

# Pot Luck Dinner

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-valentine-s-dinner-recipe>

## Ingredients:

- 2 cans pinto beans organic, drained, or make your own beans
- 2 cans black beans organic, drained
- 1 can organic tomatoes chopped
- 2 tablespoons tomato paste organic
- 2 teaspoons cumin
- 1 teaspoon garlic powder
- salt
- pepper
- 1 cup shredded cheese your choice
- 1 shredded cheese additional cup of, for the top

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 90 milligrams
4. Fat: 28 grams
5. Fiber: 17 grams
6. Protein: 40 grams
7. SaturatedFat: 18 grams
8. Sodium: 1720 milligrams
9. Sugar: 4 grams

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