

Organic Anasazi Beans

Country of Origin: USA

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/2 cup (100 g) / par 1/2 tasse (100 g)

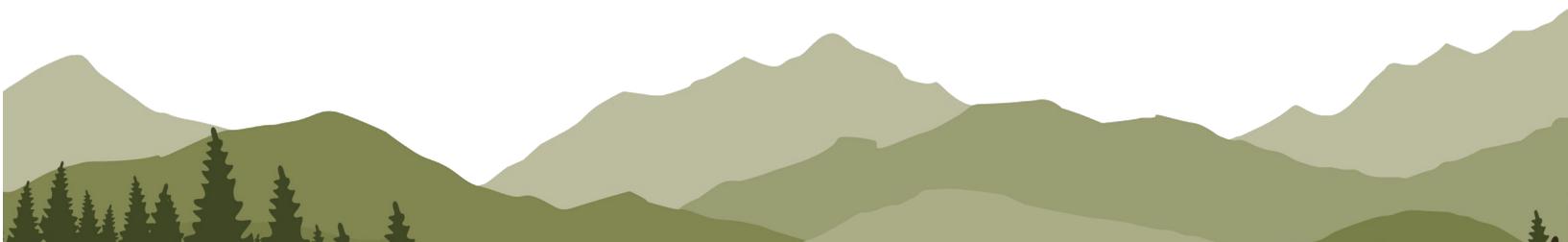
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 340	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 15 mg	1 %
Carbohydrate / Glucides 60 g	20 %
Fibre / Fibres 14 g	57 %
Sugars / Sucres 3 g	
Protein / Protéines 23 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	20 %
Iron / Fer	70 %

Factoid:

It is estimated that the Anasazi natives of the North American Southwest have been consuming these beans for more than 1,500 years. These beans are red with white speckled patches. They have a mealy texture and a mild yet sweet flavour. They are most commonly used in traditional South American, Latin and Mexican dishes.

Ingredients:

Organic Anasazi beans



Recipe:

**left coast
ORGANICS**

Spicy Anasazi Bean Chili

Ingredients:

2 C dry anasazi beans	1 Tbl ground cumin
2 Tbl salt	1 Tbl dried oregano
1/2 C olive oil	3 1/2 C crushed tomatoes
3 yellow onions, diced-1/4 inch	1 chipotle pepper, chopped
6 garlic cloves, minced	1 Tbl unsweetened cocoa powder
1 Tbl aleppo chili powder	Greek yogurt
1 Tbl ancho chili powder	Lime wedges
	Chopped fresh cilantro

Instructions:

1. Place beans in a large bowl, and cover with 4 inches cold water; let soak overnight.
2. Drain beans, place in a large pot, add salt, and cover with 2 inches of water. Bring to a boil; reduce to a simmer, cover and let cook until the largest bean is tender, about 45 minutes.
3. Meanwhile, heat oil in a separate large, heavy-bottomed pot over high heat. Add onions and cook, stirring occasionally, until they begin to turn golden, about 12 minutes.
4. Stir in garlic and cook 2 minutes. Add chili powders, cumin and oregano, and cook, stirring, for 30 seconds.
5. Add 1 C water, then stir, scraping the bottom of the pot. Add tomatoes, chipotle pepper and cocoa, and stir well to combine. When mixture comes to a boil, reduce to a simmer; cover and cook for 20 minutes, or until the beans in the other pot are done.
6. When beans are ready, drain them and add to the tomato mixture. Cover and cook on low heat, stirring occasionally, for 40 minutes. Serve with Greek yogurt, lime wedges and chopped cilantro.

Cooking Note:

- 1. Pour the dried Anasazi beans into a large bowl. Pick out any debris and remove it.**
- 2. Rinse the Anasazi beans several times with cold water.**
- 3. To rehydrate the beans, place the rinsed beans in a bowl. Add water until the beans are covered by 3-4 inches of water. Cover and let soak overnight at room temperature. Drain the beans and rinse well. Or, place the rinsed beans in a pot, cover with water and boil the beans for 3 minutes. Cover the pan and set aside for 2-4 hours. Drain the beans and pour out the water.**
- 4. Add 1 cup of the rehydrated beans to 4 cups of water in a Dutch oven pot. Bring the beans to a boil, and boil for 15 minutes. Reduce the heat to low.**
- 5. Simmer the beans for 1-2 hours.**
- 6. Stir frequently while simmering. Skim off any foam that forms at the top of the pot.**
- 7. Replenish water during cooking to replace evaporated water.**
- 8. Check the beans for desired tenderness. When achieved, remove from heat and drain.**
- 9. Cooked beans can be stored in the refrigerator for up to 3 days. For longer term storage, the cooked beans can be frozen and thawed for immediate usage.**

