



Dominican style Beans

INGREDIENTS

- 16oz Raw Pinto Beans (1 Bag)
- ¼ - ½ lb of pumpkin, or butternut squash
- 1 small red onion
- ¼ Green Bell Pepper
- 4-6 Garlic Cloves
- ¼ cup cilantro
- 2 Sprigs Fresh Thyme *optional
- ⅛ tsp White Vinegar
- 1 ½ tbs Chicken Bouillon Cube or to taste (optional or low sodium)
- ½ tsp Oregano
- 3 tbs Tomato Paste
- 4 cups water-- pressure cooker
- 6 cups water stovetop
- 1 tablespoon Oil

1 -Roughly chop onion, peppers, green peppers, and garlic. Add to a pot with warm oil

2- Sauté until soft

3 -Add beans and mix

4 -Then add 2 cups of water

5 -Add oregano, tomato paste,, thyme and mix

6 -Let it boil for about 5 minutes then add pumpkin or squash or any other squash that you're using

7 -Boil for 20-30 minutes until it thickens. I like my beans at a medium thickness. Feel free to add water if your beans get too thick. Note that if you boil it for too long, your squash will dissolve.

8 -At the very end, once you get to the thickness that you like, add a pinch of brown sugar and vinegar. This will help balance out all of the awesome flavors.



(Modify ingredients to your

preferences)