

Recipe adapted from [Laylita's Recipes](#).



Menestra de Porotos (Bean Stew)

For the stew:

1 lb. dry pinto beans (soaked overnight)
2 T canola oil
1 red onion, diced
1-1/2 T garlic, minced
1 c diced and peeled tomatoes
1/2 t achiote powder (or paprika)
1 t whole cumin seeds
1 t ground cumin
1/2 T chili powder
Salt and pepper to taste
8 c water
3 T cilantro, finely chopped

For the rice:

2 T olive oil
2 T white onion, finely diced
1/2 t garlic, minced
2 c long grain white rice
2-1/4 c water

For the stew:

Heat the oil over medium heat in a large stock pot. Add the onions and garlic and cook for 2-3 minutes, or until onions are translucent and garlic is fragrant. Next add the tomatoes and spices through the salt and pepper. Cook for five minutes, stirring occasionally. Then add the water and bring to a boil. Once boiling, add the beans and reduce heat to medium-low (or low), keeping the stew at a simmer. Simmer for 2 hours. Prior to serving, stir in the cilantro.

For the rice:

Heat the oil in a medium sauce pan over medium heat. Add the garlic and onion and cook for 2-3 minutes, or until onions are translucent and garlic is fragrant. Next add the rice and toss with the oil to coat. Add the water and bring it to a boil. When the water has reduced so that it barely covers the rice, reduce the heat to low, cover and cook for 20 minutes.

To serve:

Serve the stew with the rice and a fresh loaf of bread.