

Baked Peruano Beans with Mexican Chorizo

Yield: 8 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-peruano-beans-recipe>

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1/2 cup chopped onion
- 2 cloves garlic minced
- 3 cups beans dry Peruano, rinsed
- 6 cups water
- 1 1/2 teaspoons fine ground sea salt
- 3/4 pound mexican chorizo cooked
- 1/2 cup cotija cheese crumbled
- 1/4 cup chopped fresh cilantro

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 50 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 16 grams
7. SaturatedFat: 9 grams
8. Sodium: 1150 milligrams
9. Sugar: 2 grams

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