

Prep Time:

15 min

Total Time:

60 min

Select a Course:

Main

Select a Meal:

Lunch

Dinner

Recipe Ingredients

4 16oz cans of beef and vegetable soup or stew

16 oz can/jar of plain spaghetti sauce

8 oz can jalapenos

4 8oz cans of black beans

10 oz can vegetable broth

Black pepper to taste

1 pkg hot Mexican-style chili seasoning

Ancho chili seasoning to taste

Garlic

Salt

1-2 T corn starch (omit if not heat available)

1.

Directions

Dr Drain beans, stew and jalapeno liquids.

2. Add broth, beans, stew meat, and veggies, jalapenos, and spaghetti sauce into pot and mix well.

3. If heating, add cornstarch and mix well.

4. Simmer on low-medium for up to 60 min, stirring occasionally.