



## Frijoles de Olla

12 Servings • 1 Serving = ½ Cup

Adapted from Naturally Healthy Mexican Cooking by Jim Peyton

### INGREDIENTS

- 5 quarts water, 1 quart divided
- 1 Tablespoon salt
- 1 pound dry pinto or black beans
- 3 cloves garlic, finely chopped
- 1/3 cup white onion, chopped
- 1 teaspoon dried leaf oregano
- 1 cup cilantro, finely chopped

### DIRECTIONS

1. Put 4 quarts water, salt, and beans into a pot. Bring to a full boil, cover the pot, remove it from the heat, and allow the beans to sit for 1 hour. Discard the soaking water, rinse the beans thoroughly, rinse out the pot, and return the beans to it.
2. Put the garlic, onion, oregano, and 1 cup of the remaining water in a blender and mix. Add remaining water and blend briefly.
3. Pour the blended liquid into the pot with the beans and bring to a boil. Simmer the beans, covered except for about ½", or just enough to allow some steam to escape, until they are tender. This usually takes about 30 minutes. If it takes a little longer or if you cooked the beans at a rapid simmer, you may have to add a little more water to keep the beans covered.
4. Add cilantro and remove the pot from the heat.

Nutrition Facts	
12 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 24g	9%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 544mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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