Loubia

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

For loubia

- 2 tbsp canola oil
- 1 cup onions, diced
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp ground paprika
- 1/2 tsp ground turmeric
- 1 cup canned crushed tomatoes, in own juice
- 1 tbsp canned tomato paste
- 2 cups canned cannellini beans, drained and rinsed
- 1 1/2 tsp dried whole parsley flakes
- 1 tsp kosher salt
- 1 1/2 cups water

For service

- 2 tsp lemon juice

Instructions

For loubia

1. Heat oil in a large pot over medium heat. Add onions and sauté 5 minutes until translucent. Add spices and stir to coat onions.

2. Add canned tomatoes and paste and cook 5 minutes.

3. Add beans, dried parsley and salt and cook 5 minutes. Add water and lower to a simmer for 15 minutes.

For service

1. Portion 1 1/2 cup of Loubia in a bowl and finish with 1/2 teaspoon lemon juice if desired.

Notes

Each serving provides 2 meat/meat alternate, 1/4 cup red/orange vegetable and 1/4 cup other vegetables.

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 11.07oz | Calories: 283kcal | Carbohydrates: 42g | Protein: 13g | Fat: 8g | Saturated Fat: 1g | Sodium: 387mg | Fiber: 16g | Sugar: 4g