



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

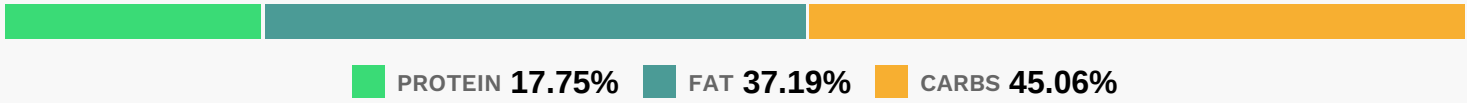
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

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.

- ☐ Addbeans, 3/4 cup reserved cooking liquid, andchorizo to onion mixture. Stir to distributeevenly. Simmer over medium–low heat untilheated through and flavors are blended, 3to 4 minutes. Season to taste with salt andpepper.DO AHEAD: Can be made 1 day ahead.Chill uncovered until cool, then cover andkeep chilled. Rewarm over medium heatbefore serving.
- ☐ Whisk all ingredientsin small bowl to blend. Season to taste withsalt. DO AHEAD: Can be made 1 day ahead.Cover and chill. Rewhisk before serving.
- ☐ Transfer beans to large bowl.
- ☐ Garnishwith 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: Og (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%)