

Pinon Chile Beans

This recipe makes a hearty meal by itself or a side to any feast. It goes well with tortillas or homemade no-fry bread.

Makes 8 to 12 servings

Ingredients

2 cups bean juice or water (plus 1/2 cup for sautéing onions)
1 large yellow onion, chopped
2 cloves garlic, minced
1 green bell pepper, seeded and chopped
2 cups chopped fresh plum tomatoes or 1 28-ounce can unsalted whole peeled tomatoes with basil
2 1/2 cups cooked dark red kidney beans
2 1/2 cups cooked pinto beans
2 cups corn kernels (fresh or frozen)
3 tablespoons dried mild red chile powder
1/2 teaspoon salt

Directions

Heat 1/2 cup water or bean juice in a cast iron soup pot over medium-high heat. Add onion, sauté for 2 minutes until translucent, then add garlic and bell pepper and sauté another 2 minutes. If using canned tomatoes, cut each of the whole tomatoes into 8 pieces (a large dice), or dice fresh tomatoes, and add them to the onion and bell pepper. Cook another 2 minutes, stirring constantly. Add kidney beans, pinto beans, and corn, and stir well. Bring to a boil and then reduce heat to low. Stir in chile powder and salt. Add the bean juice to desired consistency.

Let simmer for 20 minutes, stirring occasionally to prevent burning. Serve hot with No-Fry Bread or homemade corn or flour tortillas.

Per serving (1/8 of recipe): 381 calories; 3.5 g fat; 0.6 g saturated fat; 5.8% calories from fat; 0 mg cholesterol; 19.8 g protein; 68.6 g carbohydrates; 3 g sugar; 7.3 g fiber; 279 mg sodium; 99 mg calcium; 3.75 mg iron; 0 mg vitamin C; 51 mcg beta-carotene; 0.9 mg vitamin E

Source: Chef Lois Ellen Frank, Ph.D.

Please feel free to tailor Physicians Committee recipes to suit your individual dietary needs.

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