

# Mexican Ranchero Amaranth Stew

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/amaranth-soup-recipe-chinese>

## Ingredients:

- 1 cup amaranth
- 1 tablespoon olive oil
- 1 yellow onion diced
- 3 garlic cloves minced
- 1 jalapeno cored and diced
- 2 bell peppers cored and diced
- 3 cups vegetable broth
- 14 1/2 ounces fire roasted tomatoes crushed
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon cayenne depending on how hot you like it
- 15 ounces black beans drained and rinsed
- 1/2 cup chopped cilantro
- 1 lime
- 2 avocados

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 47 grams
3. Fat: 19 grams
4. Fiber: 20 grams
5. Protein: 12 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 1270 milligrams
8. Sugar: 6 grams

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