



Beans have had an undeniable influence in pre-Columbian cultures, which means that they pre-date maize.

With the arrival of the Spanish in America, beans were brought across the ocean and spread throughout Europe, while chickpeas were introduced to the American continent.

Mexico grows most of the chickpeas consumed in Latin America. Mexico was also the first country to be granted UNESCO Intangible Cultural Heritage status for its cuisine, mainly due to the use of ingredients like maize, chilli and beans.



Chef Muñoz Zurita buying ingredients at the Medellín market (Mexico City, Mexico).



## REFRIED BEANS

Serves 6

**PREPARATION:**

1. Heat the oil in a frying pan over a high heat until it begins to smoke.
2. Add the frijol Colorado carefully to the oil. Does not spit, and fry for 3 minutes stirring continuously with a wooden spoon to prevent the frijol from sticking.
3. Add the blended beans and salt and cook for 15 minutes on low heat until it makes a thick paste, stirring constantly. Salt to taste, remove from heat and serve hot.
4. Refried beans are best served nice and hot on a large plate accompanied with queso fresco, Xni-péc sauce and freshly made corn tortillas.

**Ingredients:**

- 1/4 cup corn oil (60 ml)
- 1 level teaspoon salt (7 g)
- 1 cup cooked black beans, blended without liquid (240 g)
- + Frijol Colorado (see recipe)

Recipe by chef Ricardo Muñoz Zurita

# Pulses

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