

Frijoles Colombianos

Serves 4-6

Time 50 minutes

Vegan

Common Allergens None

Recipe from "[Provecho](#)" by Edgar Castrejón

Ingredients

- 2 tablespoons avocado, sunflower or another vegetable oil
- 1 large white onion (12 ounces), cut into ½-inch cubes
- 2 small russet potatoes (5 ounces total), scrubbed and cut into ½-inch cubes
- 2 (15-ounce) cans black beans, one drained and one undrained (or 3 cups home-cooked beans plus ½ cup cooking liquid)
- 2 Roma tomatoes (7 ounces total), cut into ½-inch cubes
- 1 large green or pale yellow plantain, peeled and cut into ½-inch cubes
- 1 cup low-sodium vegetable broth
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 1 teaspoon smoked paprika
- 1 teaspoon salt, plus more to taste

Notes

- The beans can be refrigerated for up to 1 week or frozen for up to 3 months.



Instructions

1. In a large saucepan or Dutch oven over medium heat, heat the oil until it shimmers. Add the onion and cook, stirring, until translucent, 5 to 6 minutes. Add the potatoes and cook, stirring occasionally, until they pick up a little color, about 4 minutes. Add the beans and their liquid, tomatoes, plantain, broth, cumin, garlic powder, paprika and salt.
2. Increase the heat to bring the mixture to a boil, then reduce it to medium-low, cover and cook until the potatoes and plantains are tender, 20 to 25 minutes. Taste, and season with more salt, as needed. Serve hot.

Carrot Cake Oatmeal

Serves 1-2

Time 15 minutes

Vegan

Common Allergens Tree nuts

Ingredients

- 1 cup water or oat milk (or more as needed)
- ½ cup rolled oats
- ½ cup grated carrots (about 1 to 1 1/2 carrots)
- 2 tablespoons raisins
- ¼ cup walnuts, chopped
- 1-2 teaspoons maple syrup
- ½ teaspoon cinnamon
- pinch of salt

Notes

- Optional ingredients include flax or chia seeds for extra protein and fiber (add towards the end if you don't want them to become gelatinous), toasted coconut, vanilla extract, or cream cheese or yogurt as a topping at the end. You could also add small amounts of other ground spices such as ginger, nutmeg, cloves, or allspice.



Instructions

1. In a saucepan, bring water or oat milk to a boil.
2. Add oats, grated carrots, and raisins. Simmer for about 5 minutes, uncovered, stirring occasionally, until oats are cooked. Add more liquid if necessary to reach desired consistency.
3. Add remaining ingredients and stir. Serve warm.