
Cooking With Rania

KDKA Pittsburgh Today Live 1/9/2013

Black Bean Chili

INGREDIENTS

- 2 cups dried black beans - soaked overnight in cold water to cover
- 2 tablespoons olive oil
- 1 cup chopped onions
- 2 tablespoons minced garlic
- 2 tablespoons seeded and chopped jalapeno peppers
- 12 cups low sodium chicken stock
- 2 tablespoons lime juice
- 2 teaspoons southwest seasoning (your favorite brand)
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- Salt and pepper to taste
- ½ cup chopped cilantro

DIRECTIONS

Drain and rinse the beans.

Heat the oil in a large skillet over high heat. Add the onions, garlic, jalapenos, and beans and sauté, stirring occasionally, for 2 minutes. Add the stock, lime juice, southwest seasoning, chili powder, and cumin. Bring to boil, lower the heat and simmer for 2 hours or until the beans are tender. Stir in the salt, pepper, and cilantro and simmer for about 5 minutes longer. Remove from heat.

Serve immediately or store, refrigerated, in an airtight container for up to 2 days. Reheat in a saucepan over low heat, stirring occasionally.

Serves: 6 - 8

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Pinto Bean and Feta Cheese Quesadillas

INGREDIENTS

- 2 - 15 oz cans pinto beans - drained and rinsed
- 1 cup chopped red onion
- 1 cup chopped fresh parsley
- 2 jalapeno chilies - seeded and minced
- 2 teaspoons chili powder
- ½ teaspoon ground cumin
- Salt and pepper to taste

- 10 - 6" whole wheat flour tortillas
- 10 ounces feta cheese - crumbled

DIRECTIONS

Combine first 6 ingredients in food processor. Process, using on/off turns. Transfer to a bowl and season with salt and pepper to taste. Place 1 tortilla on work surface. Spread with 1/5 of the bean mixture. Top with 2 tablespoons crumbled feta cheese, then another tortilla. Repeat with remaining tortilla. At this point - you can wrap quesadillas and refrigerate until ready to serve. When you are ready to serve quesadillas, pre-heat a grill pan over medium high heat. Brush both sides of the quesadilla with a small amount of vegetable oil. Place the quesadilla onto the preheated grill pan and grill until the beans are heated and the tortillas are browned and the cheese is melted. This should take about 2 minutes per side. Transfer to a warm plate and repeat with remaining quesadillas. Cut each quesadilla into 8 wedges and serve.

Serves: 8 - 10