

Roasted Red Pepper Beans

Type: Side

Serves: 4

Time to Prepare: 30 to 45 minutes

Ingredients

1 red pepper, roasted
¼ of a yellow onion, diced
½ tsp. of oil
3 cloves of garlic, minced
2 oz. of brown ale
1 6 oz. of pinto beans with liquid
½ tsp. of cumin
1 tsp. of New Mexico chili powder
½ tsp. of Mexican oregano
Juice of ½ a lime
½ tsp. of salt
1 tsp. of olive oil

Instructions

Roast the pepper on 400 degrees until the skin is blistered (this can take from 25 to 40 minutes.)

Dice the onion and mince the garlic.

On a medium high heat, caramelize the onion in the ½ tsp. of oil until it is a dark brown color.

Use the brown ale to deglaze the onion at least twice.

Reduce the heat to medium and add the garlic.

Sauté this for another 3 minutes.

Add in the pinto beans and liquid with the cumin, chili powder, oregano, and lime juice.

Reduce the heat to medium low and simmer this until the red pepper is done roasting.

Once the red pepper is done, remove it from the oven and let it cool.

Add in the salt and 1 tsp. of olive oil to the beans.

Remove the skin and stem from the pepper.

Blend the beans and red pepper together.

Kitchen Equipment

Medium-sized Pot

Oven

Cutting Board

Chef's Knife

Measuring Spoon

Presentation



If you put this on a plate with several other recipes, top it with a few leaves of cilantro so it has a nice contrasting green color. Alternatively, you can place it in a bowl and top it with some extra chili powder for your diners to serve themselves.

Time Management

Make sure to start the red pepper first so you can work on the beans while the pepper is roasting. Ideally, when you are done sautéing the onion and garlic, you will have about twenty minutes left for the beans to simmer while you set your table or work on another recipe. You can easily make these ahead of time and store them for several days in your refrigerator.

Complimentary Food and Drinks

Spanish style rice goes very well with this, especially if it is mixed together with the beans and used in a wrap. If you do this, try using sundried tomato flavored tortillas and top the wrap with a little salsa, some caramelized onion slices, and a dab of Sour Supreme.

Where to Shop

All of these ingredients are common except for the Mexican oregano. If you have trouble finding this, try a store which has a prominent Mexican cuisine section.

How It Works

Caramelizing the onion gives the beans a dark, sweet flavor which is added to by the brown ale. Allowing the beans to simmer with all the spices lets everything blend together and infuse the beans with the spice flavor. Mixing the roasted red pepper in gives a slight smoky flavor to the beans and gives a creamy texture to them when they are blended up.

Chef's Notes

Using the roasted red pepper adds a completely new dimension to these basic beer flavored beans. It's definitely something that will make your guests say "wow" and try to get you to give your recipe secret!

Nutritional Facts (individual servings in parentheses, does not include any options)

Calories 574 (191)

Calories from Fat 90 (30)

Fat 10g (3g)

Total Carbohydrates 94g (31g)

Dietary Fiber 26g (9g)

Sugars 11g (4g)

Protein 27g (9g)

Salt 2457mg (819mg)

Vitamin A 102% (34%)

Vitamin B6 45% (15%)

Vitamin C 529% (176%)

Calcium 25% (8%)

Iron 41% (14%)

Thiamin 38% (13%)

Riboflavin 24% (8%)

Niacin 14% (5%)

Folate 81% (27%)

Phosphorous 49% (16%)

Potassium 64% (21%)

Zinc 24% (8%)

Magnesium 37% (12%)

Copper 33% (11%)

Interesting Facts

Pinto means “painted.”

Pinto beans are a member of the kidney bean family.

Pinto beans account for 45% of the beans eaten in the U.S.