



# FORKS OVER KNIVES®

## Southwest Stew | by Cathy Fisher

*Makes 12 cups*



- 1 medium yellow onion, chopped
- 1 medium red bell pepper, chopped
- 6 medium white or cremini mushrooms, sliced
- 1 tablespoon chili powder
- 1 tablespoon dried oregano
- 2 teaspoons ground cumin
- 2 teaspoons granulated garlic
- 4½ cups water
- ½ to 1 can (6 ounces) tomato paste (see Variations below)
- 1 can (15 ounces) black beans, drained and rinsed (or 1½ cups)
- 1 can (15 ounces) pinto beans, drained and rinsed (or 1½ cups)
- 1 can (15 ounces) diced tomatoes (including juice)
- 1 can (15 ounces) corn, drained and rinsed (or 1½ cups)
- 5 cups chopped (into bite-size pieces) collard greens
- 2 cups loosely packed cilantro leaves (or parsley), coarsely chopped

### **Instructions:**

Heat a large soup pot on high heat with 2 tablespoons water in the bottom. When the water begins to sputter, add the onion, bell pepper and mushrooms and cook stirring for 3 minutes, adding water as needed. Add the chili powder, oregano, cumin, and garlic, and cook for an additional 2 minutes, still adding a little water as needed.

Add the 4½ cups of water to the pot along with the tomato paste, and stir or whisk to blend in. Add the black beans, pinto beans, diced tomatoes, corn, and collard greens. Reduce heat to medium-low and cook covered for 15 to 20 minutes, stirring once or twice. Stir in the cilantro and serve as is or with ground pumpkin seeds and chopped cilantro.

### **Substitutions:**

Fresh garlic may also be used; substitute with 1½ tablespoons freshly minced, or about 6 medium cloves.

If you can't find collard greens, you may also use kale. If you use chard, add it in closer to the end of cooking since it cooks quickly.

### **Variations:**

I try to avoid using partial cans of ingredients, but for this recipe I like to use a half a can of tomato paste since it delivers a milder tomato flavor. But feel free to use the whole can if you like a richer, zingier tomato base.