

Frijoles de la Olla

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound rice dried ()
- 1 head garlic skinless halved
- 1 tablespoon safflower oil
- 1 teaspoon sea salt
- 0.3 onion white

Equipment

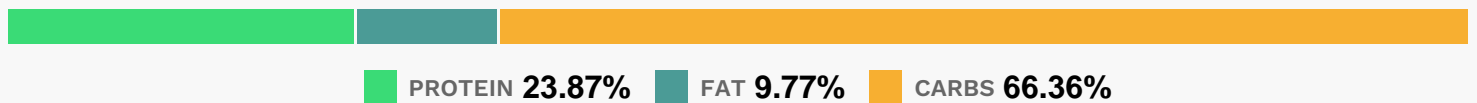
- bowl
- pot

dutch oven

Directions

- Rinse and sort the beans, discarding any broken pieces. Put in an olla or large, heavy pot, add 3 quarts water, and bring to a boil over high heat. This may take from 10 minutes in an enameled cast iron Dutch oven to 30 minutes in the traditional clay pot. When the water begins to bubble, immediately lower the heat to a gentle simmer and add the onion, garlic, and lard. Cover partially and simmer, stirring occasionally, for 1 to 2 hours. If the beans are not covered by at least 1 inch of water, add hot water.
- Add the epazote or cilantro, stir in the salt, and continue to simmer until the beans are almost soft, maybe 2 hours more. The centers of these beans should not be al dente.
- Taste and add more salt if needed, then remove the pot from the heat and spoon out and discard the onion, garlic, and herb sprigs. The beans are now ready to eat, though they will have even better flavor if allowed to sit for at least a few hours—or better yet, overnight—before reheating and serving. (They should be transferred to a storage container with the broth, covered, and stored in the refrigerator, where they will keep for at least 4 days.)
- Serve the beans in small bowls with plenty of the soupy broth and a dollop of the salsa, if desired. These beans can also be used to prepare other bean dishes, such as Frijoles Chinos o Fritos, Frijoles Puercos, or Frijoles Charros.
- From La Cocina Mexicana: Many Cultures, One Cuisine by Marilyn Tausend with Ricardo Muñoz Zurita, © 2012 University of California Press

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:13.42, Inflammation Score:-7, Nutrition Score:18.636521785561%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 284.18kcal (14.21%), Fat: 3.16g (4.87%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 36.64g (13.32%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 397.63mg (17.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Folate: 298.87µg (74.72%), Fiber: 11.67g (46.67%), Manganese: 0.92mg (46.24%), Phosphorus: 315.4mg (31.54%), Vitamin B1: 0.47mg (31.41%), Potassium: 1052.87mg (30.08%), Iron: 5.15mg (28.61%), Copper: 0.54mg (27.22%), Magnesium: 105.96mg (26.49%), Vitamin B6: 0.36mg (18.17%), Zinc: 2.17mg (14.48%), Vitamin B2: 0.17mg (9.94%), Vitamin B3: 1.63mg (8.17%), Calcium: 72.49mg (7.25%), Vitamin E: 0.96mg (6.39%), Vitamin C: 5.2mg (6.3%), Vitamin B5: 0.62mg (6.23%), Selenium: 3.11µg (4.44%), Vitamin K: 4.5µg (4.28%)