

# Frijol con Puerco (Pork and Black Bean Stew)

Yield: 6 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-rice-recipe-with-epazote>

## Ingredients:

- 1/2 cup canola oil
- 2 pounds boneless pork shoulder cut into 2" cubes
- kosher salt
- ground black pepper
- 8 cloves garlic finely chopped
- 2 white onions medium, thinly sliced
- 1 pound dried black beans soaked overnight
- 4 sprigs epazote available at melissas.com or cilantro
- 1 pound plum tomatoes cored
- 2 habanero chiles stemmed
- 2 baby radishes very thinly sliced, for garnish, optional
- cilantro leaves to garnish, optional
- cooked white rice for serving
- lime wedges for serving

## Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 90 milligrams
4. Fat: 24 grams
5. Fiber: 14 grams
6. Protein: 53 grams
7. SaturatedFat: 3 grams
8. Sodium: 230 milligrams
9. Sugar: 6 grams

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