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GF Friendly

Frijoles

Mexican-style pork and beans

There is another recipe for frijoles which was actually our very first published back in 2011 – Recipe R01. This called for the beans to be soaked in water overnight which considerably reduces the cooking time. These were drained the following day and put in the pan with the rest of the ingredients. The method described below takes longer on the stove top, but is possibly the way the Mexicans made them, simmering the pot on the fire for a good portion of the day so that they were ready when the workers came in from the fields later. Frijoles can be served on their own with just tortillas; or they make a good accompaniment for other Mexican dishes such as Chicken Monte, Enchilada Pie, Tamale Pie and Chilli Con Carne.

- 250g pork mince
- 375g Borlotti beans (sometimes called Pinto)
- 2-3 medium onions, chopped
- 2 beef stock cubes (or 2 tsp stock powder)
- 1 tsp powdered garlic (or 1 tsp minced garlic)
- 1 tsp chilli powder
- 1 tsp salt (optional)
- 1.5 litres hot water



Crumble the stock cubes into a deep stew pot and add the salt (if using) along with the garlic and chilli powder; then pour on the hot water. Next, the beans go in, after which add the pork mince which needs breaking up so that there are no lumps. Finally include the chopped onions. Give the mixture a good stir while bringing it to the boil. Once it has, turn down to simmer and cover for up to 3 hours.

Remember to check every so often and give it a stir to ensure it doesn't stick (see Tip below). Add more water as necessary to keep the contents of the pan covered. This can be reduced later so that the beans are sitting in a reasonably thick gravy.

Makes up to 10 serves

Freezes well

Tip: Using a heat diffuser under the pot uses less heat and spreads it evenly across the base to save burning – Handy Hints HH10.

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