

Bean Picadillo

Here is an easy to prepare dish from E Hazelbower. This recipe has multiple ingredients, yet they are easy to combine and provide a wonderful flavor. Picadillo is a traditional dish in many Latin American countries and the Philippines that is like hash. It is traditionally made with ground beef (we substituted with beans), plus tomatoes, raisins, olives, and other ingredients that vary by region. Best is to soak kidney beans overnight and cook them until cooked but still a touch al dente, but using canned beans makes this recipe quicker. Caution with using jalapeno pepper; 1 pepper does not seem like much, but some people would find it too spicy—use less or more depending upon your tolerance for hot and spicy.

Prep Time: 35 Minutes

Serves: 4

Ingredients:

3 tablespoons avocado oil
1 large white onion, chopped
½ teaspoon sea salt
¼ teaspoon ground black pepper
1 jalapeno pepper, chopped and seeds discarded
1 medium celery stalk, finely chopped
2 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon dried oregano
1/2 teaspoon cinnamon
1/8 teaspoon ground clove
28 ounces (about 4-5 cups) plum tomatoes, chopped
4 medium cloves garlic, chopped
1/2 cup green olives, chopped
(2) 15-ounce cans kidney beans, drained and rinsed
1 1/2 cups corn
1/2 cup raisins
2 tablespoons red wine vinegar

Garnish

1/4 cup sliced almonds, toasted

Bean Picadillo (cont.)

Directions:

Heat a large sauté pan to medium-high heat, add oil, then the onion, salt, and black pepper and sauté for 2 minutes with an occasional stir. Then add jalapeno, celery, spices, salt, and black pepper, stir occasionally for 3 minutes, then add the tomatoes, garlic, and green olives, reduce heat to medium, and cook for 3-4 minutes with an occasional stir.

Add cooked kidney beans, corn, raisins and vinegar and simmer another 5 minutes.

Meanwhile, toast sliced almonds in a small to medium sauté pan over medium heat until warm and fragrant, but do not allow to burn.

Add vegetable and bean picadillo to a serving dish, and garnish with toasted almonds and serve.

Enjoy,

Steven Masley, MD