



Spicy Black Beans with Chorizo and Chipotle Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 2 teaspoons pepper flakes minced seeded
- 2 links chorizo sausage cut fresh (6 to 7 ounces casings removed)
- 2 tablespoons cilantro leaves fresh finely chopped for garnish
- 10 ounces black beans dried
- 2 garlic clove minced
- 0.5 teaspoon ground cumin

- 1 teaspoon juice of lime fresh
- 2 tablespoons olive oil
- 2 cups onion peeled halved chopped
- 1 teaspoon oregano dried (preferably Mexican)
- 1.3 teaspoons hot sauce hot
- 0.5 cup cream sour

Equipment

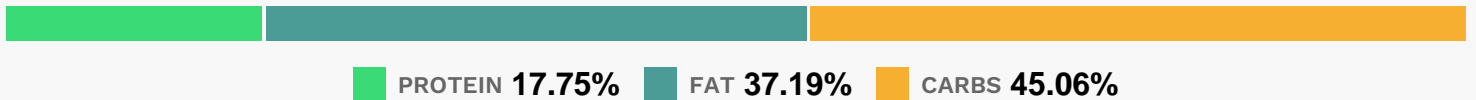
- bowl
- frying pan
- sauce pan
- whisk
- slotted spoon

Directions

- Place beans in large saucepan.
- Add enough water to cover by 2 inches.
- Let beans soak overnight.
- Drain beans. Return to saucepan.
- Add onion halves, bay leaf, and oregano.
- Add enough cold water to cover by 2 inches. Bring to boil, reduce heat to low, and simmer uncovered until beans are very tender, stirring occasionally, 1 1/2 to 2 hours (depending on age of beans).
- Drain beans, reserving cooking liquid. Discard onion halves and bay leaf.
- Heat oil in heavy large deep nonstick skillet over medium heat.
- Add chorizo and cook until brown, breaking up with back of spoon, 4 to 5 minutes. Using slotted spoon, transfer chorizo to small bowl.
- Add chopped onion to drippings in skillet. Cook until soft and golden brown, stirring often, about 10 minutes.
- Add 2 tablespoons cilantro, garlic, jalapeño, and cumin; stir 1 minute.

- Add beans, 3/4 cup reserved cooking liquid, and chorizo to onion mixture. Stir to distribute evenly. Simmer over medium-low heat until heated through and flavors are blended, 3 to 4 minutes. Season to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Chill uncovered until cool, then cover and keep chilled. Rewarm over medium heat before serving.
- Whisk all ingredients in small bowl to blend. Season to taste with salt. DO AHEAD: Can be made 1 day ahead. Cover and chill. Rewhisk before serving.
- Transfer beans to large bowl.
- Garnish with chipotle cream and chopped cilantro.

Nutrition Facts



Properties

Glycemic Index: 24, Glycemic Load: 1.26, Inflammation Score: -8, Nutrition Score: 15.314347803593%

Flavonoids

Petunidin: 7.28mg, Petunidin: 7.28mg, Petunidin: 7.28mg, Petunidin: 7.28mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg

Nutrients (% of daily need)

Calories: 316.23kcal (15.81%), Fat: 13.28g (20.44%), Saturated Fat: 5.31g (33.19%), Carbohydrates: 36.22g (12.07%), Net Carbohydrates: 27.77g (10.1%), Sugar: 4.06g (4.51%), Cholesterol: 33.41mg (11.14%), Sodium: 33.63mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.54%), Folate: 222.54µg (55.63%), Fiber: 8.45g (33.8%), Manganese: 0.62mg (30.81%), Vitamin B1: 0.46mg (30.6%), Potassium: 822.09mg (23.49%), Magnesium: 90.35mg (22.59%), Copper: 0.43mg (21.56%), Phosphorus: 200.21mg (20.02%), Iron: 3.15mg (17.48%), Vitamin C: 13.45mg (16.3%), Zinc: 1.91mg (12.76%), Vitamin B6: 0.23mg (11.71%), Calcium: 105.43mg (10.54%), Vitamin B2: 0.14mg (8.45%), Vitamin K: 8.73µg (8.31%), Vitamin A: 321.94IU (6.44%), Vitamin E: 0.94mg (6.26%), Vitamin B5: 0.57mg (5.7%), Vitamin B3: 1.06mg (5.3%), Selenium: 2.66µg (3.81%)