

Marvelous Beans: Black

Black beans are small size beans originating in South America and are widely used in the United States. They have about 118 calories and 8 grams of protein per half-cup serving. They are exceptionally high in fiber, antioxidants, and plant-based protein. They also contain certain anti-nutrients and require soaking and cooking before eating. The dry beans can be preserved in bulk long term using the dry ice method <https://youtu.be/Ct18THw4w-M>

Black Bean Tostada

½ cup neutral oil
4 8-inch white or yellow corn tortillas
1¾ cups cooked or 1 can (15-oz) black beans, rinsed and drained
2 tbsp lemon juice
½ cup salsa
½ tsp onion powder
½ tsp garlic powder
½ tsp ground cumin
Salt and pepper to taste
¼ cup water
Desired toppings such as cheese, lettuce, green or red onion slices, tomato
Fresh cilantro and diced avocado for garnish

Heat oil to 350°F and pan fry tortillas 2-3 minutes on each side until golden and crispy. Drain on a paper towel. In a medium saucepan combine the black beans, lemon juice, and seasonings. Add ¼ cup of water and cook over medium heat 10 minutes, adding additional water, 1 to 2 tbsp. at a time, if needed to prevent sticking. Mash bean mixture to reach desired consistency, adding additional water if desired to make creamier. Season with salt and pepper. To assemble, spread tortillas with bean mixture and top with cheese, lettuce, green onions, tomato, and cilantro.

Black Bean and Corn Salad

2 cups frozen corn kernels, blackened
1¾ cups cooked or 1 can (15-oz) black beans, rinsed and drained
1 cup grape tomatoes, sliced
½ cup green bell pepper, diced
½ cup orange or red bell pepper, diced
⅓ cup red onion, diced
3 tbsp cilantro, chopped
½ cup feta cheese

Dressing

3 tbsp avocado oil
Juice from 1 lime
½ tsp chili powder
½ tsp cumin
Salt & pepper to taste

In a large bowl whisk dressing ingredients together. Add remaining ingredients and toss. Chill at least an hour before serving.

RRH video: *Black Beans and Rice with Curtido* (A Salvadoran recipe)

<https://youtu.be/N3adAngtoQE>

RoseRed Homestead "Marvelous Beans" video series. Click on the Beans playlist link located here:
<https://www.youtube.com/c/RoseRedHomestead>