MEXICAN · LUNCH · DINNER · SIDE

# Frijoles de la Olla (Mexican Pot Beans)

135 min · Serves 2 · 371 kcal a serve · Video 3:06 · Jauja Cocina Mexicana

Dairy-free · Nut-free

Pinto beans give about 23 g of plant protein and 17 g of fibre a serve, with most of a day's folate and a third of a day's iron, cooked with just onion, garlic and a drizzle of oil.

**Diet notes:** Vegan with a vegetable stock cube or salt instead of the chicken bouillon powder; Vegetarian with a vegetable stock cube or salt instead of the chicken bouillon powder; Gluten-free with a swap: Naturally gluten-free; check the label if you season with a bouillon cube.

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## Ingredients 6 · SERVES 2

- [ ] 225 g **dried pinto beans**, soaked for several hours and drained
- [ ] 1.4–1.9 L **water**, simmered down to a thick, brothy pot
- [ ] 1 **very small onion**, halved
- [ ] 3 **garlic** cloves, whole
- [ ] a drizzle of **oil** (about 1 tsp)
- [ ] 1 tbsp **chicken bouillon powder** (or salt), to taste, added only at the end

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** Gluten. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the pinto beans for several hours (not much longer, or they can start to ferment), then drain and discard the soaking water. 0:22
2. Bring a pot of water to the boil, then add the beans, the halved onion, the whole garlic cloves and a drizzle of oil. 0:49
3. Lower the heat, cover and simmer gently for 1½–2 hours, checking now and then and topping up with hot water so the beans stay covered. Don't salt yet: salting early keeps the skins tough. 1:15
4. When the beans are soft and the broth has thickened, season with salt or a little bouillon and simmer 5–10 minutes more. Taste, adjust and serve in their broth. 1:58

> **Tip** Soak the beans for several hours first (not included in the time). Season with salt instead of chicken bouillon to keep it vegetarian. Freeze portions in their broth; leftovers make refried beans.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 2 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 371 kcal | 23 g | 64 g | 17 g | 3.6 g | 1,170 mg |
| 1,550 kJ | 47% of a day | 47 g net · 2.3 g sugars | 62% of a day | 0.4 g saturated | 51% of a day |
| | | 23% of a day | | 5% of a day | |

**Energy from** net carbs 61% · protein 29% · fat 10%

**High in** (20%+ of a day) Folate 86% · Omega-3 40% · Iron 33% · Magnesium 27% · Zinc 25% · Potassium 24% · Vitamin B6 24% · Vitamin K 20%

⚠ One serve has about 51% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

**Recipe and video:** Jauja Cocina Mexicana (@JaujaCocinaMexicana) on YouTube — youtube.com/watch?v=-2FtiXG9XHs, published 21 April 2014. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/jauja-frijoles-de-la-olla