

Bean Recipes

Be sure to read “Beans as a Protein Source” in the What’s New section so you can ensure that you are getting enough complete protein in your diet.

Soup Recipes

Smoky Beans for Bruschetta (Complete protein)

About 10 slices of ciabatta bread, toasted

1 pint cannellini or other white beans

1 TBSP olive oil

2 TBSP chopped onion—can use dehydrated

½ tsp smoked paprika

¼ tsp chili flakes

Salt to taste

1 tsp thyme leaves—fresh or dried

1 clove garlic

Heat olive oil in a medium pan and cook onion until soft, about 3 minutes. Add smoked paprika, beans, thyme, chili and salt and stir well. Continue to cook until all ingredient flavors are blended. Smash about half the beans, leaving the rest whole.

Toast the bread in the oven on a baking sheet with a little olive oil. When browned on both sides, remove from the oven and rub with garlic. Top with a spoonful of beans and sprinkle with more smoked paprika and drizzle with olive oil.

Black Beans and Rice with Curtido (Complete protein)

Make the curtido three days ahead of time:

Shred ½ head cabbage (purple or green)

Thinly slice half an onion—red or white

Two carrots in thin strips

1 jalapeno, sliced

1 tsp oregano

½ cup white vinegar

½ cup water

2 tsp salt

Pour boiling water over the cabbage and then drain. Add all ingredients together in a large bowl. Grab the mixture by the handful and squeeze and press to bruise it until additional liquid is formed. Take the pH to ensure it is below 4.6. Place in a 2 quart jar and poke down with a wooden spoon until liquid covers the veggies. Stuff a quart size baggie filled with water into the jar until it rests on the veggies and forms a weight and seal. Ferment on your countertop for 3 days. Drain and serve.

Cook one batch of white rice and one batch of black beans—can use fast beans—according to the amount needed by your family. Add salt and green chilis to taste. Place a spoonful of rice on a plate and cover with a spoonful of beans. Top with a generous helping of curdito and add diced avocado if available.