



Image by Ray Shrewsberry from Pixabay

## Did you Know...

Pinto beans are rich in fiber, protein, and have a low glycemic index, making them beneficial for weight management, blood sugar regulation, and heart health. They help lower cholesterol, promote fullness, and provide essential nutrients.

## EAT WELL, AGE WELL. Hispanic Heritage Month

National Hispanic Heritage Month is annually celebrated from **September 15 to October 15** to recognize the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States.

When you think of Hispanic food, what comes to mind? It probably is a mixture of indigenous foods like beans, quinoa, corn, avocados, tomatoes, chili peppers, squash, cocoa, vanilla, and fish for communities near the sea. You may also think of some foods introduced after colonization: Olive oil, rice, onions, garlic, oregano, cilantro/coriander, cinnamon, cloves, and dairy.

According to chef/ historian Maricel Presilla, Hispanic foods are from countries that have Spanish as their primary language. Latino food originates from anywhere in Latin America, including Mexico, South and Central America and the Caribbean.

### Pinto Bean Tostadas

Growing up one simple meals we had often was pinto beans and fried flat tortillas, otherwise known as a Toastada. My mom would soak the dried pinto beans overnight and then cook them all day on the stovetop with onion, a ham bone, and salt. We would fry our corn tortillas in oil on the stove, load it up with the cooked beans and top with a white cheese.

# Beans from the Pot- Frijoles De La Olla

*Enjoy on a tortilla, or as a delicious side with eggs for breakfast or add them to your rice or soup.*

## Ingredients

- 1 pound dried pinto beans
- Water to cover beans
- 3 quarts stock,( vegetarian or chicken)
- 1 onion halved
- 3 epazote or bay leaves
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon oregano
- 1 teaspoon of salt if you use salted stock, more if the stock is unsalted.
- Optional: Smoked ham hock or leftover ham bone.



Image by Ella Olsson. Pexels.com

## Directions:

- Wash hands and rinse beans.
- Pick through beans and then put them in a bowl, adding water to cover the beans by 2 inches with water. Soak beans overnight.
- The next morning, discard the soaking water and rinse the beans again. Add the soaked, rinsed beans, stock, onion, chili powder, cumin, salt, oregano, and epazote leaves to a large stock pot. If using ham hocks, add them here, also.
- Bring to a boil for 10 minutes. Lower the heat, cover, and simmer for 3 hours, checking the water level and adding more, if needed, until tender. Press a bean between two fingers to check if they are soft. If the bean is not soft, continue cooking and test again every 15 minutes until soft. Remove leaves.
- Stir in any additional seasoning after tasting.
- If using an instant pot, cook soaked beans with seasonings with stock covering beans for 25 minutes on high.