

Southwestern Beef
Stew

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1 [HMR® Vegetable Stew with Beef Entree](#)

½ cup corn

½ cup black beans, drained and rinsed

½ cup canned chopped tomatoes (do not drain)

½ tablespoon taco seasoning mix

Optional Garnish:

Green Onions, chopped

Fresh Cilantro, chopped

Low-fat sour cream

Calories: 360

Vegetable Servings: 2

Try These Other Veggie

Mix-ins: Carrots, peas, sweet potato, mushrooms, broccoli, or your favorite vegetables

1. Mix together all of the ingredients in a bowl.
2. Pour into an oven-proof dish sprayed with non-stick spray.
3. Bake at 400 degrees for 30 minutes.
4. Garnish as desired.