



Kidney Bean Stew

Serves eight

1 pound dry kidney beans
2 TBS olive oil + 1 tsp. for the cumin
1 large white onion – chopped
5 garlic cloves – minced
1 small bell pepper – finely chopped
1 chili pepper – minced (optional)
2 large tomatoes – peeled and chopped
1 TBS ground cumin
1 TBS oregano
1 TBS tomato paste
4 cups of the cooking liquid
½ red onion – finely sliced
1 large tomato – peeled and finely chopped
½ a lime – squeezed
3 tsp. salt
2 tsp. black pepper

Rinse the beans thoroughly and place in a bowl. Cover with water and soak overnight. The next day, remove the beans from the soaking liquid and place in a pot. Cover with fresh water and cook until tender.

Add 2 TBS olive oil to a pot and heat. Add the onion and cook for about 6 minutes. Add the garlic and mix. Cook for about 2 minutes until fragrant. Add the bell pepper and chili pepper. Mix well and cook for about 4 more minutes. Add the tomatoes. Make a well in the middle and add the cumin. Add the 2 tsp. oil and mix well. Cook for about ½ a minute and mix. Add the oregano and tomato paste. Mix well.

Add the cooked beans plus 4 cups of their liquid to the cooked onions. Mix well. Add 2 tsp. salt and 2 tsp. black pepper (or more to taste). Mix well and bring pot to a simmer. Cook for about 1 hour and serve.

While the beans are cooking place the red onions and tomato in a bowl. Add the lime juice and remaining salt (or more to taste). Mix well and set aside.

Serve the cooked beans with rice. Garnish with the onion and tomato salsa. Enjoy!

CALORIES 265.74; FAT 4.47 grs (sat 0.60; mono 2.91; poly 0.58); PROTEIN 15.42 grs ; FIBER 16.33 grs; CARBS 43.43 grs; CHOLESTEROL 0.00mg; IRON 6.11 mg; SODIUM 907.95 mg; CALCIUM 153.42 mg

