



Green Beans With Mustard Seeds, Cashew...
Melissa Clark
30 minutes



Red Curry Lentils With Sweet Potatoes and...
Lidey Heuck
1 hour



Curried Red Lentil Soup With Toasted Coconut
Colu Henry
40 minutes



Pumpkin and Chickpea Hot Pot
Nigella Lawson
45 minutes



Coco Stew
3 hours

EASY

Vegan Coconut-Ginger Black Beans

By [Ali Slagle](#)

YIELD 4 servings

TIME 30 minutes

Save to Recipe Box



The velvety combination of beans and coconut milk is found in a number of African and Caribbean dishes, like Nigerian [frejon](#) and Haitian [sos pwa nwa](#). In this recipe, black beans are simmered in coconut milk with a healthy dose of fresh ginger, then finished with lime juice. The result is a light vegan main or side dish. Finish with crushed plantain chips seasoned with lime zest for sweetness and crunch, or top with coconut flakes or tortilla chips, which are also excellent



Johnny Miller for The New York Times. Food Stylist: Rebecca Jurkevich.

Beans, Soups And Stews, Black Bean, Coconut Milk, Cumin, Ginger, Lime, Dinner, Easy, Lunch, Weeknight, Appetizer, Main Course, Side Dish, Vegan, Vegetarian

Mark as **Cooked**

618 ratings ★★★★★☆

INGREDIENTS

- 2 (15-ounce) cans black beans
- 2 tablespoons coconut oil or extra-virgin olive oil
- 1 ½ teaspoons ground cumin or coriander
- 1 (3-inch piece) fresh ginger, peeled and finely grated (about 3 tablespoons)
- 1 (13-ounce) can full-fat coconut milk
- Kosher salt and black pepper
- ½ cup plantain chips or toasted coconut flakes
- 1 teaspoon lime zest plus 2 tablespoons juice (from 1 lime)
- Hot sauce, for serving (optional)

Add to Your Grocery List

[Ingredient Substitution Guide](#)

PREPARATION

Step 1

Rinse 1 can of black beans, and set aside. In a large saucepan, heat the coconut oil over medium. Add the cumin and half of the ginger and cook until fragrant, stirring constantly, 1 to 2 minutes. Add the rinsed black beans and the remaining whole can of black beans (including the liquid), and the coconut milk; season generously with salt and pepper.

Step 2

Bring to a boil over medium-high, then reduce heat to a simmer and cook, stirring occasionally, until the beans are soft and the mixture is flavorful, 15 to 20 minutes. (If you want a thicker consistency, smash some of beans with the back of a spoon as the mixture cooks, and simmer longer.)

Step 3


Meanwhile, in a small bowl, crumble the plantain chips into bite-size pieces. Add the lime zest and a few generous grinds of black pepper, and stir to combine.

Step 4

Remove the beans from the heat. Stir in the remaining ginger and season with salt and pepper to taste. Stir in the lime juice a little at a time until the beans taste bright but the coconut flavor is still rich. Top with the seasoned plantain chips and serve with hot sauce for more kick.

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COOKING NOTES


- All 52

Most Helpful 11

Private 0
- 


Samantha | 9 months ago

Really bland! It was much better after I added a generous bunch of chopped spinach, some garlic, 1/4 c. of spicy mango sauce, and a little leftover smoked pulled pork I had on hand.

60 This is helpful
- 


Fran | 9 months ago

Very good. Used 3 cups unrinsed home-cooked beans with half their liquid, and opted for the coconut oil, coriander, and coconut flakes. Easily discernible taste of ginger and coconut. Hard to understand why anyone found it bland, unless it was under-seasoned. Served over steamed quinoa.

21 This is helpful
- 

Nathan | 5 months ago

If this is really bland for you, you're not adding enough salt or lime juice.

12 This is helpful
- 

Joyce | 9 months ago

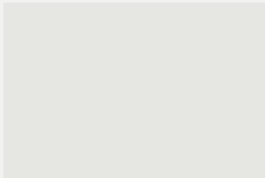
I'm also surprised at the bland comment. I didn't even add any topping and found it to be delightful. The lime at the end isn't even necessary but takes it to another level. I used a half coriander and half cumin and made sure to add generous salt. It was a little soupier than I was expecting so I think I'll drain/rinse both cans next time and maybe add a pinch of bouillon to make up for the lost bean water flavor.

11 This is helpful
- Show More Notes

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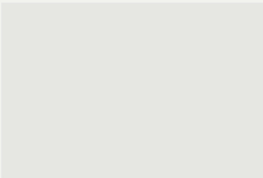
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Spicy Chorizo Pasta

Ali Slagle

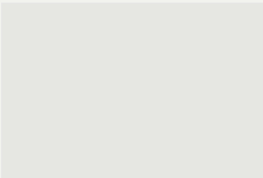
30 minutes



Cold Rice Noodles With Coconut Milk, Peanuts and Avocado

Ali Slagle

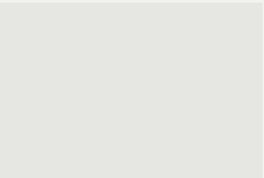
20 minutes



Chicken-Zucchini Meatballs With Feta

Ali Slagle


45 minutes



Mojo Chicken With Pineapple

Ali Slagle

40 minutes

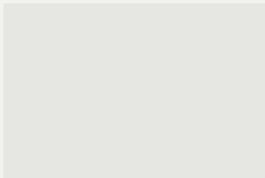


Thai Shrimp Noodle Salad

Ali Slagle

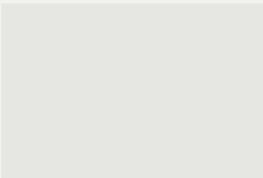
10 minutes

TRENDING ON COOKING



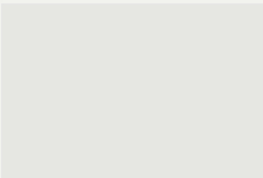
French Yogurt Cake With Marmalade Glaze

Emily Weinstein, Dorie Greenspan



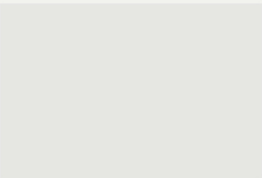
Texas Chili

Jennifer Steinhauer



Hawaiian Buns

Samantha Seneviratne



Creamy Vegan Tofu Noodles

Hetty Mckinnon

About 1 hour and 20 minutes



About 2 hours 30 minutes



1 1/4 hours, plus rising



20 minutes



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