

 100%
HEALTH SCORE

Spicy, Citrusy Black Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 cups black beans dried



10 cups water



2 sprigs oregano dried fresh



3 bay leaves



6 small sage leaves



2 teaspoons salt



4 tablespoons olive oil extra virgin



2 onions yellow chopped

- ☐ 2 jalapeño chopped for heat (your choice, depending on taste)
- ☐ 6 cloves garlic crushed
- ☐ 2 tablespoons chili powder red to taste
- ☐ 1 teaspoons chipotle powder to taste ()
- ☐ 1 tablespoon cumin whole crushed toasted (cumin seed is best, if possible)
- ☐ 3 tablespoons orange juice concentrate or fresh frozen
- ☐ 1 juice of lime
- ☐ 2 tablespoons rice wine vinegar
- ☐ 8 servings cilantro leaves fresh chopped for garnish

Equipment

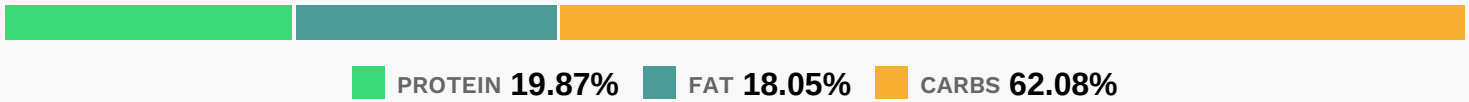
- ☐ pot

Directions

- ☐ Soak the beans (optional): Rinse and sort the beans, discarding any stones or shriveled beans. You can soak the beans overnight in cold water (cover with several inches of water) OR pour enough boiling water over them to cover by a few inches and soak them for an hour OR skip the pre-soaking step.
- ☐ Soaking will speed up the cooking process. If you soak, discard the soaking liquid after soaking.
- ☐ Add beans to a large pot with 2 1/2 quarts (10 cups) of water.
- ☐ Add oregano, bay leaves, and sage. Bring the beans to a boil and reduce heat to a simmer.
- ☐ Cook until the beans are soft, but not quite done. The time will vary depending on how large, dry, or old your beans are, and if you have pre-soaked them, from anywhere from 30 minutes to an hour and a half.
- ☐ Sauté onions and peppers, add spices: While the beans are cooking, sauté onions and peppers in olive oil until soft.
- ☐ Add chili sauce, chili powder, and/or chili purée, cumin, and garlic. Sauté until spices are fragrant.
- ☐ Fish out and discard the bay leaves, stems of oregano, and sage leaves from the pot of beans.
- ☐ Remove, but reserve, extra cooking liquid until there is about 1/2-inch of liquid above beans.

- ☐ Add the onion mixture and salt to the pot of beans. Cook another hour or so until thickened.
- ☐ Add reserved liquid if needed.
- ☐ Add half of the orange juice, and simmer. Adjust chili heat at this point – you may or may not want to add more of your chili paste.
- ☐ Just before serving, add remaining orange juice, lime juice, and vinegar. Salt to taste.
- ☐ Garnish with chopped fresh cilantro.
- ☐ Serve with corn tortillas, and/or rice, sour cream, and salsa.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:32.475217487501%

Flavonoids

Petunidin: 14.95mg, Petunidin: 14.95mg, Petunidin: 14.95mg, Petunidin: 14.95mg Delphinidin: 17.94mg, Delphinidin: 17.94mg, Delphinidin: 17.94mg, Delphinidin: 17.94mg Malvidin: 10.29mg, Malvidin: 10.29mg, Malvidin: 10.29mg, Malvidin: 10.29mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 434.98kcal (21.75%), Fat: 9g (13.85%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 69.68g (23.23%), Net Carbohydrates: 52.37g (19.04%), Sugar: 6.43g (7.14%), Cholesterol: 0mg (0%), Sodium: 638.61mg (27.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.59%), Folate: 456.25µg (114.06%), Fiber: 17.31g (69.24%), Vitamin B1: 0.93mg (62.21%), Manganese: 1.23mg (61.61%), Vitamin C: 50.11mg (60.74%), Copper: 1.01mg (50.64%), Potassium: 1649.55mg (47.13%), Magnesium: 185.2mg (46.3%), Phosphorus: 375.24mg (37.52%), Iron: 6.22mg (34.58%), Vitamin A: 1591.73IU (31.83%), Zinc: 3.87mg (25.79%), Vitamin B6: 0.49mg (24.59%), Vitamin E: 2.61mg (17.41%), Calcium: 166.11mg (16.61%), Vitamin K: 16.87µg (16.07%), Vitamin B2: 0.26mg (15.11%), Vitamin B3: 2.59mg (12.96%), Vitamin B5: 1.07mg (10.72%), Selenium: 4.11µg (5.87%)