



Bronx Cooks Together: Demo Recipes

Whole food, plant-based cooking demo - June 23, 2020

Recipes contributed by Chef Jillian Mariscal, [Sabrosa Vegana](#)

Puerto Rican Stewed Beans

1 lb cooked kidney beans
4 cups tomato sauce
2 cups sofrito (*recipe below*)
½ cup filtered water
¼ cup chopped peppers
¼ cup chopped onions
1 bay leaf
1 T garlic powder
1 T onion powder
1 T cumin powder
1 tsp turmeric powder
1 tsp oregano
1 tsp cracked black pepper
1 tsp sea salt (optional)
1-2 cups raw pumpkin, cubed (optional)



Chef's notes on preparing beans in a pressure cooker:

- Using dried beans can be tricky. Always make sure to understand how your pressure cooker's safety mechanisms work before using it.
- Dried kidney beans usually take about 25 minutes in a pressure cooker depending on where you live. Boiling points differ based on sea levels.
- Always start at 18 minutes, stop the boil, and safely release the pressure. When the pressure is gone, check to see how far along the beans are. If they are still hard, place the cover back on and build the pressure back for another 10-15 minutes.
- Leave cooked beans aside to prepare sofrito.

Sofrito

1 small red onion
2 bulbs garlic (12+ cloves)
2 bunches of cilantro, or as much as you want
2 whole green or red peppers
½ cup of filtered water

Chef's notes:

Sofrito is a staple in many Latin American dishes. Each country uses a slight variation of vegetables, but the idea is the same -- a blended vegetable base. Blend all the ingredients until it looks like a puree, making sure that it is smooth.

- Once you have your dried beans cooked and sofrito prepped, it's time to put them all together in a stew pot.
- Place on medium heat.
- Stir occasionally to ensure nothing sticks to the bottom of the pot.
- After 15-20 minutes, the flavors should be all blended.
- Ready to be served!