



Porotos Granados

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 2 ears corn
- 3.5 ounces .5 can cannellini beans dried such as pinto, navy, or cannellini beans, soaked overnight in cold water, or 1 (14-ounce/400g) can beans, drained and well rinsed
- 2 garlic clove finely chopped
- 7 ounces green beans trimmed cut into 3/4-inch/2cm pieces
- 2 tablespoons olive oil
- 1 onion chopped
- 1 handful oregano chopped

- 6 servings pepper black freshly ground
- 1.5 pounds squash red such as butternut or kuri, peeled, seeded, and cut into 3/4-inch/2cm chunks
- 1 teaspoon paprika smoked sweet
- 1 vegetable stock

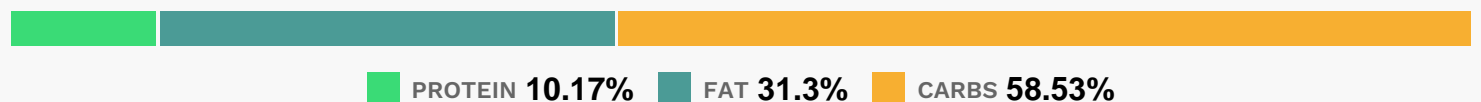
Equipment

- frying pan
- sauce pan

Directions

- Heat the oil in a large saucepan or casserole over medium heat.
- Add the onion and garlic and sauté gently for about 10 minutes, until softened.
- Add the paprika and 1 tablespoon of the oregano. Cook for another minute.
- If using dried beans, drain them after soaking and add to the pan with the stock and bay leaf. Bring to a boil, then lower the heat and simmer for about 45 minutes, or until the beans are completely tender (dried beans vary, and sometimes this may take over an hour).
- Add the squash, stir well, and simmer for 10 to 15 minutes, until the squash is just tender, then add the green beans and corn kernels and simmer for another 5 minutes.
- If using canned beans, add the drained, rinsed beans, the squash, bay leaf, and stock at the same time, and simmer until the squash is just tender, 10 to 15 minutes. Then add the green beans and corn kernels and simmer for a further 5 minutes.
- To finish, season well—I use about 1 teaspoon of salt and plenty of pepper. Stir in the remaining oregano, leave to settle for a couple of minutes, then serve.
- Hugh Fearnley-Whittingstall is a renowned British broadcaster, writer, farmer, educator, and campaigner for sustainably produced food. He is the James Beard Award-winning author of seven books. Hugh established the River Cottage farm in Dorset, England in 199
- Visit www.rivercottage.net.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:1.15, Inflammation Score:-9, Nutrition Score:10.781304395717%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 138.29kcal (6.91%), Fat: 5.37g (8.26%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 18.06g (6.57%), Sugar: 6.28g (6.98%), Cholesterol: 0mg (0%), Sodium: 48.53mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Vitamin A: 2003.87IU (40.08%), Vitamin C: 21.71mg (26.31%), Vitamin K: 19.93µg (18.98%), Manganese: 0.37mg (18.66%), Fiber: 4.54g (18.14%), Potassium: 589.62mg (16.85%), Vitamin B6: 0.3mg (14.76%), Folate: 54.85µg (13.71%), Iron: 1.74mg (9.68%), Magnesium: 38.56mg (9.64%), Vitamin B1: 0.12mg (7.97%), Vitamin B2: 0.13mg (7.79%), Phosphorus: 73.67mg (7.37%), Vitamin E: 1.1mg (7.32%), Vitamin B3: 1.41mg (7.06%), Copper: 0.13mg (6.73%), Calcium: 64.59mg (6.46%), Vitamin B5: 0.54mg (5.43%), Zinc: 0.52mg (3.46%), Selenium: 1.1µg (1.57%)