

Latin-style Beans (with “Super Quick” Variation)



Serves 6

INGREDIENTS

1 tablespoon (15 milliliters) oil
(or 1 to 2 tablespoons [15 to 30
milliliters] water)

½ large onion, small dice

½ green bell pepper, small dice

2 cloves garlic, minced

1 cup (240 milliliters) water,
vegetable stock, or liquid from
cooked beans (if using home-
cooked beans)

2 (14.5-ounce [400-gram]) cans
black or pinto beans, rinsed and
drained (or ½ pound [225 grams]
dried black or pinto beans, cooked,
making sure to reserve 1 cup [240
milliliters] of the cooking liquid)

½ teaspoon (2.5 milliliters) dried
Mexican oregano

½ teaspoon (2.5 milliliters) ground
cumin

Kosher salt, to taste, optional

Freshly ground pepper, to taste

INSTRUCTIONS

1. Heat oil (or water) in a skillet over medium heat and sauté diced onion, bell pepper, and garlic, stirring frequently, until soft and translucent, avoiding browning. Reduce heat if needed.
2. Add 1 cup water or stock if using canned beans—or reserved cooking liquid if using homecooked beans—along with oregano and cumin. Bring to a simmer, cover, reduce heat to low, and simmer gently for 10 minutes, stirring occasionally to prevent sticking.
3. Season with pepper and salt (optional), to taste.

Super Quick Latin-style Beans Variation

Open a (14.5-ounce [400-gram]) can of black or pinto beans and pour contents into a small saucepan (if making on the stove) or into a microwave-safe bowl (if microwaving). Sprinkle with a pinch of garlic powder and 1 to 2 pinches of ground cumin, heat until warm (covered, if using the microwave), making sure to stir frequently. Serve.

NOTES

- Small dice ingredients should be roughly ¼-inch cubed; see handout “Basic Cuts for Fruits and Vegetables.”
- This freezes well, so you can make a large batch and portion for later use.
- Keeps in the refrigerator for 5 days.

Nutritional Info (per ½ cup serving): Calories 136, Total Fat 3 g, Saturated Fat 0.4 g, Cholesterol 0 mg, Sodium 197 mg (if using rinsed, canned beans; less if cooking from scratch without salt), Total Carbohydrate 21.2 g, Dietary Fiber 4.2 g, Sugars 1 g, Protein 7.1 g, Vitamin C 13%, Calcium 3%, Iron 9%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.