

Tender Bean, Potato, and Onion Stew

Swick

Makes 6 servings | Active Time: 20 minutes | Total Time: 1 hour

Chef's Notes

- Culantro coyote, also known as fitweed, Mexican coriander, bhandhanya, and ngò gai, is an herb related to cilantro, but it has a much stronger flavor. Native to Mexico and South America, it's cultivated and used around the world in Latin American, Caribbean, and Asian cooking. You can find it in Mexican and Southeast Asian grocery stores.

Cilantro has a stronger smell and flavor when uncooked, while culantro has a stronger flavor and smell after it's cooked. So use culantro coyote at the start of making a stew or picadillo, and use cilantro toward the end to finish the dish. If you can't find culantro coyote, use more cilantro (at least double), and possibly the addition of other aromatics like onion, parsley, and mint.

Step 1: Making the Stew

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| <ul style="list-style-type: none">• 1 pound dried kidney beans, soaked overnight (or three 15-ounce cans, drained) | If using dried beans, drain and rinse the beans; discard the soaking water. |
| <ul style="list-style-type: none">• 1 cup low-sodium vegetable broth | Place beans in a large pot and add vegetable broth. Add water, as necessary, to cover beans. Bring broth to a boil; then immediately turn down to simmer. Cook for 25 minutes. |
| <ul style="list-style-type: none">• 1 chayote squash, diced | |
| <ul style="list-style-type: none">• 1/2 carrot, peeled and diced | Stir in the rest of ingredients; cook for about 25 more minutes, or until beans are tender, stirring occasionally to keep from burning. |
| <ul style="list-style-type: none">• 3 red, orange, or yellow sweet peppers, seeded and diced | |
| <ul style="list-style-type: none">• 2 large potatoes, peeled and diced | Add salt and pepper to taste before serving. |
| <ul style="list-style-type: none">• 2 teaspoons chopped culantro coyote* | Enjoy alone or with tortillas or rice. |
| <ul style="list-style-type: none">• 1 small onion, diced | |
| <ul style="list-style-type: none">• 2 cloves garlic, minced | |
| <ul style="list-style-type: none">• Salt and pepper (optional) | |