

Rancho Gordo

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/rancho-gordo-yellow-indian-woman-beans-recipe>

Ingredients:

- 1 cup anasazi beans dried, somewhere between a pinto and kidney bean
- 1 cup posole dried
- 1 bulb garlic cut in half, not peeled
- 2 onions peeled and roughly chopped
- 10 tomatillos husked, rinsed and quartered
- 2 chilies pasilla, seeded and roughly chopped
- 1 jalapeno seeded and roughly chopped
- 4 cloves garlic smashed
- 2 tablespoons olive oil
- 2 cups chicken stock
- 1 tablespoon white wine vinegar
- 1 lime juiced
- 1 teaspoon ground cumin
- 2 teaspoons hot sauce cholula or mexican
- 2 chicken breasts cut into 1/2-inch cubes
- 1/4 cup chopped cilantro
- avocado optional
- sour cream optional
- green cabbage optional
- cilantro optional

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 50 milligrams
4. Fat: 17 grams
5. Fiber: 14 grams
6. Protein: 31 grams
7. SaturatedFat: 3 grams

8. Sodium: 500 milligrams
 9. Sugar: 11 grams
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