



North America

Dried peas, lentils and beans are the top pulses produced in this part of the world.

During the great Depression in the US, beans were called poor man’s meat and they saved many lives thanks to their nutritional value and low price.

Canada is the top global exporter, exporting lentils, beans and chickpeas to 150 markets worldwide.



Chef Ron Pickarski shops for beans in the Alfalfa’s market in Boulder (Colorado, United States)

CLASSIC CUBAN-STYLE Picadillo sauce WITH BLACK BEANS

SERVES 5 20 MINUTES PREP AND 30 MINUTES COOK TIME

ICHOOSE THE PICADILLO SAUCE WITH BLACK BEANS TODAY, MARCH 21, 2016 IN HONOR OF OUR PRESIDENT MAKING THE HISTORICAL FIRST TRIP TO CUBA SINCE BEFORE THE CUBAN REVOLUTION. FOOD IS A UNIVERSAL FORM OF CELEBRATION AND PULSES ARE A UNIVERSAL INGREDIENT. TODAY IS A GOOD DAY FOR CUBAN-AMERICAN RELATIONS, THE UNITED NATIONS, AND THIS RECIPE COMMEMORATES THIS HISTORICAL DAY.

1. HEAT OLIVE OIL IN A SKILLET OVER MEDIUM HEAT. STIR GARLIC, ONION, AND GREEN BELL PEPPER INTO THE HOT OIL AND COOK UNTIL SOFTENED, 5 TO 7 MINUTES.

2. ADD PRE-COOKED BEANS AND COOK ON MEDIUM HEAT FOR 4 TO 5 MINUTES.

3. ADD ONIONS, CAPERS, TOMATO SAUCE, SEASONING, CUMIN, SUGAR, AND SALT TO THE MIXTURE.

4. COVER THE SKILLET, REDUCE HEAT TO LOW, AND COOK UNTIL THE MIXTURE IS FULLY HEATED, ABOUT 10 MINUTES.

115g RAISINS

55g QUARTERED AND PITTED GREEN OLIVES

2 CUCURABANTAS DE CORDON ROJO

115g CHOPPED GREEN BELL PEPPER

1 TABLESPOON OLIVE OIL

1 CUP TOMATO SAUCE

1 TABLESPOON SEASONING

2 TEASPOONS MINCED GARLIC OR MORE TO TASTE

560g COOKED BLACK BEANS

1 TABLESPOON CAPERS (OPTIONAL)

1 CUP WHITE SUGAR

SALT TO TASTE

*PICADILLO (PEI-KAH-BEE-TOH) IS A SPANISH WORD TO DESCRIBE A CUBAN AMERICAN AND CARIBBEAN DISH OF GROUND PORK AND BEAT ON VEAL, BACON, SAUSAGE, AND THINLY SLICED SAUSAGE. IT IS A CLASSIC RECIPE FOR BLACK BEANS ON BROWN BEANS AND IS TYPICALLY EATEN OVER WHITE RICE OR USED AS A FILLING FOR TOAST OR ENCHILADAS. IT'S DELICIOUS WITH FRIED RICE PLANTAIN. YOU CAN USE THIS SAUCE WITH ANY BEAN. OTHER APPLICATIONS INCLUDING CUBAN GRILLED TENDERLOIN OR TOSTO PICADILLO.

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SAZÓN (THE DRY MIX)

1 1/2 TEASPOONS OF THIS MIX EQUIVALENT ONE PACKET OF COMMERCIAL SAZÓN.

1 TABLESPOON GROUND CORIANDER

1 TABLESPOON GROUND CUMIN

1 TABLESPOON GROUND ANISE

1 TABLESPOON GRANULATED GARLIC

1 TABLESPOON SALT

Recipe by chef Ron Pickarski

Pulses

NUTRITIOUS SEEDS FOR A SUSTAINABLE FUTURE



Food and Agriculture Organization of the United Nations



2016 INTERNATIONAL YEAR OF PULSES

