

Pumpkin and Black Bean Stew



Pumpkin and black beans in a fragrant stew with hints of southwest flavours. Served with herbed brown rice.

Heating Instructions:

Stew can be heated either in the oven or on the stove top in the appropriate pot. If heating in the oven remove from fridge 30 - 45 min prior to placing in a 375° oven for 20 - 30 min.

If heating on the stove top, the stew can be taken directly from the fridge placed in an appropriate pan and heated on medium heat.

Rice can be heated in the microwave.

* all times are approximate, as all ovens are slightly different. Convection mode is recommended.