

Mexican Drunken Beans

Gema Mejia = Seattle, WA
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Servings: 8

1 pound dried mayocoba beans (Peruvian or Great Northern beans)
2 teaspoons vegetable oil
1 cup white onion, chopped
1 serrano pepper, minced
1/2 pound bacon, chopped
3 cups cubed cooked ham
1 can (12 ounce) Mexican beer
1 can (7 ounce) pickled jalapeno pepper slices with juice
1/3 cup fresh cilantro
2 tablespoons chicken bouillon granules
fresh green or red jalapeno slices (for garnish)

Preparation Time: 20 minutes

Place the beans in a large bowl. Add enough water to cover by about three inches. Let soak for eight hours or overnight.

Drain the beans and rinse thoroughly. Transfer to a large stockpot, adding enough water to cover by about three inches. Bring to a boil. Reduce the heat to low. Simmer, covered, until the beans are soft in the centers, 75 to 90 minutes.

Meanwhile, heat oil in a ten-inch skillet over medium heat. Add the onion. Cook, stirring, until tender, about 5 minutes. Add the tomatoes and serrano. Simmer until the tomatoes have softened slightly, about 5 minutes. Reduce the heat to medium-low. Continue cooking until the liquid begins to thicken, about 2 to 5 minutes. Transfer the mixture to a bowl and rinse the skillet.

Cook the bacon in the skillet over medium heat until very crispy, about 10 minutes. Transfer the bacon to paper towels. Drain all but one tablespoon of drippings from the skillet.

Working in batches as needed, add the ham to the skillet. Cook until browned, about 5 minutes. Transfer the ham to paper towels.

When the beans are done, drain, reserving the cooking liquid. Stir the tomato mixture, bacon, ham, beer, jalapeno, cilantro and bouillon into the beans in the pot. Add enough of the reserved cooking liquid to reach a soup consistency. Bring to a simmer. Cook until the beans are completely softened, adding more water as needed, about 30 minutes.

Garnish the servings with jalapeno slices.

How To Quickly Soak Beans. Bring the beans and eight cups of water to a boil in a four- to six-quart Dutch oven. Reduce the heat. Simmer for 2 minutes. Remove from the heat. Cover and let stand for one hour. Drain and rinse.

Per Serving (excluding unknown items): 22 Calories; 1g Fat (5 calories from fat); 1g Protein; Carbohydrate; trace Dietary Fiber; trace Cholesterol; 280mg Sodium; 0 Exchanges: 0 Grain(Starch); Lean Meat; 1/2 Vegetable; 0