

Stewed Beans With Pico de Gallo (Frijoles de la Olla)

Yield: 7 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-frijoles-de-la-olla-recipe>

Ingredients:

- 2 cups dried pinto beans
- 1 clove garlic smashed
- 1 whole jalapeño plus 1/2 stemmed, seeded, minced
- 1/2 small yellow onion plus 1/4 minced
- kosher salt
- freshly ground black pepper
- 1/4 cup cilantro minced
- 1 tomato cored, seeded, and finely chopped
- crumbled Cotija cheese
- flour tortillas

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 9 grams
3. Fat: 1.5 grams
4. Fiber: 1 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 250 milligrams
8. Sugar: 1 grams

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