

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.