



**BEANS**  
Beans, beans, the musical... sorry. High in minerals including iron and zinc and packed with protein, beans are a powerful dietary staple.

# DIMES



**GARLIC**  
Eliminates toxins. Antibacterial, antifungal, anti-Vampire.

## BLACK BEAN AND CHORIZO STEW SERVES 2

Olive oil

- 1 medium yellow onion—  
diced into small pieces
- 3 cloves garlic—thinly sliced
- 2 long hot chilies—minced
- 4 oz dried chorizo—diced into small pieces
- 1/2 tsp paprika
- 4 cups cooked black beans
- 6 cups beef stock
- 4 cups chopped kale
- 1/2 cup chopped cilantro
- Salt to taste
- Fresh lime juice to taste

**CHILI**  
Embrace the heat. The capsaicin in chilis delivers a wide variety of anti-inflammatory, immunity-boosting, and tonifying benefits.



**CILANTRO**  
Too much Iron Maiden on your playlist? Cilantro helps rid the body of heavy metals while its natural sedative properties reduce anxiety.



Heat olive oil in a medium stock pot add onion, garlic, and long hots. Saute until tender. Add chorizo and cook until fat begins to render. Add paprika and cook a few minutes more. Add black beans and beef stock. Bring up to a boil. Add remaining ingredients and cook until kale is just wilted.

