

3 One Healthy Recipe

## ***Pintos Picadillo***

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



### **Procedure**

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- 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**

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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**

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