



Wellnessleuth Recipes

Enjoy your day with
delicious food

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Black Bean Stew

INGREDIENTS:

- **Ingredients:**
- **1 tablespoon olive oil**
- **1 onion, chopped**
- **3 cloves garlic, minced**
- **1 red bell pepper, chopped**
- **2 cups chicken or vegetable broth**
- **1 can diced tomatoes, undrained**
- **1 can black beans, drained and rinsed**
- **1 teaspoon chili powder**
- **1 teaspoon cumin**
- **½ teaspoon salt**
- **¼ teaspoon black pepper**
- **1 cup frozen corn**
- **1 avocado, diced**
- **1 jalapeño pepper, seeded and diced**
- **¼ cup chopped fresh cilantro**

DIRECTIONS

- **Directions:**
- **1. Heat the oil in a large pot over medium heat. Add the onion, garlic, and bell pepper and cook until softened, about 5 minutes.**
- **2. Add the broth, tomatoes, black beans, chili powder, cumin, salt, and black pepper and bring to a boil.**
- **3. Reduce the heat to low and simmer for 30 minutes.**
- **4. Stir in the corn and avocado and cook until heated through, about 5 minutes.**
- **5. Ladle into bowls and top with the jalapeño, cilantro, and any other desired toppings. Enjoy!**



**GRILLED
POLENTA
CROSTINI**



These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



**MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE**

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)