

# Recipes

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## Black Beans and Pickled Onions

A tasty and simple large meal. Fantastic for meal preps.

### ***Preliminaries:***

The night before cooking, begin soaking the beans in a large bowl. This makes the beans more digestible by washing out indigestible starches<sup>1</sup>.

Chop one red onion vertically and toss in 1/3 cup of rice wine vinegar, a pinch of salt, and sugar until the solution is just saturated.

### **Ingredients:**

- 1 pound dried black beans
- White / yellow onion
- Red onion
- 1 bell pepper
- 3 jalapeño peppers
- Rice wine vinegar
- Molasses (can be replaced with sugar)
- 2 limes
- Ground cumin
- Dried oregano
- Black Pepper
- Fresh cilantro / coriander
- 1 pound brown rice

### **Procedure:**

Dice white onion, bell pepper, and jalapeños. Sweat in a pan for 10 minutes.

Add soaked beans and cover with water or stock. Grind in black pepper then add oregano and ground cumin. Add 2 tablespoons of molasses or sugar. Cook until slightly past desired texture, as the beans will firm up as they cool.

Begin cooking brown rice at least one hour before beans finish.

Before serving, chop in 1/2 bunch of coriander add rice wine vinegar, lime juice and salt to taste.

## Asparagus Pasta

A quick, fresh pasta sauce which can be made while the pasta is cooking.

### **Ingredients:**

- Asparagus bunch
- Olive oil
- White / yellow onion
- Olive oil
- Pasta
- White wine (optional)

### **Equipment:**

- Immersion blender or upright blender

### **Procedure:**

Finely mince white onion. Begin to sauté in olive oil. Chop asparagus into small coins, reserving ends. Add these to pan.

Add pasta to cooking water.

If using, add 1/3 cup of white wine when asparagus and onions are cooked. Allow alcohol to cook off.

Add 1/3 cup of olive oil and transfer to immersion blender. Blend to a purée, adding oil to loosen.

With 2 minutes until the pasta is done cooking, add reserved asparagus ends to cooking water.

Drain pasta, reserving a small amount of water to loosen the sauce, and mix with puréed sauce.

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<sup>1</sup>Hugo Candido Silva and Gilberto Leite Braga (May 1982). "Effect of Soaking and Cooking on the Oligosaccharide Content of Dry Beans (*Phaseolus vulgaris*, L.)". In: *Journal of Food Science* 47.3, pp. 924–925.