paprika, salt, pepper, and water to the pot. Stir well to combine.

Prep Time: 5 mins

Cook Time: 30 mins

Step 5

Stove

Cover the pot and simmer for 30 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 30 mins

Nutrition Facts

Calories: 150 kcal

Fat: 2 g

Protein: 8 g

Carbohydrates: 27 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%
Fibers	8 g	21.05%	32%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	450 mg	13.24%	17.31%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Raw Food Diet

Vegan Diet

Course

Soups

Snacks

Salads

Meal Type

Breakfast

Lunch

Snack

Supper

Difficulty Level

Medium

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