

15 Pintos Picadillo

1	med onion, chopped	2	garlic cloves, minced
1	red bell pepper, chopped	1 can (15 oz)	diced tomato es
1	apple (granny smith), chopped into cubes	½ cup	raisins
		¼ cup	black olives chopped
1/4 cup	cilantro- fresh, chopped (to taste)	3 cups	pinto beans (30 oz canned)



Procedure

- 1 Cook onion, garlic & bell pepper until soft. Put in crock pot with remaining ingredients.
- 2 Cook in crockpot for 6-8 hours.
- 3 Stir in 2 cups cooked rice before serving or serve over rice. Can also be put in tortillas.

Servings: 5

Yield: 1 cup per serving

Nutrition Facts

Nutrition (per serving): 270 calories, 9 calories from fat, 1.7g total fat, 0mg cholesterol, 65.3mg sodium, 734.4mg potassium, 50.5g carbohydrates, 13g fiber, 19.1g sugar, 10.7g protein.

Recipe Tips

Can omit black olives but do NOT omit apple or raisins-they are what "make" the recipe.

3 One Healthy Recipe