

Chili con verduras



For 2-3 servings:

200 g beans (black)
2 large onions, finely chopped
3-4 carrots, sliced
1-2 green pepper, chopped
3-4 cloves of garlic, mashed
1-2 tablespoons olive oil
1 bay leaf
1 jalapeno / chili, chopped (or to taste)
a pinch of cumin powder
1/4 teaspoon cocoa
1/4 teaspoon cinnamon
1 teaspoon oregano
1 can a 400 g diced tomatoes
salt and pepper, to taste

Soak the beans overnight. Wash and cook them with the bay leaf. Set aside.

Heat the olive oil in a saucepan and add the onions. Stir fry for a few minutes then add the green pepper, carrots, jalapeno / chili, cocoa, cinnamon and oregano. Cover and simmer for a few minutes, stirring occasionally.

Add the tomatoes, beans and garlic. Cover and simmer on low heat until the sauce has reduced and vegetables are cooked (if

necessary add a little water from the beans).

Add salt and pepper to taste.

Variation: You can add various vegetables along with the carrots and green pepper (celery, mushrooms, etc.) and / or pieces of tofu.

Peasant's cold buffet



The plateau includes:

1. Bean spread (see the recipe [here](#))
2. Eggplant salad (see the recipe [here](#))
3. Zacusca (see the recipe [here](#))
4. Chickpea patties (see the recipe [here](#))
5. lettuce, tomatoes, cucumber, red onion, olives, etc.



Mexican tortillas



Mexican tortillas

6 tortilla wraps (see recipe [here](#))

For the filling:

500 g cooked kidney beans, drained

7 tablespoons tomato passata (or 3-4 tbsp tomatoes puree diluted in little water)

fresh chili, finely sliced/chili powder (to taste)

$\frac{1}{2}$ iceberg lettuce, chopped

1 bell pepper, finely sliced

4 tomatoes, cubed

1 avocado, finely sliced

1 red onion, finely sliced ☐☐
salt and pepper, to taste

Heat the tomato passata in a small saucepan. When it begins to boil add the fresh chili/chili powder and the kidney beans and stir. Set aside to cool a little bit.

On each tortilla wrap add a layer of bean mix and spread evenly over the entire surface. Add a little bit of the other vegetables, salt and pepper to taste and roll.

Bean soup



Bean soup

For 6 servings:

500 g beans

500 g vegetables for soup (carrots, onions, parsnips, celery, potato, peas, cauliflower, etc.)

500 g ripe tomatoes / 400 g canned tomatoes

2 tablespoons olive oil

1 bunch lovage/parsley

salt and pepper

Allow the beans to soak overnight. Wash and boil them in 3 l

water.

When the beans are almost cooked add the chopped vegetables. Continue to boil for 5-6 minutes and add the chopped tomatoes. When the beans and the vegetables are well-done just add salt and pepper to taste.

Garnish the dish with olive oil and finely chopped lovage/parsley.

Romanian beans stew



Romanian beans stew

For 2 servings:

1 large can cooked beans (400 g), drained

1 large onion, finely chopped

2 carrots, sliced

1 bell pepper, chopped

2-3 tablespoons tomato paste

2-3 bay leaves

1 tablespoon olive oil

salt and paper

Fry the onion together with the bay leaves in oil, for 1-2

minutes. Add the carrots, the pepper and a glass water. Allow to cook for 5-6 minutes then add the tomato paste and mix it well. Cook for 2 minutes than add the cooked beans, salt and pepper to taste and cook for another 1-2 minutes.

Serve with sauerkraut salad, pickles, etc.



Romanian beans stew

Romanian bean spread



Romanian bean spread

250 g cooked beans (white/brown)
5 tablespoons of sunflower oil

4-5 garlic cloves, to taste, mashed
salt and pepper, to taste

2 large onions, finely sliced

2 tablespoons oil

2 tablespoons tomato puree (tomato paste)

Put the cooked beans, garlic, oil, the salt and pepper in a blender/food processor and blend until smooth. Remove in a bowl.

In a saucepan stir fry the onions until golden brown then add the tomato paste, mix it well and spread evenly over bean paste.

Bean salad



Bean salad

200 g cooked kidney beans (you can use any type of beans)

2 tomatoes, cubed

cucumber, cubed

1 (red) onion, finely sliced

parsley, finely chopped

dill, finely chopped (optional)

hemp seeds (optional)

juice from $\frac{1}{2}$ lemon

1 tablespoon olive oil

salt and pepper, to taste

Mix all the ingredients in a bowl.