



## Smoky Bean Medley Stew

### Ingredients:

- 1 tablespoon oil
- ½ medium yellow onion, diced
- 2 tablespoons tomato paste
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 teaspoon garlic powder
- ¼ teaspoon smoked paprika
- 14.5 ounces crushed tomatoes
- 1 cup broth
- 1 teaspoon liquid smoke
- 1 ½ cups frozen vegetables of choice
- 1 package Nature's Earthly Choice™ Microwavable Bean Medley
- 2 cup baby spinach (optional)

### Directions:

1. In a medium pot, heat the oil. Cook the onions until tender, about 5 to 7 minutes. Add the tomato paste and spices. Mix to coat the onions.
2. Add the crushed tomatoes, broth, liquid smoke, and frozen vegetables. You can use more or less broth, depending on how soupy you like your stew. Simmer until the vegetables are heated through, about 5 to 10 minutes.
3. Add the beans and spinach to the stew. Simmer and mix until the spinach are wilted.